

CELEBRATING **35** YEARS



A UW Medicine Community Health Partner™

## Welcome to Women's Services!

We are happy you have chosen to deliver your baby at Capital Medical Center. Our staff is committed to “family-centered care” and is proud of our private rooms for your delivery experience. Our nurses and techs are experienced and enjoy providing personal care and teaching, encompassing one-on-one care.

### **For your safety, we would like to highlight several hospital policies:**

**Visiting hours:** 8am – 8 pm are standard hospital visiting hours. All children must be under direct adult supervision at all times and should not be ill or coming down with an illness, as this puts our babies, new moms and staff at risk for infections. If you have visitors who want to come by outside of these hours, ask your nurse.

**Cell phones and noise levels:** We ask that calls are made and taken in the waiting room, not in the hallway. This ensures that phone conversations do not disrupt other patients and staff. We expect patients and visitors to be respectful of noise levels while taking calls, visiting in rooms and in our waiting room.

**While you're a patient:** All visitors must stay in our waiting room when they are not visiting in your room. The halls and doorways must remain clear at all times.

**Present at Deliver:** It is our policy that only **three** additional people are in the room at the time of delivery. There are many reasons for this and our physicians support this policy. Please discuss these arrangements ahead of time with your significant other / support person.

**Cameras & videotaping:** Hospital policy does not allow cameras or videotaping –on any device-- during delivery or during any medical procedure (such as examinations, epidural placement, etc.)

**Overnight visitors:** Patients are limited to **one** overnight guest and **NO one under age 18 can spend the night, unless they are a patient. NO exceptions. This is a hospital policy.** Please make child-care arrangements as soon as possible if this is an issue. We have nursing staff that will ensure you and your newborn's needs are met. Please refer out-of-town visitors to hotels/motels in the Olympia area for overnight accommodations, if needed.

**Infant security:** This is our top priority. Never leave your newborn unattended! We have an electronic surveillance system called, “HUGS” that assists us in your newborn's safety. Most newborns remain in the room with their mother after delivery, but there may be times when your baby will need to go to the nursery. Staff with **PINK NAME BADGES** only are authorized to take baby to the nursery. Should you need to take a shower or be away from your room at any time (and there is no other family member to watch your newborn), please ask the nurses to care for the baby in the nursery. **Newborns are to be transported IN THE CRIB AT ALL TIMES AND NEVER CARRIED IN YOUR ARMS DOWN THE HALL.**

**Bedside Reporting:** In order to provide high quality care, we practice “bedside reporting.” This means that your nurse will report information about your medical history and plan of care to the oncoming nurse in your presence, allowing you to ask questions and be more involved with your care.

**Car seats:** Your baby will need to be placed in an infant car seat upon hospital discharge. As parents, you will be expected to know how to install your baby’s car seat; please practice prior to use. This will ensure your baby’s safety for your trip home. In addition, this is Washington State law.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_