

# “Having a Baby at Scripps: Answers to a few Questions”

This handout is part of a walking tour and hospital orientation of Scripps Hospital.

## **Important Phone Numbers**

**Class Registration and Physician Referrals  
Lactation Services**

**1-800-SCRIPPS  
858-626-4538**

### **Scripps Memorial Hospital Encinitas:**

Pre-admission Information, Labor and Delivery

760-633-7801

### **Scripps Memorial Hospital La Jolla:**

Labor and Delivery

858-626-6296

Maternal Financial Counselor

858-626-6138

### **Scripps Mercy Chula Vista:**

Pre-admission Information, Labor and Delivery

619-691-7459

### **Scripps Mercy San Diego:**

Pre-admission Information

619-686-3924

Labor and Delivery

619-260-7231

## **Video Tour and “Pre-Admission Worksheet”**

[Scripps Memorial Hospital La Jolla](#)

[Scripps Memorial Hospital Encinitas](#)

[Scripps Mercy Hospital San Diego and Scripps Mercy Chula Vista](#)

## **Should I register before my delivery?**

Yes. Registering before you deliver will allow all necessary paperwork to be processed. Registration Forms are available on the Hospital Orientation/Tour and at your physician’s office. Bring your insurance card and photo ID with you to the hospital.

## **Do I need to call before I arrive at the hospital in labor?**

Please call your doctor’s office. We also ask that you call the Labor and Delivery unit before coming to the hospital.

## **Where do I check in on arrival at the hospital?**

### **Scripps Mercy Chula Vista:**

24 hours, you may enter through the main hospital entrance. Go directly to Labor and Delivery on the Main Floor. Then request entry into the unit by pushing the call button. Proceed directly to the nursing station.

### **Scripps Memorial Hospital Encinitas:**

**5 a.m. – 8:30 p.m.** enter through the main hospital entrance and go directly to the Birth Pavilion located on the first floor.

**8:30 p.m. – 5 a.m.** gain access to enter by using the phone, located outside to the left of the main entrance door. The staff will electronically open the door.

### **Scripps Memorial Hospital La Jolla:**

**5 a.m. – 9 p.m.** enter through the Women’s Center entrance and take elevator to the 2<sup>nd</sup> Floor, Labor and Delivery.

**9 p.m. – 5 a.m.** the Women’s Center entrance will be locked. Use the key pad on the concrete pillar to call the Labor and Delivery unit. Staff will electronically open the door and you will be able to pull the door open.

Main Hospital entrance opens at 5 a.m. and may also be used to access the Women’s Center elevators.

### **Scripps Mercy San Diego:**

24 hours, you may enter through Main Hospital Entrance. Proceed to Labor and Delivery on the 3<sup>rd</sup> Floor. Check in with the Unit Secretary. Your support person may use the main entrance’s circular drive for dropping you off, and then they will need to park in the visitor parking structure.

### **What should I expect once I am admitted in labor?**

The pre-admission paperwork will be checked for accuracy. Consent forms may need to be signed. Once in a labor room, your vital signs will be checked, a monitor will be applied to assess the baby’s heart rate and your contractions. Then an obstetrical assessment will occur. We will draw blood for admission labs and start an I.V. This is also a good time to review your birth preferences/plan with the nurse.

### **May we request the use of a “Birth Plan”?**


It is best to discuss your preferences with your health care provider prior to delivery. You may bring comfort measures such as music and birthing balls. You will not be able to use aromatherapy (essential oils and reed diffusers). At La Jolla, the use of aromatherapy is available. Please discuss this option with your nurse. A childbirth educational class will discuss the many comfort techniques available to you. One of the keys is to communicate with your provider and the staff regarding your desires.

### **Labor and Delivery Room Information**

A labor, delivery, and recovery room (LDR) is provided so that mothers can experience labor, delivery, and recovery in the same room. A nurse is assigned to care for you. After delivery a nurse will be assigned to care for you and your baby in the same room. There may be times during personal care or examinations when your support person may be asked to step out depending on the particular circumstances. If you are planning on videotaping and/or taking pictures of the birth, this must be discussed ahead of time with your caregiver and then photography will be allowed with their consent.

### **How many people can I have in the room for delivery?**

For a vaginal delivery, you may have whomever you would like at your baby’s birth (within space constraints). There may be times during your labor that visitors might be asked to step out momentarily. If you would like to photograph/record the birth, please discuss this ahead of time with your physician or nurse midwife. Your older children may participate, but must be



accompanied by an adult other than your labor coach. If you are having a cesarean delivery, one support person may be in attendance. Prior to a scheduled cesarean delivery, you will not be permitted to eat/drink for 8 hours.

