
Virtual Maternity Tour

Inova Alexandria Hospital



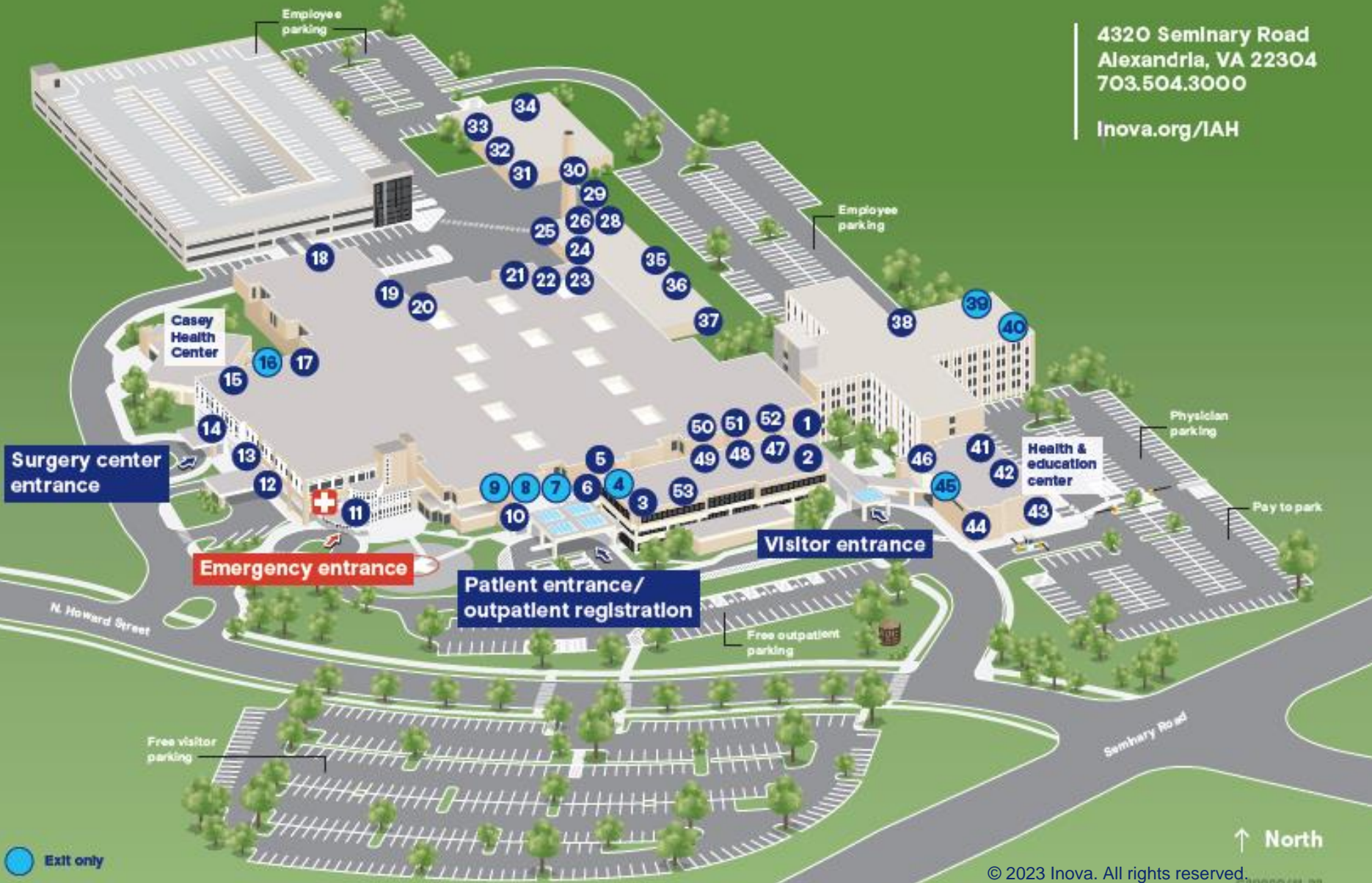


At a glance

- 318-bed community hospital with national recognition for healthcare excellence.
- Magnet designation from the American Nurses Credentialing Center
- Leapfrog Group Straight A Safety Grade since 2018

4320 Seminary Road
Alexandria, VA 22304
703.504.3000

Inova.org/IAH



- Free visitor parking is available in the North Howard St. parking lot directly across the street from the hospital (marked with yellow star). Once parked, please cross the street to enter through the **Visitor Entrance** (marked with red star).



