

## BONDING

All rooms are private to support twenty-four hour rooming in for you, baby and your support person. Rooming in with your baby promotes bonding and helps you to learn the baby's feeding cues. This will help you to get ready to go home with your newborn.

- One support person is planning to stay overnight with us to help. No children may stay overnight
- I will be relying on the Pregnancy & Birth Center staff to assist me

## POST DELIVERY PAIN MANAGEMENT OPTIONS

In order to minimize your pain post delivery, your care team will provide you options for medications and other measures to keep you comfortable.

## BABY'S FEEDING

We support your feeding choice. We encourage breastfeeding as it is best for baby. My feeding plan is:

- Breastfeeding
- Formula feeding
- Combination of both

## REQUESTS

I will discuss the following requests with my doctor and share them with the Nurse Navigator at 860-358-7324.

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For additional information, please contact:  
nursenavigator@midhosp.org  
[www.middlesexhealth.org/baby](http://www.middlesexhealth.org/baby)

28 Crescent Street  
Middletown, CT 06457  
Phone: 860-358-6320



# Create Your Cesarean Birth Preferences @ Middlesex Hospital

The day your baby is born will be one of the most impactful and memorable days of your life. Our goal is to help you achieve a healthy birth memory while maintaining the safety of you and your newborn.

Name: \_\_\_\_\_

Mom's Date of Birth: \_\_\_\_\_ Date of Cesarean: \_\_\_\_\_

Support Person: \_\_\_\_\_

*We welcome one support person during a cesarean birth and recovery.*

Please complete this questionnaire  
and return it via email to  
[nursenavigator@midhosp.org](mailto:nursenavigator@midhosp.org)

*Creating your birth preferences will make your desires known by your care team at the Pregnancy & Birth Center. We do our best to honor your wishes. Our goal is to have a healthy mother and baby after delivery. In certain circumstances, it may be necessary to adjust your plan of care. Your provider & nurse will communicate with you throughout your birth experience so that you are informed.*

**As a Baby Friendly Hospital, these practices are our standard of care:**

- ♥ Skin to skin for the first hour of life
- ♥ Initiating breastfeeding within the first hour
- ♥ Delay baby's medication administration for the first hour of life
- ♥ Rooming in (baby stays in the room with mom twenty-four hours a day)
- ♥ Exceptional breastfeeding support from our highly trained staff
- ♥ Breastfeeding on demand based on hunger cues
- ♥ Delayed bathing greater than 12 hours after delivery

Mother's doctor:

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Baby's doctor (**required for discharge home**):

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Remember, don't eat after midnight the day of surgery.

**BEFORE YOU ARRIVE AT THE HOSPITAL**

A nurse will call you prior to your scheduled cesarean birth to review your plan and answer your questions. Remember, don't eat after midnight the day of surgery.

**WHAT TO EXPECT WHEN YOU ARRIVE IN YOUR ROOM**

- ♥ Admission/paperwork
- ♥ Fetal monitoring
- ♥ Mom's blood work is done (if needed)
- ♥ IV insertion and hydration begins
- ♥ Meet your care team - your doctor, nurse, pediatric provider, & anesthesia

**PRE CESAREAN**

- ♥ Walk to operating room with nurse
- ♥ Sit on bed and get spinal anesthesia (this will make you numb from your belly down)
- ♥ Lay down on bed and catheter is put in position once you are numb
- ♥ Baby's heart beat is checked
- ♥ Large blue drape is placed at chest level
- ♥ Support person sits next to mom's head

**PLANNED CESAREAN BIRTH**

- Partner to be present as much as possible and remain with me
- Use clear drape to see baby delivered
- My hands left free to touch my baby
- Surgery explained as it happens
- My partner to hold the baby as soon as possible
- Place my baby skin to skin and begin breastfeeding as soon as possible
- Listen to music
- My support person will cut the baby's umbilical cord

Delayed cord clamping is now a standard of care and regularly done when able.

**POST CESAREAN**

The American Association of Pediatrics (AAP) recommends placing your baby on your skin following birth. This is called skin-to-skin and is a good way to bond with your baby. We will support you with skin-to-skin unless you instruct us otherwise.

**I would like to:**

- Privately bank my baby's cord blood (parents make arrangements prior to stay)
- Take my placenta home (we will ask you to sign a consent form and remove your placenta in a cooler within 2 hours of delivery)

**BABY'S CARE**

It's standard that baby receives Vitamin K and Erythromycin eye ointment after delivery. It's also recommended by the AAP to have the first dose of Hepatitis B vaccine given to baby before discharge.

**Please give my baby:**

- Vitamin K (preservative-free)
- Erythromycin
- Hepatitis B vaccine

If you decline Vitamin K or Erythromycin, you must have a discussion with the pediatric provider and sign a refusal form as these are state-mandated medications for your child at birth.

**Circumcision for baby boys**

- Before discharge home
- No circumcision

Circumcised babies will be monitored closely in the first few hours for bleeding.

**Baby's bath to be provided**

- In the presence of myself and partner
- By me or my partner
- Do not bathe my baby while in the hospital

Baby's first bath will occur approximately 12 hours after delivery. Your nurse will provide education at this time for you to be best prepared for when you go home.