



Women and Newborn Care

East Jefferson 
General Hospital
LCMC Health



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Welcome

At East Jefferson General Hospital, we treat childbirth as one of life's most special events. From our lovely private birthing suites to our family-centered approach, we provide an unsurpassed level of care and support for each new family. Whether you are having your first baby or adding to your family, you can be sure that our outstanding physicians and highly credentialed nurses will provide both sophisticated and compassionate care by incorporating the latest evidence-based research. Every woman and every pregnancy is different. At East Jefferson, our staff is with you every step of the way by offering a variety of resources, specialty care and classes.

If you would like to schedule a personal tour of our facility, please call **504.503.5555**. We look forward to serving you.

Pre-registration

Congratulations on planning to have your baby at East Jefferson General Hospital. We want you to know that we are delighted that you have chosen us for this momentous event in your life. We encourage you to pre-register by completing the enclosed registration form and returning it to us when your pregnancy reaches 20 weeks. By pre-registering, you simplify everything for the birth of your baby. Also, include a copy of your identification (i.e. driver's license or other state or federally issued photo I.D.) and both the front and back sides of your insurance card.

Online pre-registration is also available for your convenience. Go to ejgh.org and click on Woman and Newborn Care. You can then navigate to our online registration form. You will still be required to submit proof of identification and insurance. You can fax copies of your driver's license (or other appropriate I.D.) and insurance to **504.503.5485**.

Financial information

Patients with maternity insurance coverage are responsible for their co-pay or deductible 30 days prior to the estimated due date. Private-pay patients can contact a financial counselor at 504.503.5371 to discuss payment options. All patients will receive a private room at no additional cost. **As a reminder, your baby must be added to your insurance plan within 30 days of birth in order to be covered.**

Getting here

Women & Newborn Care is located on the 4th floor of the hospital. Please enter through the Hudson Garage on weekdays between 5 am and 9 pm. For non-emergent overnight parking, the Canal Garage is always open. There is no fee to park in the garages. If a garage is closed when you arrive or you need urgent attention, please plan to enter the hospital through the Emergency Room entrance, located in the rear of the building. All expectant mothers entering the hospital through the Emergency Department should stop at the registration desk to determine if registration is required or if assistance is needed.*Preferred parking for our expectant/new mothers is available on the 4th floor of the Hudson Garage.

Guest services

We are committed to providing every patient and visitor with a positive experience. Our Guest Services Center is located on the 1st floor of the hospital near the main entrance and is open Monday through Friday from 8 am - 4:30 pm. Computers are available for use to patients and their families. Free WiFi is also available throughout the hospital. For a more detailed description of our guest services, such as ATM locations, interpreters, and notary services, please see our patient handbook.

Dining

Our House Café

The hospital's main cafeteria is located on the 1st floor near the main entrance. The cafeteria offers a wide variety of healthy meal choices and savory snacks every day of the week.

The Fountain Deli

Located next to Our House Café, The Fountain Deli offers specialty coffees, pastries, soups, salads and sandwiches.

Patient Meals

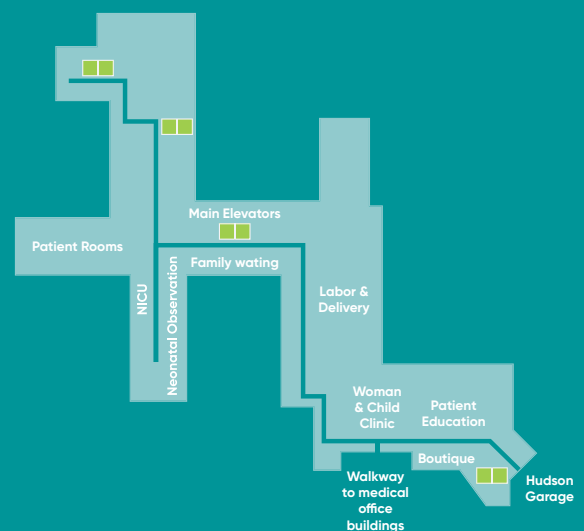
Registered dietitians create special diets for new mothers to promote recovery from childbirth. Patients may call 504.503.MEAL for questions or concerns about their diets.

