

Sharp Mary Birch Hospital for Women & Newborns

# we're expecting you

Information to Prepare for Your Hospital Stay



**SHARP**



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# welcome

On behalf of the doctors and staff at Sharp HealthCare, congratulations on this exciting time in your life!

We're pleased that you've chosen to have your baby at Sharp Mary Birch Hospital for Women & Newborns. Each year, our highly skilled team welcomes more than 7,000 babies. Our Perinatal Special Care Unit (PSCU) offers expert treatment for high-risk pregnancies, while our Level III Neonatal Intensive Care Unit (NICU) helps give even the most fragile of babies the best possible start in life.

This booklet contains useful information for expecting parents. It will help you better understand the resources we offer before, during and after your hospital stay.

We look forward to providing you and your family with the extraordinary level of care we call The Sharp Experience.



Trisha Khaleghi, MSN, RN  
Senior Vice President and Market CEO  
Sharp HealthCare Metropolitan Hospitals



# before your stay

## Online Resources

Visit [sharp.com/maryburch](http://sharp.com/maryburch) to:

- Learn about classes, support groups and hospital tours
- Access information for expecting parents from our Health Library

Additional reliable websites:

- [aap.org](http://aap.org)
- [acog.org](http://acog.org)
- [cdc.gov](http://cdc.gov)

## Choosing a Pediatrician

When your baby is born, a pediatrician will visit them in the hospital. It's best to choose your child's doctor before your delivery. For help selecting a pediatrician based on office location, insurance plans accepted, languages spoken and more, call 1-800-82-SHARP (1-800-827-4277) or visit [sharp.com](http://sharp.com).

## Planning Ahead: Help After You Leave the Hospital


We want you to be prepared after you leave the hospital. Once your baby is born, you may need extra help as you heal and get used to life with your new baby. The type of help needed at home will be different for each family. Too much — or not enough — can lead to extra stress. Here are some things to start thinking about before you arrive at the hospital.

- Think about who will be able to help you when you are home
- Reach out to your friends and family for help and support
- Make a schedule of who will be responsible for household tasks
- Buy essential baby and personal toiletries in advance
- Install the car seat — no better time to set up and test your baby's car seat than before baby arrives
- Arrange child and pet care for when you will be at the hospital
- Prepare meals in advance that can be frozen and reheated
- Plan time to take care of your needs

## Classes

Our specially trained childbirth and lactation educators will provide you with the most up-to-date information about pregnancy, delivery, and caring for yourself and your new baby. We have virtual and in-person classes. Please refer to [sharp.com/classes](http://sharp.com/classes) for current listings.

For instructions on how to register for the classes described throughout this booklet, please turn to page 23.

**Classes are FREE to members of Sharp Health Plan when the  icon appears next to the class title.**

## Childbirth Classes

*We recommend completing all childbirth courses by your 36th week of pregnancy.*

### **Preterm Birth Education**

**One 1.5-hour class — FREE**

Preterm birth is a possibility for every pregnant woman. Visiting your health care provider before pregnancy and seeking early and regular prenatal care may reduce your chance of preterm delivery. This class teaches the warning signs of preterm labor and how to help prevent a premature delivery.

### **Childbirth Preparation Series ♦**

#### **Weekly Childbirth Preparation:**

**Four 2.5-hour classes — \$75 per couple**

**Just the Facts: One 7-hour class — \$55 per couple**

Topics covered include how your body prepares for birth and delivery, what to expect in the hospital, medication choices, natural birthing options, cesarean delivery, coping skills and breathing techniques, postpartum care, and newborn characteristics.

### **Labor Comfort Measures**

**One 2.5-hour class — \$30 per couple**

This class provides you and your partner with ways to increase your comfort, confidence and sense of control during the birth experience. Techniques include breathing and relaxation, exercises, massage, positioning and other unmedicated comfort measures. We **strongly recommend** taking a childbirth preparation class prior to attending. **Note:** *This class does not cover labor medication options.*

### **Hospital Tour (Available in English and Spanish)**

**One 1-hour class — FREE**

Pregnant moms and a support person are invited to enjoy a tour of the hospital. We will show you a labor/delivery room and a recovery room.