For more information on public transportation options, [click here](#).

Where should I enter?

- For ALL scheduled appointments, such as a C-section or induction, please enter through the **VISITOR ENTRANCE**.
- If your doctor told you to go to Labor & Delivery, please enter through the **VISITOR ENTRANCE**
- Upon arrival, lobby desk personnel will direct you to the Labor and Delivery unit on the 2nd floor to be registered as a patient.
- For all other non-pregnancy related emergencies, please go to the Emergency Department



Step 1: Pre-registration

- Please pre-register online after your first OB visit and before 28 weeks of pregnancy.

Completing this step will make the process go more quickly when you arrive on your big day.

Please ask your doctor's office for help pre-registering for your delivery.



Step 2: Clinical Decision Unit

- At the Clinical Decision Unit, also called Triage, you will be evaluated by a nurse.
- If you are in active labor, you will be admitted to a private labor, delivery, and recovery suite. If your labor is not progressing, you may have the opportunity to walk around or go back home to rest, as determined by the medical staff.
- If you are scheduled to deliver by C-section, our team will admit you to the pre-operative assessment suite.



Step 3: Labor & Delivery

- At Inova Alexandria Hospital, you will spend your birthing experience in one of our comfortable and private rooms. This will be your labor, delivery and recovery suite prior to being transferred to the Postpartum Family Centered Care Unit.
- Our rooms provide a warm and inviting environment to provide a safe and positive birth experience for you and your family.



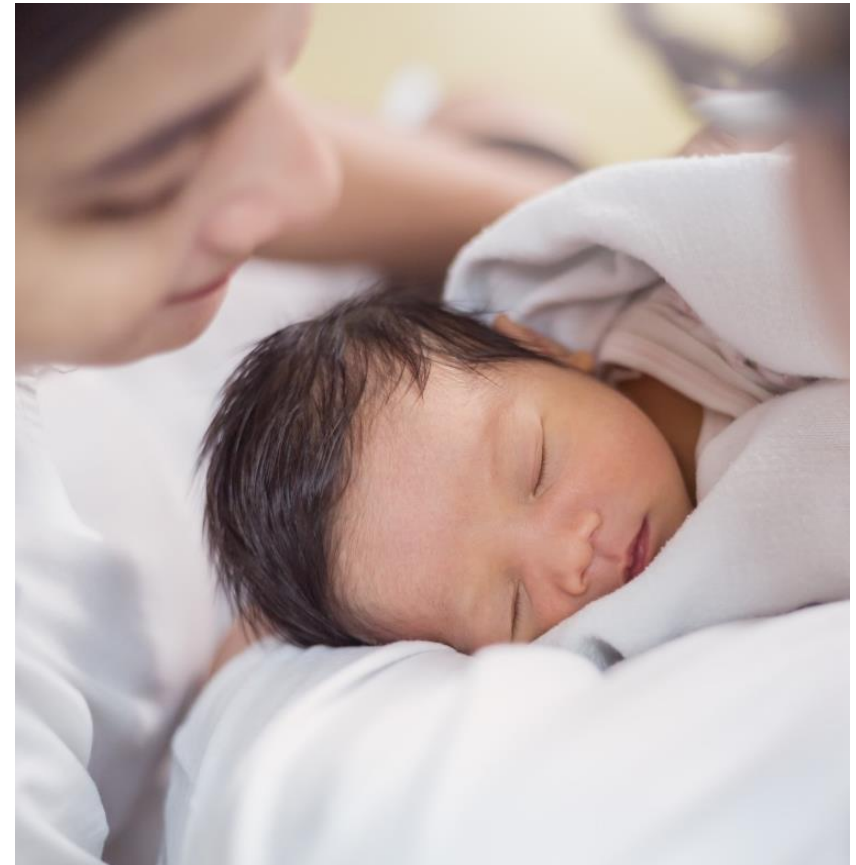
- Our compassionate, highly trained care team includes certified nurses, technicians, and physicians who will assist you in managing your labor.
- Pain-management and anesthesia services are available onsite 24/7.
- Each labor, delivery and recovery rooms have a bathroom and shower for patients desiring a natural, non-medicated delivery. Squatting bars are available for pushing upon request.
- You are welcome to bring a peanut or birthing ball to assist with labor (if cleared by your doctor).
- An electronic fetal monitor will evaluate your baby's well-being during labor and delivery at a frequency ordered by your provider.