Visitors

General hospital visiting hours are from 8 am-8:30 pm. Visitors may park or use our valet service in the Hudson garage.

Cuddle Time

In an effort to make our patients' stay more rewarding, we are providing parents with "Cuddle Time" every afternoon from 2-4 pm. This two-hour period gives parents and their newborns uninterrupted time to bond, breastfeed, and rest. This program was developed in response to patient feedback and to help support our new families. During this period, no visits by staff are made unless requested by the patient or medically necessary.





Our extraordinary staff will guide and help you through the entire birthing experience. Specialized nursing care for all patients, 24-hour OB/GYN on-site, 24-hour anesthesia coverage, and advanced fetal monitoring with policies that are grounded in evidenced-based research, are just a few of the ways that we achieve excellent, personalized care.

For those mothers wanting a more natural approach, our staff is educated in non-pharmacological labor support methods. This can include breathing techniques, positioning, peanut balls, and telemetry fetal monitoring to allow mother full mobility while in labor. Doulas are also welcome to support mothers.

Cesarean births

Our team is prepared to accommodate cesarean births with the use of dedicated surgery suites. In addition to the attending obstetrician, a team of nurses, a respiratory therapist, an anesthesiologist and a neonatal nurse practitioner are present at every cesarean delivery.

High-risk pregnancies

The majority of pregnancies are healthy, normal, and uncomplicated. In the unlikely case of concerns regarding your health and the health of your baby, it is comforting to know that specialized, high-risk pregnancy care is available.

In the event of a high-risk pregnancy requiring hospitalization, our antepartum unit offers a multidisciplinary care team approach which affords

Labor and delivery

East Jefferson wants your birthing experience to be one of the most memorable events in your life. Our family-centered approach to maternity care offers expectant mothers the comfort of private labor, delivery and recovery suites in a home-like setting. We listen closely to the choices that expectant parents have made with their physicians. The entire healthcare team is committed to honoring those choices and partnering with you to ensure a joyous occasion for the entire family.

Don't rush your baby

Your baby needs a full 40 weeks to grow and develop. Pre-term birth can lead to significant health complications including low birth weight, underdeveloped, and potentially lower cognitive function. Inducing labor is associated with increased risks including prematurity, cesarean surgery, hemorrhage, and infection. Labor induction should be based on a medical indication to protect the health of you and your baby; further discussion with your OB/GYN is advised. Through new protocols and education, we have been able to drastically reduce the number of elective, pre-term births, resulting in a 20 percent decrease in the number of babies admitted to our Neonatal Intensive Care Unit (NICU).

Baby-friendly practices

In March 2015, East Jefferson General Hospital became one of the first hospitals in our region to receive international recognition as a Baby-Friendly® designated facility. East Jefferson General Hospital has been recognized as providing an optimal level of care for our families by implementing practices that are based on the "Ten Steps to Successful Breastfeeding." Becoming a Baby-Friendly facility is a comprehensive, thorough journey toward excellence in providing evidence-based, maternity care with the goal of achieving optimal infant feeding outcomes and mother/baby bonding.

Rooming in

After birth, you are encouraged to keep your baby in the room with you. This time spent together helps you to be more comfortable in caring for your baby's needs. You'll more quickly learn your baby's cues and understand what he or she wants. We know that learning about your baby is an important part of your stay in the hospital. Our staff will gladly teach you about caring for a newborn. It may help to have someone with you during your hospital stay to help you care for your baby. This way, while you're recovering you'll still have the benefits of rooming in and spending time together.

both the mother and family an environment in which the expectant mother can focus her energies on the healthy completion of her pregnancy.