### **Cesarean Birth Preparation**

**One 2.5-hour class — \$30 per couple**

This class is specifically designed for those couples who know ahead of time that they will be having a cesarean delivery. Topics covered include reasons for cesarean birth, preparations for surgery (preoperative procedures and medications), delivery, breastfeeding, newborn procedures, and postoperative and recovery procedures.

### **How to Recognize Preterm Labor**

- Menstrual-like cramps
- Low, dull or sharp backaches that may come and go or be constant
- Pressure that may be felt in the pelvis, abdomen or thighs
- Abdominal cramping with or without diarrhea
- Increase or change in vaginal discharge or any leakage that may be watery, pinkish or bloody
- Bleeding or spotting in the second or third trimester
- Leaking fluid, which may be a gush or slow leaking
- Six or more uterine contractions in one hour that may be painful or painless tightening of your stomach that doesn't go away with rest and hydration
- Feeling "lousy" or flu-like; feeling like something is not right

If you have any of the above warning signs, please call your health care provider.









## Parenting Classes

*We recommend completing all parenting courses by your 36th week of pregnancy.*

### **Baby Care Basics** ♦

**One 3-hour class — \$30 per couple**

This class teaches the basics of how to care for your newborn. Practice diapering, dressing and swaddling baby dolls. Topics covered include newborn appearance, signs and symptoms of illness, crying, bathing, sudden infant death syndrome (SIDS), and baby behavior.

### **Baby Sleep Strategies**

**One 2.5-hour class — \$30 per couple**

This class includes an overview of infant sleep patterns, basic sleep strategies, reducing the risk of SIDS, family bed vs. separate bed, and creating healthy sleep habits.

### **Breastfeeding** ♦

**One 3-hour class — \$30 per couple**

This class teaches the basic skills for successful breastfeeding. Topics covered include breastfeeding basics, positioning, latching, tips for going back to work, nursing bras, and more. We encourage inviting a support person to join you.

### **Pelvic Floor Wellness in Pregnancy, Birth and After Delivery Class**

**One 2.5-hour class — FREE**

This class will help you discover how you can care for your pelvic floor during pregnancy and childbirth, and after delivery. Learn how to prevent pelvic floor injury, help heal your body after childbirth, and how to return to exercise safely without causing injury. A physical therapist will talk about common postpartum pelvic conditions and what symptoms you should look out for.

This class is beneficial for pregnant mothers and their partners, as well as new moms who have given birth within the last three months.

### **Dogs & Storks Class: Preparing Families With Dogs for Life With Baby**

**One 2.5-hour class — \$40 per person**

Get positive, practical and fun solutions to prepare your family for life with a dog and new baby under one roof. You will learn about the subtle language of dogs, how to recognize “grumble and growl zones,” ways to handle your dog before and after the baby arrives, and what type of supervision is expected with children and dogs.

### **Navigating the Fourth Trimester**

**One 2.5-hour class — FREE**

Bringing home a baby brings many changes that can sometimes feel overwhelming. This 2.5-hour class is designed to prepare new and expectant parents as they navigate the fourth trimester.

Topics will include putting together your postpartum care plan, recognizing signs of common health concerns, physical and emotional recovery, adjusting to the joys and challenges of parenting, relationship changes, taking care of yourself, stress reduction tips for the new parents, postpartum resources, and preparing to go back to work.

### **New Sibling Class**

**One 1.5-hour class — \$15 per family**

This fun class will teach a child what a new baby looks like, how to safely hold their new sibling, and what to expect from the hospital experience and when the new baby comes home. This class is designed for children between the ages of 3 1/2 and 8. Parents will need a baby-sized doll or stuffed animal and a baby blanket available for practice. At least one parent is required to attend.

### **Infant/Child Safety, CPR and First Aid**

**One 4.5-hour class — \$65 per person**

This adult-only class combines our Infant/Child CPR class with other safety information. This course is available to the public and is not appropriate for health care professionals. Certification is not available.

*Parenting classes continued on the next page*

### **Grandparenting Class**

**One 2.5-hour class — \$30 per couple**

As your children prepare for the big day, so can you. Come and meet other expectant grandparents as a Sharp Mary Birch expert explains what's new when caring for a newborn. Attend this virtual class to learn how to navigate your special role in the life of your grandchild. You receive the most current information on safe sleep recommendations, car seat safety, calming a fussy baby, changes in newborn care, infant feeding basics, hospital practices, and supporting your children as they transition into parenthood.

