



## Planning the Birth of Your Baby



## Welcome to Scripps. We look forward to caring for you and your baby.

At Scripps, we give every mother and infant the kind of one-on-one attention that has made us the primary choice for women's health care throughout San Diego County. More than 10,000 babies are born at Scripps hospitals each year.

Scripps provides a warm, helpful and secure environment for you and your newborn. No matter which Scripps Hospital you choose, you receive the same excellent standard of care. Scripps offers maternal child health services at Scripps Memorial Hospital Encinitas, Scripps Memorial Hospital La Jolla, Scripps Mercy Hospital, Chula Vista, and Scripps Mercy Hospital, San Diego.

Scripps hospitals use a multidisciplinary approach to pregnancy, delivery and the postpartum period. Our staff of health care professionals, including physicians, nurses, lactation specialists, nurse midwives, certified childbirth educators, registered dietitians, social workers and respiratory care practitioners work



together to make sure you and your baby have a positive experience.

In addition to our childbirth services, Scripps offers a physician referral network, high-level prenatal and neonatal care, newborn hearing screenings, infant nutrition information, maternity and childbirth classes and a unique parent connection group. Our staff strongly believes that sensitivity to each mother, newborn and family goes hand-in-hand with our state-of-the-art treatment and facilities.

## Preparing for Parenthood

### Choosing a Physician

Comprehensive prenatal care by our experienced staff of physicians gives your newborn the best start in life. If you have already chosen a Scripps physician as your doctor, we look forward to caring for you and your newborn. However, if you are looking for a physician who provides obstetrical or pediatric care, or a certified nurse midwife, our physician referral services can help. Our team will match your specific requests with information about physicians, office hours, locations and types of insurance accepted.

For more information or to find a physician in your area, call **1-800-SCRIPPS (727-4777)**.

### High Level Prenatal Care

Scripps offers a complete range of prenatal testing and diagnostic services using leading-edge technology. Our perinatologists — medical doctors specializing in high-risk obstetrics — work with your doctor to perform and interpret results of prenatal testing and design treatment plans for high-risk pregnancies.

Scripps services include genetic testing and counseling, high-risk ultrasound, maternal serum alpha fetoprotein (AFP) value testing, multiple marker screening (triple-screen testing), amniocentesis, chorionic villus sampling, percutaneous umbilical blood sampling, non-stress test, biophysical profile and contraction stress test.

# Our Facilities

## Private Birthing Rooms

All Scripps facilities provide for the birthing process in one room where the mother will stay throughout labor, delivery and recovery. These state-of-the-art labor and delivery rooms are linked with a fetal monitoring system that gives nurses, physicians and midwives access to every laboring mother's vital signs and her newborn's heart rate from a central monitoring station. To create a comfortable setting, all of our rooms include sleep accommodations for a support person's overnight stays, home-like furnishings, televisions, telephones and fully adjustable beds.

Because each birth is unique, our team of health care professionals works with you to personalize your experience and tries to accommodate any special requests you have. During labor, your physician or certified nurse midwife follows your progress while specially trained nurses monitor and provide you with professional nursing care.

## Fully Equipped Operating Rooms

In the event of a cesarean birth, our experienced staff will support you through the delivery using the most advanced medical technology. All Scripps facilities provide specially equipped operating rooms dedicated to cesarean deliveries.

## Postpartum Rooms

After delivery and recovery, you and your newborn will move into a postpartum room for the rest of your stay. The postpartum room offers a family-centered environment for you and your family's comfort.

## 24-Hour Rooming-In

After the birth, we encourage you and your baby to stay in the same room together. This gives you the opportunity to develop a close relationship and a chance to feel confident holding, feeding and caring for your newborn.

## Special Care Nurseries

If your infant needs special attention, our special care nurseries are staffed by highly skilled nurses and physicians who provide excellent care for your baby. All of the special care nurseries are fully equipped with the latest technology. Most babies never need these specialized services. However, knowing that we are experienced and prepared to care for high-risk premature infants gives you the peace of mind you expect from a state-of-the-art hospital. Scripps has partnered with Rady Children's Hospital to provide exceptional care through the management of the neonatal intensive care units (NICUs) at all of our hospitals.