We offer a full range of services and expertise to ensure that you can get the care you need at the time you need it. Should your pregnancy require a medical specialist or your newborn need a more advanced level of care, our Maternal-Fetal Medicine service and Neonatal Intensive Care Nursery (NICU) offer Level III Obstetrical and Neonatal care.

Woman & Child Clinic /

Maternal-Fetal Medicine Division The Woman and Child Clinic is staffed by board certified specialists in maternal-fetal medicine who help to manage difficult or high-risk pregnancies as an addition to the care obstetricians provide. Our team is dedicated to providing each patient with comprehensive care that is personalized. Diagnostic ultrasounds, chorionic villus sampling, genetic and therapeutic amniocentesis, intra-uterine blood transfusions, and a full range of pre-natal risk screenings beginning in the first trimester of pregnancy are just some of the specialized services that are offered.

At East Jefferson General Hospital, our first choice is to detect problems early and begin any necessary treatments to help extend pregnancy, allowing baby to more fully develop. If this is not possible and specialized care is needed for your baby at delivery, our neonatal team will attend the birth and provide expert care.

We also offer appointments for pre-admit testing prior to scheduled inductions and Cesarean sections where the patient can meet with one of our registered nurses to discuss their plan of care.

Mother and baby care

Private rooms* in our Woman's Unit provide a comfortable environment with a staff focused on caring for the new mother and infant. Our nursing staff is trained to assist with recovery, breastfeeding, and newborn care. We understand that experiencing new parenthood can be demanding and emotional. Our hope is to make this process as easy and fulfilling as possible.

Neonatal care

East Jefferson General Hospital is committed to providing our smallest patients with the best care available. As a reminder, please choose a pediatrician prior to arrival to the hospital as your baby will be examined after delivery and every day until you go home.



Well-Babies

For healthy, full-term infants we encourage the practice of rooming-in on a twenty four-hour basis as it is known to have many physical and psychological benefits for both mother and child. Our experienced staff will help teach you to care for your newborn in your own room.

Level III and Level II Neonatal Intensive Care Unit

Our NICU offers the highest level of care that can be awarded to a hospital by the State of Louisiana. Board-certified neonatologists and neonatal nurse practitioners are available in-house, 24/7. Neonatal respiratory therapists, occupational therapists, registered nurses, chaplains and social services professionals all work as part of the care team with one goal in mind – a positive outcome for all families.

Angel Eye Camera System

We are dedicated to keeping NICU families connected. The Angel Eye Camera System is the tool we use to deliver that connection. It is a small webcam that provides 24/7 secure video streaming of the baby while in the NICU. This gives parents and families the opportunity to see their babies, despite the temporary separation. We are able to do this through new technologies provided by the generosity of the East Jefferson General Hospital Foundation and community.



Videotaping and photography

East Jefferson General Hospital recognizes your desire to photograph and videotape your birthing experience. We want to make you aware that both still photography and videotaping are permissible during the labor process except during procedures, such as placement of epidural, checking of the cervix, newborn procedures or other invasive procedures. Hospital policy does not allow filming of the birth, and it is limited in certain patient care areas including the nursing station and corridors.

Discharge

You and your baby will usually be able to go home on the second day after a vaginal delivery or on the third day after a Cesarean delivery. We recommend that you send as many unneeded items home as you can the night before discharge. This will make the process of leaving the hospital and returning home easier. It is also suggested that you leave the hospital as early in the day as possible, preferably by 11am. Additionally, you will want to have an undershirt, coverall, socks or booties, hat and a blanket for your baby to wear home.

Infant car seats

As a reminder, your car seat should be properly installed by an expert who has successfully completed the National Highway Traffic Safety Administration (NHTSA) course. This will ensure that your car seat is properly secured in your vehicle, and resolve any compatibility issues long before the day comes for you to transport your baby home safely.