### **Free On-Demand Classes**

After enrolling, you will receive an email confirmation that includes a link allowing you to access the videos at your convenience.



### **Navigating the Fourth Trimester Video Series**

**One 2.5-hour class — FREE**

Do you have a postpartum recovery plan?

This on-demand video series, led by a urogynecologist at Sharp HealthCare and a licensed social worker, guides you through physical and mental health recovery during the “fourth trimester” — the first 3 months after birth. A licensed marriage and family therapist will also be available to provide insights for both parents on preparing your relationship as you welcome a new baby.

### **Feeding Your Baby Your Way Video Series**

**One 2-hour class — FREE**

New parents often feel overwhelmed by the various feeding options for their infants. During the initial postpartum period, it's important to consider factors like tummy size, ounces to feed, and regaining birth weight.

This on-demand series, led by a board-certified lactation expert, covers key feeding considerations and methods (breastfeeding, pumping, formula) to support your baby's growth.

Studies have shown that babies are born with the desire to communicate what they need.

By taking classes now, you'll be able to better understand your newborn's behavior and interact more effectively.

## Immunizations

### For Moms and Family Members

To protect your new baby from illness, it is important for pregnant women, family members and anyone taking care of the baby to be up to date on immunizations.

The American College of Obstetrics and Gynecology (ACOG) strongly recommends that pregnant individuals be vaccinated against COVID-19, given the potential for severe illness and death during pregnancy. Vaccination may occur in any trimester, but should happen as soon as possible to maximize maternal and fetal health. ACOG recommends that pregnant and recently pregnant individuals stay up to date on COVID-19 vaccines and follow guidelines from health officials.

#### *Whooping Cough (Also Called Pertussis):*

Whooping cough is a very contagious bacterial disease that can affect people of all ages. For adults and older children, it rarely causes serious health problems, but it can be fatal to infants. Babies are at high risk for catching whooping cough but are too young to receive the vaccine. To protect your baby, make sure anyone who lives with or takes care of your baby is up to date on their whooping cough shots. You should also receive the vaccine during your pregnancy.

The vaccine is considered safe for use in pregnancy and after delivery. Both obstetricians and pediatricians recommend the following for expectant mothers:

- Get the Tdap vaccine for whooping cough during each pregnancy, regardless of when your last vaccine was given
- The best time to receive the vaccine is between 27 and 36 weeks gestation
- If you haven't received the vaccine during your pregnancy, you should get it as soon as possible after delivery

To read an informative article about whooping cough, visit [cdc.gov/pertussis](https://www.cdc.gov/pertussis), or talk with your doctor if you have any questions.

#### *Flu Vaccine:*

Pregnant women and newborns are at high risk of becoming ill with influenza (flu). It is strongly recommended that pregnant women receive the flu vaccine each year. Your child should begin receiving flu vaccines when they reach 6 months old. For more information on immunizations, visit the San Diego Immunization Program at [sdiz.org](https://sdiz.org).

#### *Respiratory Syncytial Virus (RSV) Vaccine:*

RSV is a common virus and the leading cause of infant hospital stays. You can protect your baby from RSV before they are born by getting the RSV vaccine. RSV can be severe in children younger than 6 months or in babies who were born early, had a low birth weight, or had heart or lung problems. If you are giving birth in the fall or winter, when RSV cases are the highest, talk with your doctor to see if the RSV vaccine is right for you and your baby.

### For Your Baby

Vaccinating your baby is one of the first decisions you will make as a new parent. If you have questions about immunizations, your baby's pediatrician is a great resource. For general information about infant vaccines, including recommended immunization schedules, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



## Packing Suggestions

- ☐ Robe and slippers
- ☐ Pajamas
- ☐ Sour candy on a stick
- ☐ Lotion for massages
- ☐ Lip balm
- ☐ Nutritious snacks for your partner
- ☐ Going-home outfit for baby
- ☐ Going-home outfit for mom (5- to 7-month pregnant size)
- ☐ Clips for hair/headband
- ☐ A fan
- ☐ Extra pillows with colored pillowcases (to distinguish from hospital linens)
- ☐ Charged cellphone and charger
- ☐ Receiving blanket
- ☐ Correctly installed car seat
- ☐ Nursing bra
- ☐ Essential toiletries

## Cord Blood Banking Option

Umbilical cord blood stem cells can be used in potentially lifesaving treatments for your family members or for others in need. Stem cells are currently being used to fight more than 80 diseases, including leukemia, lymphoma, inherited metabolic disorders, and sickle cell anemia.