Post Labor & Delivery Experience

After labor and delivery, you can stay in the labor and delivery room for one to two hours to recover. During this time, you can expect:

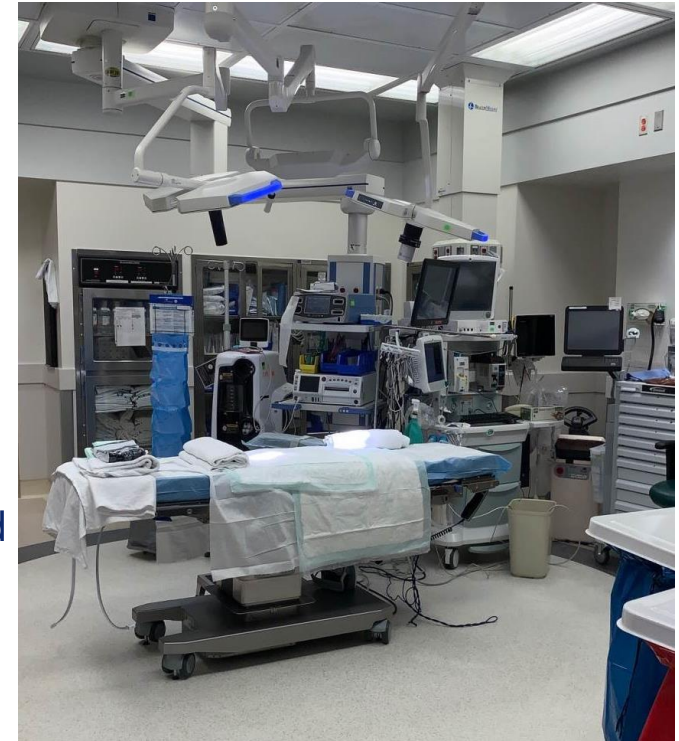
- Skin-to-skin bonding
- An overall assessment and monitoring from your nursing team
- Erythromycin eye ointment to prevent infection
- Vitamin K injection for the baby to help with blood clotting
- Wiping the baby with warm blankets
- Emotional support and guidance for the first breastfeeding experience
- Baby's footprints

After this period, you and your newborn will travel together to a room on our Family Centered Care Unit for your postpartum stay.



Cesarean (C-section) Birth

- Our labor and delivery unit features dedicated operating rooms, available only for C-sections.
- Your support person will wear protective clothing to join you during the procedure.
- After your C-section you will go to the Post-Anesthesia Care Unit (PACU), which is designed so mothers and newborns remain together.
- Two hours after a C-section, you and baby will travel together to a room on the Postpartum Family-Centered Care (FCC) unit for the rest of your stay.
- Inova Well offers a virtual e-class that takes you step-by-step through a cesarean birth. Class information is available through the [Inova Well Childbirth Education](#) program.



- Right after your baby's delivery, your baby will receive identification bands with the same medical record number—these are placed on the wrists and ankles.
- A small security sensor will be attached to the baby's ankle that will sound an alarm if the baby is taken beyond designated areas. This sensor will be removed at discharge.
- Both you and your support person will receive a band with the same medical record number as your baby.
- Upon transfer to the Family Centered Care Unit, both mom and the baby's bands will be verified.
- The Labor & Delivery Unit and Postpartum Family Centered Care Unit are secure units, and the entrances are monitored.



Safe Sleep

- Inova follows the American Academy of Pediatrics Safe Sleep recommendations. Our team takes steps to promote safe sleep for infants both in the hospital and at home:
- Use of appropriately sized bassinets and cribs in the hospital
- Infant sleeping space free of soft items
- Babies on their backs, unless other positions are medically necessary
- Picture examples of safe and unsafe sleep positions in both English and Spanish in infant sleep spaces
- Annual training for team members on safe sleep recommendation
- Parent and caregiver education on safe sleep guidelines for the home

All Inova childbirth hospitals are Safe Sleep certified by Cribs for Kids



Step 4: Postpartum- Family Centered Care Unit

- After your initial delivery recovery, you will be moved to a private room in the Family Centered Care unit for the remainder of your stay. Specially-trained maternity nurses will be caring for you and your newborn.
- Once your baby is stable, your baby will receive their first bath in your room.
- Our rooming-in practice keeps babies and their families together, promoting bonding and recognizing babies feeding “cues” or signs that they are hungry. A nursery is available for short visits between feeds or additional monitoring.
- Mom stays in the hospital for a minimum of 24 hours after a vaginal delivery or 48 hours after a cesarean section. Total time spent in the hospital is dependent on mom and baby’s recovery and your care team.
- Free wireless internet access is provided for your convenience.

