



THE TGH WOMEN'S INSTITUTE AND CHILDBIRTH EDUCATION





What to Bring in Your Hospital Bag 4

Welcome to the TGH Women's Institute 6

What to Expect During Your Visit
to the TGH Labor & Delivery Unit 8

Managing Pain During Labor 9

What to Expect Right After Your Baby Is Born . . . 10

The Benefits of Breastfeeding 12

Keeping Your Baby Safe 14

Car Seat Safety: Know the Ages and Stages. 16

Childbirth Education Classes. 17

WHAT TO BRING IN YOUR HOSPITAL BAG

Once you've reached your 37th week of pregnancy, the baby's birthday party could occur at any time. We encourage you to start setting aside what you'd like to bring with you to the hospital so that you're ready to go quickly.

While there are several things that we provide for you and your support person throughout your stay, you may prefer other things, so feel free to bring those if you'd rather. We will have meals provided for you, as well as snacks if you don't want to rely just on hospital food. If you bring food, we can store it in our patient fridges, providing it's labeled with your name and the date.

Essential items:

- Picture ID and insurance card
- Birthing plan (if you decided to create one)
- Large folder
- Cell phone, laptop and chargers
- Glasses or contacts
 - If you use contacts, make sure to bring lens solution and a lens case
 - If you're having a C-section, you'll be asked to remove your contacts before going to the operating room
- Car seat
 - A car seat is required to bring your baby home
 - Before you go to the hospital, have the car seat installed and ready to go
 - Healthy Start is a great resource to use during your prenatal care if you need assistance with getting a car seat

Don't worry about bringing medications – any medication or vitamin you bring must be approved by the pharmacy, and the hospital will provide you with all your normal medications. We will also provide you with diapers, wipes, bottles and nipples. Leave your jewelry and cash at home. You won't need it, and you don't want those things to get lost in the hustle and bustle of birth.

Personal items:

- Nursing pillow
 - Nursing pillows, like the Boppy, help support the your baby in a good position for breastfeeding
- Pillows
 - We provide pillows, but if you prefer, you can bring your own to help get cozier
- Diffuser/essential oils
- Music/portable speaker/headphones
- If you're coming in for an induction, a game or book for entertainment can come in handy
- Toiletries
 - We provide soap, shampoo, lotion, lip-balm and toothpaste
 - Common items brought in are:
 - Makeup
 - Toothbrush and toothpaste
 - Your favorite soap and shampoo and/or conditioner
 - Hair ties
- Notepad and pen
 - To write down any questions for your provider
 - Some moms start writing the birth details in their baby books

Clothing:

- Robe, PJs and slippers
 - In most situations, it's okay to wear your regular clothes postpartum
 - Choose a loose, comfortable set of PJs that are either sleeveless or have loose or short sleeves, as you'll be having your blood pressure checked and may have an IV
 - Having a top that opens in the front will be more comfortable to allow for skin-to-skin contact with your baby and will be easier to navigate when breastfeeding
- Nursing bra
 - You'll need easy access to breastfeed your newborn, and a good nursing bra makes a big difference
- Comfortable going-home outfit (and an outfit for your baby as well)

WELCOME TO THE TGH WOMEN'S INSTITUTE



Focus on the downtown skyline or tranquil water views from your large private room as you enjoy the soothing spa-like decor, TV with internet access, on-demand movies, and private shower and/or bath. Sleeper sofas will ensure that your support person is as comfortable as you are. Following delivery, you'll be resting in the postpartum unit, where your baby will stay with you in your room, to promote parent-infant bonding. As a Baby-Friendly® designated birth facility, our nurses and patient care technicians have been trained to assist new mothers with breastfeeding. We also have lactation consultants on staff for mothers who need additional support.

Trusted technology and pampering amenities

At Tampa General Hospital (TGH), we believe women's health deserves special attention. So we created the TGH Women's Institute dedicated to the comfort and privacy you want, with the advanced technology you expect from Tampa Bay's health care leader. We've thought of every detail to help make your experience more comfortable.

Special accommodations

Some situations require specialized accommodations. That's why our Women's Institute has eight operating rooms dedicated to cesarean sections, in-vitro procedures, fetal surgery and other gynecological procedures. Our large operating rooms provide ample space for moms delivering twins or other multiples.

It's comforting to know that our Level IV Jennifer Leigh Muma Neonatal Intensive Care Unit (NICU) is located on the same floor as the Women's Institute. The NICU is where premature infants and critically ill newborns receive the most advanced care. Level IV is the highest rating available.

Our NICU offers AngelEye®, an innovative small camera system that allows parents, family and friends to view their infant in real time, 24/7, through a secure online portal.