You have the option of collecting your baby's cord blood stem cells at birth and banking them for your family's future use, or donating them to help save someone else's life.

For more information on banking or donating your baby's cord blood, speak with your doctor or visit [stemcyte.com](http://stemcyte.com).

### Valuables

Personal items are the responsibility of our patients. We recommend leaving nonessential items at home or giving them to a loved one.



# during your stay

## Safety and Well-Being

We are committed to keeping you and your family safe. One of our highest priorities is infant safety. When you arrive, our nursing staff will explain to you and your family all of our infant security measures, including infant safety checks throughout the night. To prevent your infant from falling, we ask that you place your newborn in the bassinet when you or your partner are feeling sleepy. We will also review the following signs of infant wellness with you:

- Your baby's lips and tongue should be pink
- Watch for your baby's tummy to rise and fall with each breath
- When holding your baby, breastfeeding or practicing skin-to-skin, always make sure you can see your baby's mouth and nose to ensure breathing isn't blocked

Always call your nurse if you have any questions or concerns about your baby's wellness.

## Family Home Care Class

We offer this FREE class during your hospital stay, which covers the most important information you need to care for yourself and your baby. The class is held 5 days a week on the sixth floor of the hospital. A support person is welcome to attend.

## Newborn Hearing Screening

### *What is the California Newborn Hearing Screening Program?*

The statewide program helps identify hearing loss in infants and can guide families to the appropriate services needed to help develop communication skills. The goal is to identify infants with a hearing loss by 3 months old, and link infants with early intervention services by 6 months old.

### *Why do we test babies for hearing loss?*

The first few months and years of a child's life are vital to developing normal language and communication skills. Identifying hearing loss early can ensure that your baby is referred for special services.

### *How many babies have hearing loss?*

Out of every 1,000 babies, 2 to 4 are found to have serious hearing loss, with 50% of those having no signs of risk factors, like serious illness or family history of deafness.

### *How is the screening performed?*

- Soft sounds played through small earphones will measure your baby's auditory brainstem response (ABR)
- The screening will take place before your baby leaves the hospital and you will receive the results before going home
- The test may be covered by your health insurance
- The test is covered by Medi-Cal and for patients without insurance





## Breastfeeding

Sharp HealthCare strongly supports giving your baby breastmilk, as studies have shown it to provide a lifetime of maternal and child health benefits.

### *Research shows:*

- Colostrum, also known as “first milk” or “liquid gold,” is concentrated nutrition that is important for your baby because of its infection-fighting and laxative properties
- Breastmilk is nutritionally balanced to meet the needs of your newborn baby, including all the necessary ingredients for growth and development
- Babies who are breastfed have fewer ear and respiratory infections, less diarrhea, and are better protected from allergies, asthma, diabetes, SIDS and childhood cancer
- Breastfeeding reduces a woman’s risk for breast and ovarian cancer, osteoporosis, cardiovascular disease, high blood pressure and Type 2 diabetes

The World Health Organization and the American Academy of Pediatrics recommend exclusive breastfeeding for the first 6 months and continued breastfeeding for the first year and beyond, as long as mutually desired by mother and child.

### Skin-to-Skin: Best Practice After Birth

Health benefits for baby and mother can increase by practicing skin-to-skin contact. Sometimes referred to as “kangaroo care,” skin-to-skin includes placing your baby on your bare chest in an upright position and cuddling together. For healthy babies, we encourage skin-to-skin bonding time after delivery until the first feeding is complete, and then as often as possible for the first month. Babies in the NICU and your partner also greatly benefit from participating in skin-to-skin time.

Remember to never sleep while holding your baby in bed or sitting. If you are feeling sleepy, place your baby on their back in a bassinet or crib.

Benefits for your baby include:

- Reduced risk of illness
- Faster weight gain
- Decreased risk of jaundice
- Easier adjustment to the outside world
- Better temperature regulation
- Less crying

Your nurse will teach you safe skin-to-skin practices by showing you how to correctly position your baby so that you can always see their mouth and nose. You will also learn how to watch for other signs of infant wellness.