Family Centered Care Unit: Details

The Postpartum-Family Centered Care Unit is located on the 3rd floor.

Each private room is equipped with:

- Bathroom
- Shower
- Baby Bassinette
- TV with cable access
- A sleep couch for your overnight support person.
- Dining on-call is available from 6:30 a.m. to 6:30 p.m.

- While we encourage rooming-in, the nursery is available 24/7 upon request and as needed

- Whatever method you choose for feeding your baby, rooming in allows you to recognize feeding cues and learn to identify when your baby is hungry. Learning early feeding cues can help to avoid the stress of a frustrated, crying baby.



One adult support person over the age of 18 may stay overnight with you. Visitation is subject to change so please check [current policy](#) before coming to the hospital.

Quiet Times are daily from 1:00 p.m. to 3:00 p.m. and 1:00 a.m. to 3:00 a.m. when mothers are encouraged to relax and rest without being disturbed by visitors or caregivers. Do not disturb signs are available.

Here's what to bring to make your stay at the hospital more comfortable:

- Drivers' license or other identification card
- Insurance Card
- Phone charger
- Hair dryer
- Comfortable, loose clothing to wear home.
- Hair ties, clips or a headband
- Toiletries
- Your own brush and comb
- Glasses and/or contacts and saline solution if applicable
- Nursing bra if you plan to nurse
- Nightgown or pajamas
- Lightweight bathrobe to throw on when you have visitors
- Slippers or cozy socks with grip soles
- Your cord blood banking kit, if you're banking your baby's cord blood
- Pediatrician's business card
- A \$12 check or money order made out to "State Health Department" for a birth certificate.



Optional Items

- Extra pairs of underwear suitable for maxi pads
- Music or headphones that plug into your phone
- Diversions for a long labor, such as a book, crossword puzzles, magazines, a deck of cards, laptop or handheld electronic games
- Your favorite pillow or lightweight blanket for your comfort.

Hospital bag for support person:

- Toothbrush, toothpaste, deodorant, other toiletries, spare contact lenses, glasses
- A travel pillow or bed pillow and a blanket for naps or an overnight stay
- Sweatshirt or jacket for quick runs to the cafeteria or nourishment room
- A change of underwear and fresh shirt.
- Pajamas or sweats for overnight stay
- Phone and a charger

Hospital bag for baby:

- Going-home outfit
- Weather-appropriate clothes
- Infant car seat.
 - The postpartum nursing team will let you know when to bring the car seat your room.



Here's what **not** to bring to the hospital:

- Valuables-diamond earrings, watches, etc. anything you would be sad to lose, please leave at home.
- Large amount of cash
- Basic baby supplies- diapers, blankets, burp cloths, clothes, Enfamil formula, and Donor human milk is provided.

We encourage all our families to learn about the benefits of exclusive breastfeeding.

- Should you desire, an Internationally Board-Certified Lactation Consultant (IBCLC) is available during your hospital stay to offer one-on-one support.
- In addition, your Family Centered Care Postpartum care team members are specially trained to assist and support breastfeeding and pumping efforts.
- Visit our [Lactation Center and Boutique](#) for breastfeeding support and supplies before, during or after your stay.
- Call 703.504.PUMP (7867) for lactation support after you go home.



- Inova Alexandria Hospital has a Level III Neonatal Intensive Care Unit (NICU) that is fully equipped to care for infants with specialized needs.
- If needed, our excellent NICU team of neonatologists and nurses will support you in the care of your newborn.



- All Inova birthing centers have visitation policies and restrictions. Please check our website often for [current visitation policies](#) as they may change during public health emergencies in the community.
- We encourage you to stay connected with loved ones during your time in the hospital.
- Free, personalized Caring Bridge websites are available to families to stay connected with loved ones and friends during your hospital stay. [Click here](#) to learn more.



- The Inova Brock Family Antenatal Testing Center at Inova Alexandria Hospital provides specialized care for pregnancies that are at risk for maternal, fetal or obstetric complications.
- Our maternal-fetal medicine specialists, known as perinatologists, work as a team with our staff of expert perinatal nurses to assist obstetricians or nurse-midwives by offering specialized services and compassionate care to mothers and their unborn babies, from pre-pregnancy counseling through delivery.