World-class care

TGH is ranked in the Top 10 in the Nation for Obstetrics & Gynecology by *U.S. News & World Report*. In recognition for the excellent level of care we provide, TGH has been named on *Newsweek's* list of Best Maternity Hospitals. Additionally, we were the only hospital in Hillsborough County to receive international recognition as a Baby-Friendly® designated birth facility.



WHAT TO EXPECT DURING YOUR VISIT TO THE TGH LABOR & DELIVERY UNIT

Triage: evaluation area

When you arrive at the unit, visitor passes will be issued to your family. We ask that one family member accompany you during the initial evaluation and all others are welcome to wait in the waiting room. We ask that no visitor or family member wait or stand in the hallways. Visitation by children in Labor & Delivery is limited to siblings of the new baby only.

- You will be escorted to a room by a customer service representative where you will put on a hospital gown
- Your baby will be monitored with a fetal monitor during this time. Doing so allows us to evaluate your baby's heart rate and your contractions.

We appreciate your cooperation as we provide safe and confidential care to all our patients.

Bedside shift report occurs during each change of nursing personnel. If you do not want your information shared in front of your visitors or family members, please inform your nurse. Your visitors or family members will then be asked to wait in the waiting room during this time.

We strive to **ALWAYS** provide you with safe, quality care, and to make your stay pleasant and enjoyable.

Induction of labor

If an induction is necessary, your doctor or midwife will arrange the date and time with the hospital.

Labor & delivery

- Once you have been admitted, you will be transferred to a Labor & Delivery suite
- Don't worry if you were rushed and forgot your hospital bag. We provide a complimentary bag with many personal care items to make your stay more comfortable.
- Clear liquids and ice chips are encouraged during the labor process
- All of our private bathrooms have a hand-held shower head for use as hydrotherapy during labor

NOTE: Please do not bring valuables or jewelry with you to the hospital. We ask that you keep your personal items, suitcases, etc. to a minimum, as you may be transferred from one area to another.

MANAGING PAIN DURING LABOR

Our team members want to do everything we can to help you control your labor and post-delivery pain in the way you choose. Help us help you have a great patient experience.

Labor pain is very different from everyday pain.

It is normal to have pain or discomfort with contractions when you are in labor.

Remember:

P: Pain has a purpose. Without contractions, there is no dilation to deliver your baby.

A: Pain is anticipated. You know you will have contractions during labor.

I: Pain is intermittent. Contraction, resting state, contraction, resting state.

N: Pain is normal during labor, and TGH has many options to help control your pain for a better birth experience.

What are your plans for pain control during labor?

Some women want to have an unmedicated labor. They may use the methods below to help them manage their labor pain:

- Walking and positioning
- Breathing and relaxation
- Warm water therapy (hydrotherapy)
- Birthing balls
- Gliders

Other options for pain management include:

- Medication given through your intravenous (IV) line, which will take away some of the pain
- Nitrous oxide is offered as an alternative to medication. TGH was the first hospital in Tampa Bay to offer nitrous oxide.

Some women want to have an epidural for labor pain.

It is important to us that your pain is managed in the way that you choose.

No one knows how easy or hard your labor will be.

You may change your chosen pain control method when you are in active labor. That is okay! Everyone handles pain in their own way. We want to meet your needs.

If your health care provider determines a cesarean section is necessary, an anesthesia provider will discuss the best anesthesia options with you.

Postpartum pain management

- We want you to be comfortable so you can enjoy and get to know your baby. Please let us know if your medicine is not working well.
- Pain medicines, when given as ordered, are safe and effective — even if you are breastfeeding



WHAT TO EXPECT RIGHT AFTER YOUR BABY IS BORN



Delayed cord clamping

We wait at least 30–60 seconds before clamping and cutting the umbilical cord. This is called "delayed cord clamping." During this time, the blood continues to flow from the placenta to the baby.

There is no danger to the baby or the mother by waiting to clamp the umbilical cord.

Delayed cord clamping has the following benefits for your baby:

- Your baby gets more iron and will use this iron to form red blood cells and build muscle and brain cells
- Your baby is less likely to have iron deficiency at three to six months of age
- It decreases the risk of bleeding in the brain for premature babies
- Cord blood banking will not be affected by prolonged cord clamping

Skin-to-skin

Skin-to-skin is when your baby, wearing only a hat and diaper, is placed next to your naked chest.

We place babies skin-to-skin in the delivery room and operating room right after birth as long as Mom and baby are healthy. Your baby will be dried off first. All babies benefit from skin-to-skin contact. The benefits are that it:

- Helps steady your baby's heartbeat and breathing
- Helps keep your baby warm
- Helps calm baby and you — remember they have been next to you for nine months!
- Improves bonding between you and your baby
- Gets breastfeeding off to a good start
- Encourages most babies to breastfeed

After the first skin-to-skin in the delivery room, anyone can skin-to-skin — including your support person. We encourage skin-to-skin as much as possible while in the hospital. Your baby will enjoy it, and so will you!