## Before You Go Home

After your baby is born and you are settled in your room, we will begin to prepare you to go home. Hospital staff from various departments will visit your room to complete the following necessary steps before you leave the hospital.

You will receive discharge orders from your doctor and complete paperwork with your nurse. At this time if needed, you will receive prescriptions and immunizations, your staples will be removed, and you will rent a breast pump.

Your baby will have:

- A signed and completed birth certificate and Social Security paperwork
- Completed all 24-hour screenings, including jaundice, heart disease, newborn blood test and hearing screening
- Received Hepatitis B immunization
- Their cord clamp removed
- Completed any additional tests

After receiving discharge orders from the pediatrician and collecting your belongings, you will take your baby home in their car seat.

## Birth Certificate

The State of California requires a birth certificate to be completed by the hospital immediately after the birth of your baby. It will make the process easier if you choose a name for your baby by the time of birth.





# for your comfort

## Natural Birthing Options

We recognize that every birthing experience is unique. That's why we're happy to support your birth plan, which may include complementary and alternative approaches. Our labor and delivery nurses are specially trained in a wide variety of labor management techniques. With experience in natural pain relief methods, enhancing relaxation, providing distraction, and optimizing positioning, they are dedicated to supporting you throughout your labor experience.

Each of our labor and delivery suites is equipped with a birthing ball, peanut ball, squatting bar and shower. Sitting on a birthing ball promotes flexibility of the pelvis through a rocking motion. This helps align the baby, and can stimulate labor. Many women find that sitting on the ball provides comfort and support to the lower back, and also relieves tension. The peanut ball is positioned between your legs to provide comfort while opening the pelvis. The squatting bar can be attached to your bed for use during labor and pushing. It offers a great deal of support and can help open the pelvis. You may use the shower as part of your birth plan if your provider approves, taking into consideration the health and safety of you and your baby.

We gladly support any outside services you might have arranged to assist with your labor such as aromatherapy, collaboration with a doula, guided imagery or hypnosis.

## Pain Management

Pain is an unpleasant sensation that causes discomfort or distress. It may be a stabbing, aching, pinching, burning, shooting or cramping feeling. You will experience pain at times during your hospital stay.

### *What should I do if I have pain?*

We will work with you to develop a pain management plan. Talk with your nurse about the pain you're experiencing and the possible treatment options available.

### *How do I rate my pain?*

You will use a rating scale from zero to 10 to measure your pain level. Zero is no pain at all and 10 is the worst pain you can imagine. We will ask you to tell us your acceptable level of pain (how much pain you can tolerate). Our goal is for your pain to be at or below your acceptable pain level.

## Pain Relief Options

### Narcotics (Opioids)

Fentanyl is a short-acting narcotic that may be effective when given by IV (intravenous) catheter in early labor. It is safe to receive several doses during labor. If your labor goes quickly, this may be all you need. If pains become too strong, frequent and prolonged, patients usually request an epidural. Fentanyl may make you sleepy, nauseous and itchy. Sharp Mary Birch Hospital does not offer nitrous oxide for labor pains.



## **Epidural**

An epidural delivers continuous pain relief by numbing the lower part of your body while allowing you to remain fully conscious. Many women are scared at the thought of having an epidural. But contractions often hurt more than the epidural placement. The majority of women giving birth in the U.S. receive epidurals during labor.

### ***When during labor are epidurals typically given?***

As long as you are having painful contractions and dilation of your cervix, an epidural can be given at any time. Decades of research have shown that epidural analgesia does not increase your chances of a C-section, nor does it slow down your contractions. There is some evidence that epidurals may shorten your labor time. We will work with your nurse and obstetrician to time your epidural based on your wishes. In most instances, you will receive an epidural for pain control soon after you ask for it. Please remember that if the anesthesiologist is busy, it may be up to an hour before you receive your epidural.

### ***How is an epidural given?***

Epidurals are usually inserted with you sitting in the bed. We will wash your lower back with an alcohol-based antiseptic, inject local anesthetic to numb the area, and then place a needle into the epidural space. Once the epidural space is identified, an initial dose of medication will be given, an epidural catheter (a tiny, flexible tube) will replace the needle, and the epidural catheter will be connected to an infusion pump to deliver medication to keep you comfortable until your baby is born. The entire epidural insertion process usually takes about 10 to 15 minutes.