Pediatrician/Baby Doctor

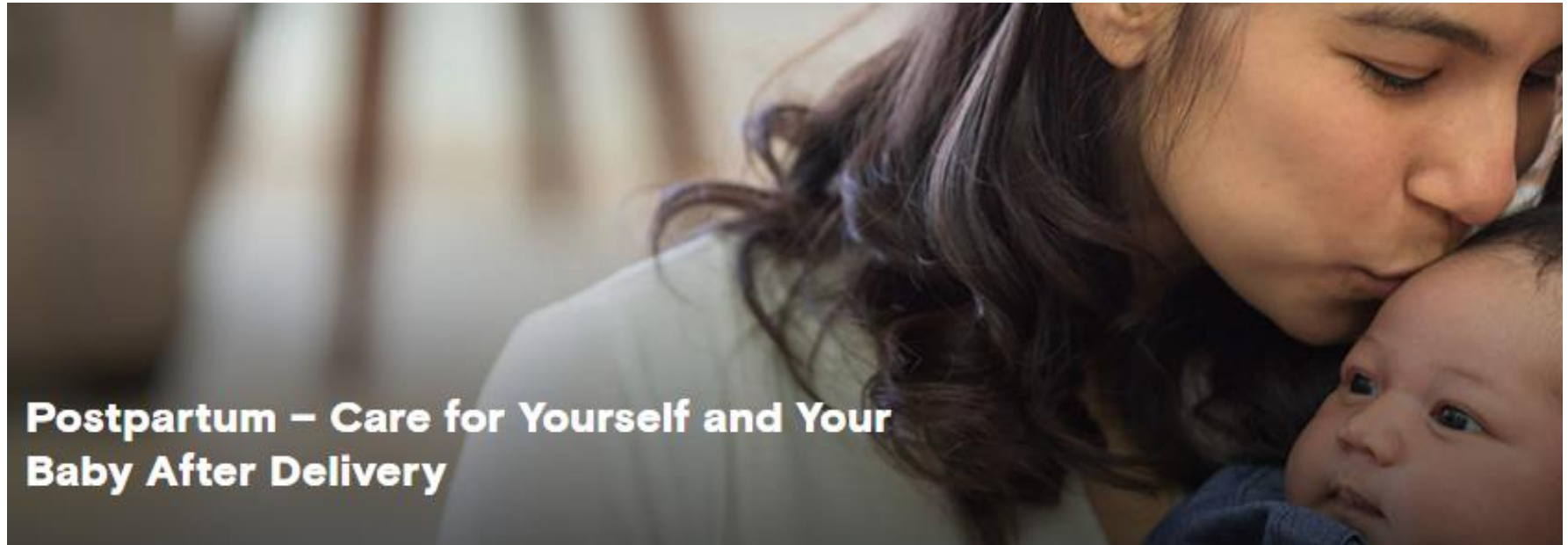
- Bring your pediatrician's (your baby's doctor) name and phone number with you to the hospital. The hospital staff will notify the pediatrician after your baby is born.
- The pediatrician will examine your baby within 24 hours of the birth.
- If your pediatrician does not visit Inova Alexandria Hospital, your baby will be examined by one of the in-house providers. One to two days after discharge you will need to follow up with your own pediatrician.
- If you desire that your male baby be circumcised, it will be performed by your Obstetrician in the newborn nursery.



- Once mother and baby are cleared for discharge, the care team will review your personalized discharge instructions.
- Make sure your car seat is properly installed before discharge.
- The care team will provide education for car seat safety but cannot install the car seat in your car.
- It is recommended that you have your car seat installation inspected by a trained technician. For more information about car seats, visit:
 - [National Highway Traffic Safety Administration](#)
 - [Arlington County Policy Department](#)
 - [Fairfax County Sheriff's Office](#)
 - [Safekids.org Maryland inspection stations](#)



**** A follow-up appointment with a pediatrician is required for discharge****



Postpartum – Care for Yourself and Your Baby After Delivery

- Once you are home you may still have questions on your care or your baby's care. Please see our [postpartum web page](#) for helpful resources and support.
- A postpartum nurse will call you after discharge to check in on you and your baby.

Thank you!

- [Inova Alexandria Hospital childbirth services](#)
- [Inova childbirth education classes](#)
- [Inova health library](#)



Stay connected



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- [Facebook](#)
- [Instagram](#)

- It is our goal to always meet the needs of both you and your baby. We consider it a privilege to be a part of this special time in your life. We want to know how you feel, who and/or what made your visit great, as well as what opportunities we have to improve our services. After your visit you may receive a survey in the mail, by text or by email—please let us know about your experience with us!



Thank you for
choosing us