Hold off on that first bath!

We do not recommend a bath for your baby **for at least 24 hours after birth.**

Benefits of waiting:

- Moisturizes skin — less cracking and peeling
- Helps prevent infections
- Your baby stays warmer
- Your baby's blood sugars are more stable
- Longer skin-to-skin time
- More successful breastfeeding
- Less stressful for you baby
- You get to help with your baby's first bath!

We can help you if you want to give your baby a bath before going home from the hospital, or you can give your baby's first bath in the comfort of your own home.



Planned cesarean section

- During your admission, and before surgery, you will have an IV placed and blood samples drawn. If you are planning on cord blood banking, please give your kit to your nurse upon admission so they can draw your admission labs and cord blood labs at the same time.
- The anesthesia provider will talk to you about what type of anesthesia is best for you
- Your support person will be given surgical attire to wear in the operating room (OR). Remember to bring your phone or camera. We ask that friends and family do not wait in the hallway.
- We provide a family-friendly planned cesarean section, which means we offer to "drop the drape" so you can see the birth of your baby. We also support skin-to-skin in the OR.
- You will be in the recovery room for approximately two hours after your surgery. After your recovery period, you and your baby will be moved to the Mother-Baby Unit.

THE BENEFITS OF BREASTFEEDING



Breast milk is best for your baby

Breast milk is perfect for babies.

- It is human milk for human babies
- Your milk is perfectly designed to support your baby's immune and digestive systems

Breast milk is always the right temperature.

- It is never too hot or too cold

Breast milk is easy to digest.

- Breast milk helps your baby grow strong, healthy and smart
- Your baby will have less colic, diarrhea or constipation

Breast milk is always available.

- Colostrum is the first milk and is made during pregnancy and ready just after birth
- It is very rich in nutrients and includes antibodies to protect your baby from infections

Breast milk protects your baby from illness.

Breast-fed babies:

- Have fewer respiratory infections
- Have less chance of asthma and allergies
- May have less risk of diabetes later in life

Breastfeeding provides warm human touch.

- Your baby is calm and cries less while skin-to-skin
- Holding your baby skin-to-skin often will help you know when your baby is ready to feed

TGH is one of only three hospitals in the Tampa Bay area — and the only one in Hillsborough County — to have received international recognition as a Baby-Friendly® designated birth facility. Baby-Friendly® designation is awarded to hospitals and birthing centers that provide an optimal level of care for breastfeeding mothers and babies and offer mothers the information, confidence and skills to successfully initiate and continue breastfeeding.

Breastfeeding is best

Breastfeeding is a special gift only you can give your baby.

- There is no formula that compares to breast milk
- It is the only food your baby needs for the first six months of life
- Extra breast milk can be safely stored and fed to your baby by your support person and other family members

Breastfeeding saves you time.

- Breastfeeding is relaxing and helps you feel calm and connected with your baby
- You can feed and comfort your baby quickly, leading to less crying and a happier baby
- You will have more time to enjoy your baby

Breastfeeding helps you:

- Lose weight faster after birth
- Lower your risk for breast and ovarian cancer
- Lower your risk of heart disease and type 2 diabetes

Breastfeeding saves you money.

- WIC does not cover the complete cost of formula for bottle-fed infants
- Breastfeeding moms receive larger WIC food packages
- Breast-fed babies receive more jars of baby food from WIC when starting on solids

Your support person can be part of the breastfeeding team by:

- Providing cuddles and hugs
- Talking, singing, rocking, reading to, burping and diapering your baby
- Encouraging and providing support for mom to breastfeed



Tips for successful breastfeeding

- Perform skin-to-skin as much as possible
- Breastfeed your baby as soon as possible after birth
- Breastfeed on demand — any time your baby seems hungry
- Breastfeed often — about eight to 12 times a day
- Breastfeeding is a learning experience for mother and baby. Ask for help whenever you need it
- Wait until breastfeeding and your milk supply is established before giving your baby a pacifier or artificial nipple

Breastfeeding resources:

If you have questions about breastfeeding call:
Tampa General Hospital Lactation Helpline: (813) 844-7613
breastfeeding@tgh.org

Baby Café USA
babycafeusa.org

Champions for Children: (813) 673-4646, ext. 1127

U.S. Department of Health & Human Services

Call 1-800-994-9662 to speak to a certified lactation counselor. Available Monday-Friday, 9 a.m.–6 p.m.
www.womenshealth.gov/breastfeeding