### **How long do I stay in the LDR Room for recovery?**

Your time in recovery will depend on the type of delivery and anesthesia used. Most women stay at least 2 hours after delivery before moving to a postpartum room. It is recommended that visitors be limited during this time so the new parents can rest and get acquainted with the new baby, as well as to provide uninterrupted skin to skin and breastfeeding time (“The Golden Hour”).

### **What type of room is available for my postpartum stay?**

**Scripps Mercy Chula Vista and Scripps Mercy San Diego:** Most often the postpartum rooms are private rooms where mother and baby will be cared for together during their stay. Obstetrical volume is unpredictable; therefore, it may be necessary for you to share a room as a result of a high census.

**Scripps Memorial Encinitas and Scripps Memorial La Jolla:** Private Postpartum Rooms.

### **What are some details regarding my postpartum stay?**

We provide you and your baby with 24-hours rooming-in, to allow time to bond. Nurses are available to assist you and teach you about your newborn’s care. Your support person may stay overnight. However, if you are sharing a room, both patients would have to agree to allow the support person to spend the night. Children under 18 years are not allowed to stay the night.

### **Will there be staff available to help me breastfeed?**

Yes. We encourage and support your decision to breastfeed and your postpartum nurse will assist you. They have extensive education in breastfeeding. Our goal is to place your baby skin to skin within the first hours of life. Additional assistant from a lactation consultant can be referred as needed by the nurse. Discuss your preferences regarding the use of pacifiers and formula with your pediatrician and nurse. After discharge, breast pumps and baby scales are available for rent and sale. Check with your insurance company regarding reimbursement coverage.

### **How soon will my baby and I be discharged?**

You will be discharged when you and your newborn are deemed healthy by your OB and the Pediatrician. This will likely occur on day 3 for a cesarean delivery and day 2 for a vaginal delivery. If you are feeling well before that point, you may be discharged sooner. If medically indicated, you may need to stay longer. On day of discharge you can expect to be discharged in the morning.

### **What is covered through insurance?**

We recommend that you check with your insurance company regarding coverage. Be sure you are aware of what your insurance covers to avoid unexpected, out of pocket costs. Each insurance company/policy is different. There will be two bills. There is a separate charge for mom’s care and another for the baby (listed as “nursery charge”).

### **Should I choose the pediatrician prior to the birth of my baby?**

It is strongly recommended and to your benefit, that you choose a pediatrician before you come to the hospital in labor. Ask your obstetrician for references and check with your health care plan. 1-800-SCRIPPS can also provide referrals. Interviewing pediatricians prior to delivery can help to identify the best fit for your family. If you have not chosen a doctor for your baby prior to delivery one will be assigned. After your baby is born, the nursing staff will take care of notifying the pediatrician.

### **What are the postpartum visiting hours and policies?**

Your support person and sibling(s) may visit anytime. For siblings visiting, they must have an adult other than the patient with them at all times. General visiting hours are 8 a.m. – 8:30 p.m. We encourage you to celebrate your new family, but remind you that no alcoholic beverages are allowed. We request that when bringing flowers, a container for them be brought as well. No stargazer lilies or latex balloons please, due to possible allergic reactions.

### **Healthy Visitors**

All visitors, including sibling(s), who are ill or do not feel well should refrain from visiting mom and baby in the hospital. If in the previous 24 hours, any of the following have been experienced: fever, cold, diarrhea, vomiting, undiagnosed skin rash, red eyes, or congested cough. All visitors should be healthy and up to date on immunizations.

### **When will my baby's Birth Certificate and Social Security card be ready?**

To avoid unnecessary expense and delay of the Birth Certificate, it is best to have a name for the baby chosen prior to discharge. If the father's name is to be included on the Birth Certificate and the parents are not married, the paternity form will need to be signed prior to discharge. The birth certificate will be ready in approximately 4-6 weeks, for you to pick up. For more information, you may contact the San Diego County Office of Vital Records at (619) 692-5733. The Hospital Verification Letter provided is not a legal document. Immigration will provide you information on how to cross the border without the baby's birth certificate.

The social security card will be mailed to you in approximately 6-8 weeks.

### **Parking Information**

Scripps Mercy Chula Vista: no charge

Scripps Memorial Hospital Encinitas: no charge

Scripps Memorial Hospital La Jolla:

Daily with in/out privileges = \$10 7-Day Stay with in/out privileges = \$25

Scripps Mercy San Diego: 3 hours = \$4 (additional hours \$1, maximum daily rate \$10)

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