East Jefferson General Hospital Emergency Medical Services department has certified technicians who will install and/or check your car seat for **free**. To schedule a car seat installation appointment, please call 504.503.7154. Louisiana State Police Troop B is also available every Wednesday from 1–4pm to address any concerns you may have. No appointments are necessary to use.

The Breastfeeding Center

East Jefferson General Hospital is dedicated to the promotion and support of breastfeeding as the standard for optimal infant health and development. By providing women with specialized educational programs, information, and one-on-one assistance, East Jefferson General Hospital has established itself as one of the premier hospitals for breastfeeding support in the state and has been Guided Infant Feeding Techniques (GIFT) Certified by the Louisiana Maternal and Child Health Coalition since 2007 and in 2015 became one of the first hospitals in our region to receive international recognition as a Baby-Friendly® designated facility from Baby-Friendly USA. East Jefferson General Hospital is the recipient of the International Board Certified Lactation Consultant (IBCLC®) Care Award for their commitment to providing professional lactation support.

Staffed by board-certified lactation consultants, the Breastfeeding Center is open seven days a week to offer guidance and support during and after your pregnancy. We offer a full range of supplies including breast pumps, which are available for purchase or rental, for short term or long-term needs. Private consultations are available for a fee to address individual needs. Call 504.503.4323.

The Woman & Newborn Boutique

The Woman & Newborn Boutique offers the perfect gifts for new moms and babies. Registered nurses are available to help expectant and new mothers with all of their breastfeeding needs, including stylish nursing attire, custom-fitted bras, breast pumps, and supplies. Infant clothing, accessories, and nursery keepsakes are also available.

Located on the fourth floor of the hospital near the Hudson Garage, the boutique is open limited hours Monday–Friday. Our staff is also available by appointment. Please call 504.503.5992 for information.

Your baby's safety

East Jefferson General Hospital provides an infant protection system that utilizes the latest technology to ensure the safety of your baby. Before ever leaving mom's side, an ankle band is placed on your baby in Labor and Delivery. This enables us to track where your baby is at all times and would activate an alarm if your baby were to leave designated areas of safety. This added level of protection can give you much needed peace of mind.

In addition, please make sure you understand the following security procedures that are in place to protect your newborn. Never leave your baby unattended or alone in your room.

- No one is allowed to walk in the hallway with a baby in their arms. Please transport your baby in the open bassinet provided during your stay.
- You may not leave the unit with your baby until you are discharged by wheelchair via courier services from the front of the hospital.
- Remember to purchase a car seat prior to hospital admission and have it properly installed prior to discharge. You may contact Louisiana State Police for information on child safety seat guidelines.

Contact us

Main line

504.503.5555

Fax

504.503.5485

Breastfeeding Center

504.503.4323

Family Education

504.503.7000

ejgh.org/womanandnewborn

Educational opportunities

Great expectations

East Jefferson General Hospital's Woman and Newborn Care offers a large variety of courses to help you through every aspect of pregnancy and parenthood. Our classes are taught by registered nurses, certified lactation consultants, and other health professionals. They are designed so that you will feel confident and prepared for pregnancy, childbirth and all of the ups and downs that come with raising a family.

We offer classes on breastfeeding, Lamaze, prenatal topics, newborn essentials, infant CPR, sibling preparation, and much more. Courses are held on campus at East Jefferson General Hospital. For dates, times and descriptions of any of our classes or events, please call us at 504.503.7000.

Collective

Get ready to fall in love. Being prepared for a smooth hospital stay allows you to focus on what's most important – those first few moments with your new family.