The Lactation Network

lactationnetwork.com/request-a-consultant/

Your baby's safety is as important to us as it is to you



While in the hospital

- We provide couplet care/rooming in.
- DO NOT give your baby to anyone unless they have a Tampa General Hospital photo identification badge with a blue background. If someone says they are taking your baby for a test or procedure, please ask to see their identification badge. Call your nurse to confirm the information.
- Hospital staff who bring your baby to your room will match your identification bracelet number with your baby's bracelet number. Identification bracelets are removed at discharge.
- If at any time one of the identification bracelets should fall off, please notify your nurse immediately and it will be replaced
- Never leave your baby in your room unattended. Take your baby with you to the bathroom if there is not a family member or close friend in the room with you.
- If you're feeling sleepy, place your baby back in the crib
- Please keep your baby in the crib unless being held or providing skin-to-skin
- Keep the baby's crib near the head of your bed when you are sleeping or resting. Keep the crib on the side of your bed that is closest to the window.
- For your baby's safety and security, always transport your baby through the halls in the crib provided
- **Place baby on their BACK TO SLEEP. Keep loose blankets, pillows, stuffed toys, bumpers and any other soft items out of the sleep space.**

When your baby goes home

- If a visitor claims to be from the hospital or a health care agency, ask for identification and call the hospital or agency to verify that person's identity and purpose of visit before you allow them into your home. TGH team members do NOT make home visits.
- Resist posting a birth announcement to your social media pages
- Outdoor decorations to announce your baby's arrival are not recommended
- As your baby grows, stay updated on safety risk factors for each age group
- Know that products may be labeled as "Non-Toxic". That is a term not regulated by the FDA.

The American Academy of Pediatrics recommends the following to prevent sudden infant death syndrome

- Decrease temperature in sleeping environment to 68-72 degrees and run the ceiling fan on winter mode
- Always place your baby on their back to sleep
- No blankets or toys in the sleeping environment
- No co-sleeping
- No sleeping in bouncy seats and swings

For more information, sign up for our Basic Newborn Care class at [TGH.org](https://www.tgh.org) classes and events.



As your health care providers, we are committed

- To providing a safe and secure environment for you and your baby
- To giving you information on ways you can stay safe and protect your family

Always put your infant to sleep in the crib provided. Never sleep with your newborn. To prevent sudden infant death syndrome (SIDS), always remember to put your infant on their back to sleep.

Ages 0-2+



REAR-FACING CAR SEAT

Birth up to Age 2*

Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.

Ages 2-7



FORWARD-FACING CAR SEAT

Age 2 up to at least age 5*

When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.

Ages 4-12



BOOSTER SEAT

Age 5 until seat belts fit properly*

Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.

Ages 8-Adult



SEAT BELT

Once seat belts fit properly without a booster seat

Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lies across the upper thighs (not the stomach) and the shoulder belt lies across the chest (not the neck).



Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an air bag.

TGH Offers FREE Car Seat Safety Classes.

Car Seat Safety and Check by appointment. We recommend appointments at least one month prior to your due date. Call Childbirth Education and Perinatal Outreach at (813) 844-8945, or visit the website at tgh.jotform.com/242357537772970. Children are precious cargo and a properly installed car seat is essential for their safety.

*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits and proper seat use.



Labor & Birth Preparation – Four-Week Series

Hybrid e-Class: Labor & Birth Preparation

Labor & Birth Preparation Refresher

Breastfeeding Basics (Available in English and Spanish)

Basic Newborn Care and Beyond Two-Week Series

Becoming a Big Brother or a Big Sister

These classes are offered throughout the year. Call (813) 844-2526 or visit TGH.org to register. Please note: Class dates may be subject to change. Registrants will be contacted directly regarding any changes.

Infant and Child CPR and Safety

Ready, Set, Grandparent!

Tour of the Women's Institute (Tours are available in English and Spanish)

English

Spanish

Understanding Fatherhood

Dogs & Storks

Childbirth Education and Prenatal Outreach coordinators
Deborah Esenwein, desenwein@tgh.org
Paula Pizarro, paulaapizarro@tgh.org
(813) 844-8945



Looking for information you can trust to guide you through pregnancy and parenting?

Sign up for messages directly from your care team!

We'll help you know what to expect with **the right information at the right time** delivered straight to your phone.

Scan to enroll.



- What does my baby's growth look like this month?
- How much crying is normal for my baby?
- How do I get my toddler back to sleep?

Directions to the TGH Women's Institute

When you go to Tampa General Hospital to deliver your baby, follow the signs to EMERGENCY and drive up the ramp to the Emergency & Trauma Center, where you will receive complimentary short-term valet parking.*

Enter the Emergency & Trauma Center, and staff at the Information Desk will direct you to the Women's Institute.

*Due to limited parking at the Emergency & Trauma Center, you must move your car within 24 hours. Parking is available in the parking garage. A flat \$3 rate is due upon exiting the garage (the first hour is free). You can prepay for parking at any kiosk located on campus. The ticket received when entering the garage is needed to pay at the kiosk and to exit the garage.



**1 Tampa General Circle
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TGH.org**

Florida's Leading Academic Health System for Over 50 Years