Once the epidural catheter has been placed and secured with adhesive tape, you will move from a sitting position to lying on one side (not flat on your back). During the first 15 to 30 minutes, your care team will frequently measure your blood pressure, the baby's heart rate and your response to the epidural medication.

### ***When will I feel pain relief?***

The epidural should provide comfort within 5 to 15 minutes. Our goal is to significantly reduce the pain of labor and delivery. Most women feel some pressure with contractions, but the pressure is not unpleasant. Your epidural catheter will be attached to a programmed intermittent epidural bolus (PIEB) pump, which will give you a dose of medication every hour. The pump allows you to push a button so you can get more medicine if you need it. The PIEB pumps have built-in safety features to prevent you from getting too much medication. We will monitor your blood pressure frequently and use continuous fetal heart rate monitoring. With an epidural, you must remain in bed and receive a bladder catheter to empty your bladder. Since the epidural will provide analgesia, the bladder catheter insertion will be painless.

Studies in our hospital have shown that women with epidurals have an average pain rating of 1 or 2 out of 10 during labor, and 2 out of 10 during delivery. This rating may be higher or lower at some stages of labor. An increase in pain can be treated with PIEB or an additional dose of stronger medication through the epidural catheter by your anesthesiologist.

### ***Are there any side effects to me or my baby?***

As with any medication, there are possible side effects. We expect your blood pressure to drop initially. We will give you medication and intravenous fluid to maintain a healthy blood pressure. You should initially feel warmth and tingling in your legs. Your body may also feel itchy. These are all signs that the epidural is working. Nausea and vomiting is a normal part of labor as well as a side effect of fentanyl. Many women worry about backache after receiving an epidural. Back pain is common before, during and after pregnancy. Epidurals do not increase the incidence of back pain after having a baby.

About 1 in 200 women who receive epidurals develop a headache a day or two after delivery. If the headache is a result of the epidural, it is usually worse when sitting or standing. If this happens, your anesthesiologist will



discuss a treatment plan with you. Serious side effects are rare (about 1 in 10,000). If you have additional questions, please talk with your anesthesiologist.

### **Anesthesia for Cesarean Delivery**

If you receive epidural or spinal anesthesia, you will be awake during your cesarean delivery. We allow, and encourage, **one** support person to be with you if you are awake. Anesthetic options for cesarean delivery include:

#### ***Epidural***

If you already have an epidural catheter in place, it will be necessary to give a stronger dose of medication through the catheter.

#### ***Spinal***

This is a single injection of local anesthesia delivered through a tiny needle into the spinal fluid in your lower back (similar to an epidural but without the epidural catheter). Once the medication is given, the needle is removed. Similar to epidurals, spinal anesthesia is typically placed in the sitting position.

#### ***General***

We only use general anesthesia (which puts you in a state of sleep) for some emergencies or if certain medical conditions exist. A very small number of deliveries occur with general anesthesia at our hospital.

It is our goal to make you as comfortable as possible during your labor and delivery. We look to you as a member of our team in reaching this goal. Our nurses and affiliated doctors are available to answer any questions or concerns that you may have.

### **Additional Information**

For more information about anesthesia used during labor and cesarean delivery, visit the FAQs section of

the Anesthesia Service Medical Group website at [asmgmd.com](http://asmgmd.com). For more information about epidural pain relief during labor, visit the website of the Society for Obstetric Anesthesia and Perinatology (SOAP) at [soap.org](http://soap.org) (see the section on patient education).

At Sharp Mary Birch, we only have physician anesthesiologists take care of you. Our anesthesiologists have been awarded the highest designation by the Society of Obstetric Anesthesia and Perinatology (SOAP). According to SOAP, “The SOAP Center of Excellence designation recognizes demonstrated excellence in obstetric anesthesia care.”



# resources and services

## New Beginnings Boutique

The New Beginnings Boutique is a full-service breastfeeding center and specialty gift shop, staffed with certified lactation educators. We offer nursing and pumping bras, breast pumps for sale and rent, baby carriers, nursing pillows and covers, swaddling blankets, and more. Additionally, we carry a wide variety of baby-related gift items, flower arrangements, balloons, greeting cards, snacks, toiletries and more. We are conveniently located on the first floor and are open Monday through Friday from 10 a.m. to 4 p.m., and Saturday and Sunday from 10 a.m. to 3 p.m.