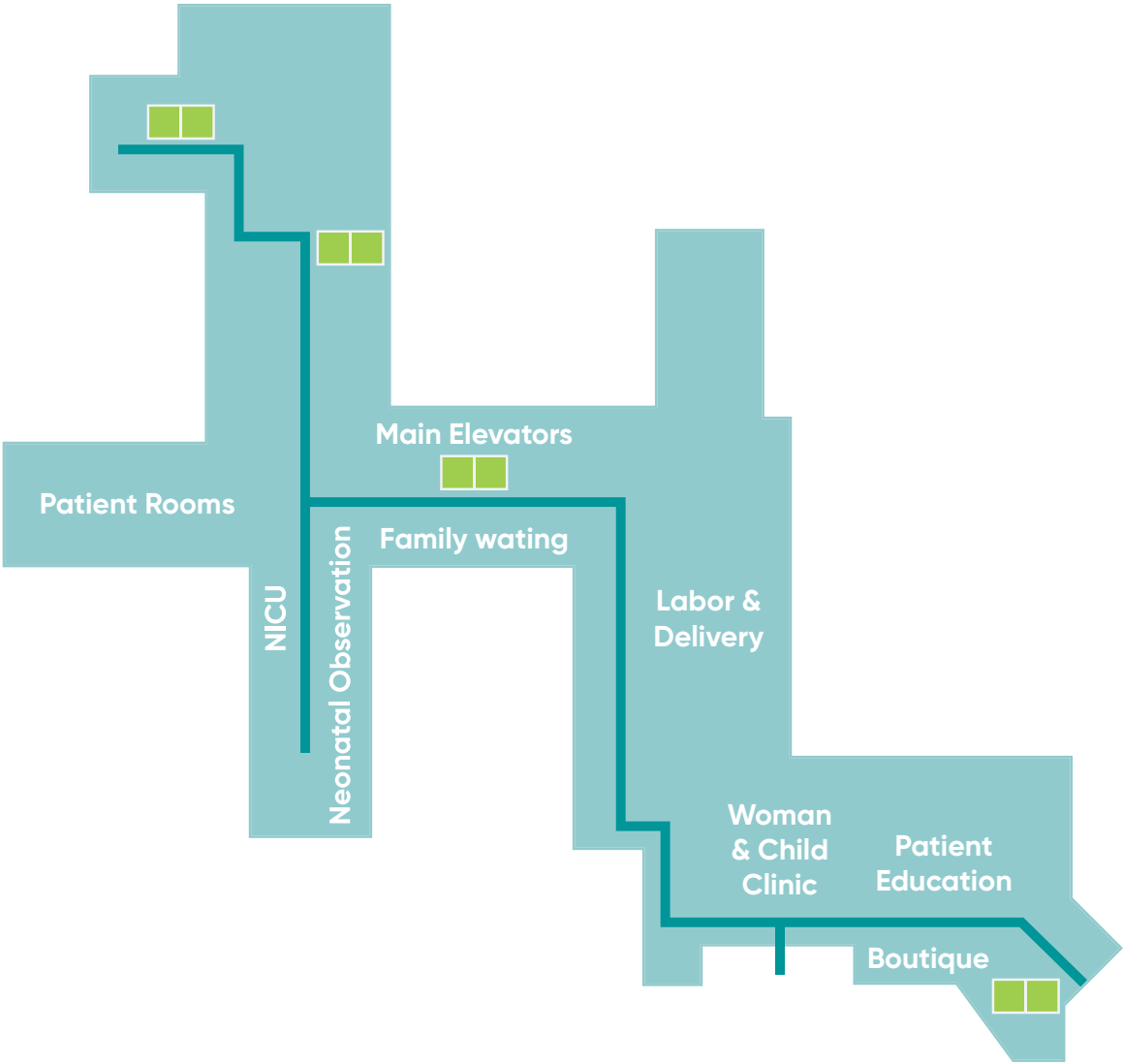
Collective's mobile app and matching checklist will help you learn what to expect at the hospital.

- Hundreds of photos to show you what to do
- Easy steps to help you prepare
- Things to consider when building your team

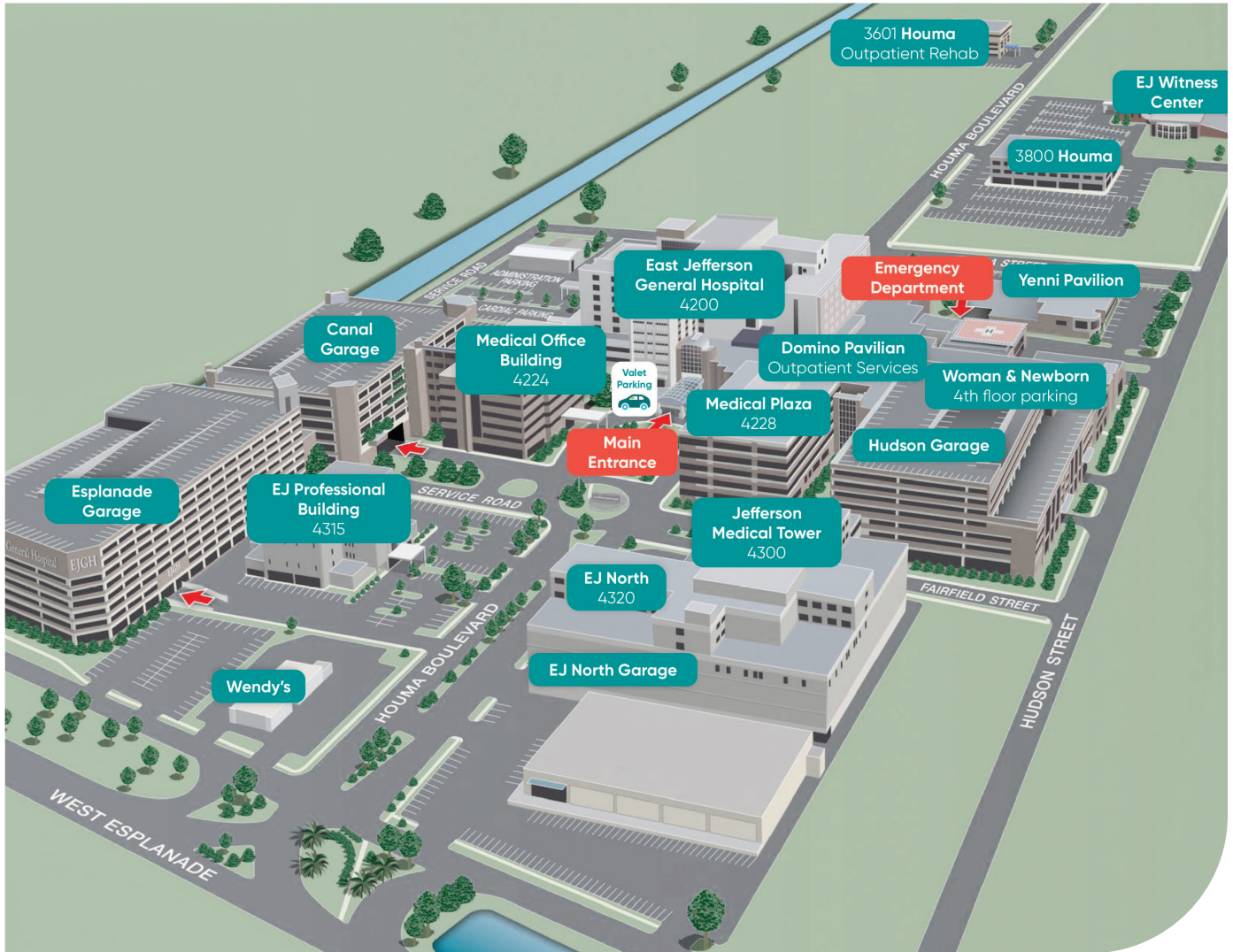
Visit Collective.com for more information. Use the QR Code to download this and easy mobile app today!



Woman and Newborn Care



Campus map



Women and Newborn Care

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Metairie, LA 70003
504.503.5555

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