## Reception Services

Monday through Friday, 5 a.m. to 10 p.m.  
Saturday and Sunday, 9 a.m. to 7 p.m.

Located in the Main Lobby, our reception staff members are dedicated to making your visit more comfortable. They can assist with hospital information, transportation, dining and more. Dial 4159 from your bedside phone to speak with a reception staff member.

## Visiting Hours

- The father, co-parent or support person (age 18 or older) may stay overnight with you and visit 24 hours a day, 7 days a week.
- Our staff will share with you the visiting hours for each area of the hospital.
- For our most current visitor information, please visit [sharp.com/visitorpolicy](http://sharp.com/visitorpolicy).

## Immunizations

When hospital health and safety guidelines allow children to visit, we strongly recommend bringing current immunization information for each guest under age 12.

## Dining With Patients

Guest meals are available for purchase from the hospital's Mindful Café through the Grubhub Campus Dining app from 7 a.m. to 7 p.m., and are delivered directly to the patient's room. Your support person can order meals through the app and dine in your room. If you are new to Grubhub's Campus Dining, a delivery guide is available in the patient room with step-by-step instructions on how to download the app and place your meal order.

## Parking

Please use the parking structure located on Health Center Drive in front of Sharp Mary Birch. Parking fees may apply.

## Interpreter Services

Sign language interpreter services are available to assist the hearing impaired. We also make every attempt to provide interpreter services for patients and guests who prefer to speak a language other than English. Please contact your nurse for assistance.

## Financial Counseling Services

It is our policy to notify your insurance company of the day and time of your admission to ensure they have adequate information for authorization and payment. Be sure to provide us with current insurance information, including a copy of your insurance card.

During your stay, financial counselors are available to discuss any concerns you or your loved ones may have regarding your insurance plan, or other financial issues related to your hospital care. Please call 858-939-4295, or 4295 when dialing within the hospital, to speak with a financial counselor.

## Smoking

Consistent with our mission and health care responsibility to patients, guests and staff, Sharp Mary Birch maintains a smoke-free environment. Smoking, including the use of e-cigarettes, is prohibited in the hospital and on the surrounding campus. Hospitalized patients who smoke are offered a smoking cessation program. For available resources to help you quit smoking, visit [sharp.com/smokefree](http://sharp.com/smokefree) or call 1-800-82-SHARP (1-800-827-4277).





# after you go home

We continue to care for you and your loved ones after you leave Sharp Mary Birch by offering a variety of resources to help you through the first months with your new baby.

We also offer a number of online resources to help you ease into parenthood. After your baby is born, you can visit [sharp.com](http://sharp.com) to:

- Find free breastfeeding and postpartum support group dates and times
- Register for parenting classes

## Support Groups and Classes

Please visit [sharp.com/classes](http://sharp.com/classes) for up-to-date information.

### *Baby and Me Time*

*One 1.5-hour class, offered once a week.*

*Registration is not required — FREE*

Baby and Me Time gives new parents the opportunity to share experiences, gather information, make friends and have their questions answered by an experienced perinatal educator. Parents and babies are welcome to attend this weekly group.

### *Breastfeeding Support Group*

*One 2-hour class, offered twice a week.*

*Registration is not required — FREE*

Parents and babies are welcome to attend this support group to discuss the joys and challenges of breastfeeding. The group is facilitated by an experienced certified lactation educator.

### *Postpartum Support Group*

*One 1.5-hour class, offered once a week.*

*Registration is not required — FREE*

Led by a professional facilitator, the group offers education and support for mothers. Babies up to 1 year old are welcome to attend. For more information, call 858-939-4133.

For additional postpartum mental health resources, visit [sharp.com/postpartum](http://sharp.com/postpartum).

### Registration Instructions

To find current dates, times, locations and registration for all classes and support groups, visit [sharp.com/classes](https://sharp.com/classes). You may also call 1-800-82-SHARP (1-800-827-4277), Monday through Friday, 7 a.m. to 7 p.m. Classes fill quickly, so enroll today.







notes

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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