# Our Compassionate, Caring Staff

Our team of caregivers includes the following experts.

**Obstetricians:** On staff and on call 24 hours a day.

**Certified Nurse Midwives:** Available through Scripps Memorial Hospital Encinitas, Scripps Memorial Hospital La Jolla, Scripps Clinic and Scripps Coastal Medical Center.

**Neonatologists:** Medical doctors specializing in high-risk newborns, available seven days a week.

**Pediatricians:** On staff and on call 24 hours a day.

**Anesthesiologists:** Specializing in obstetrics, available 24 hours a day, seven days a week.

**Perinatologists:** Medical doctors specializing in high-risk obstetrics, available seven days a week for consultation.

**Maternal Child Health Nurses:** On staff, caring for you and your baby 24 hours a day.

**Lactation Educators and Consultants:**

Our postpartum nurses are specially trained in lactation to assist with your breastfeeding needs. Lactation Consultants are also available if breastfeeding problems arise. All members of your healthcare team will work together to help you care for and nourish your newborn.

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## Our Services

### Baby Hearing

A newborn hearing screen is administered to every infant at Scripps Hospital to check for hearing deficiencies at the earliest stage. Through early detection, newborn hearing screenings provide an opportunity to treat problems immediately, ensuring the best possible outcome.

### Security

Strong security measures are in place at all of our hospitals for the safety of you and your newborn.

### Visitation

Twenty-four hour visitation is available for fathers and/or support persons in the labor and delivery departments. Family-centered visitation is available for friends and other family members at all Scripps hospitals. Please ask your nurse about specific visiting hours.

### Orientation

Before delivery, Scripps invites you and your family to tour our facilities. Our Expectant Parents Orientation is offered at Scripps Memorial Hospital Encinitas,

Scripps Memorial Hospital La Jolla, Scripps Mercy San Diego and Scripps Mercy Chula Vista several times a month. Please call **1-800-SCRIPPS (727-4777)** or visit **[scripps.org/newbaby](https://scripps.org/newbaby)** for dates, times and pre-registration.

### Infant Nutrition

**Breastfeeding:** More and more mothers are making the choice to breastfeed their infants. The American Academy of Pediatrics recognizes the positive benefits of breast milk and recommends breastfeeding for one year. At Scripps, we support your choice and offer the following services to help you achieve your goals:

- Prenatal and breastfeeding classes
- Trained, experienced inpatient nursing staff
- Lactation consultants available for private consultation
- Free breastfeeding support groups (English and Spanish)
- Breastfeeding help line (phone support)
- Breast pump rentals and sales
- Sale of breastfeeding supplies (e.g., bras, pads, breast pumps, books, etc.)
- baby scale rental

**Bottle Feeding:** If you choose to bottle feed your baby, our staff will provide expert instruction on correct feeding techniques and proper infant nutrition.

### **Pediatrician Referrals**

It is strongly recommended, and to your benefit, that you choose a pediatrician before you come to the hospital for delivery. It is important to interview pediatricians and identify the physician that is the best for your family. **1-800-SCRIPPS (727-4777)** can provide referrals close to your home/work that are compatible with your insurance. After your baby is born, the nursing staff will notify your pediatrician. You can also follow up with your insurance company to ensure they have received the news about your baby's birth. This can reduce the possibility of an incorrect bill from your insurance company.

### **Tips**

Here are a few suggestions to begin the selection process:

- It is recommended that you select a doctor for your baby in your last trimester.
- Check for doctors that are part of your health plan.
- Talk with your friends and relatives about possible referrals.
- Schedule a visit to the physician's office for an initial meeting.

### **Information**

Here are a few suggestions of what to discuss with a pediatrician:

- What are the office hours?
- What do I do if my child has a problem after office hours?
- Is there someone on staff to answer medical questions over the phone?
- Is it a group practice? If so, can I request the same doctor each time?
- What is the approximate waiting time for an appointment?
- How long do you recommend that I breastfeed? What breastfeeding services are offered?
- Do you recommend circumcision for infant boys?
- Do you perform the circumcision in the hospital or in your office?
- Tell me about yourself, your experience, and your practice.

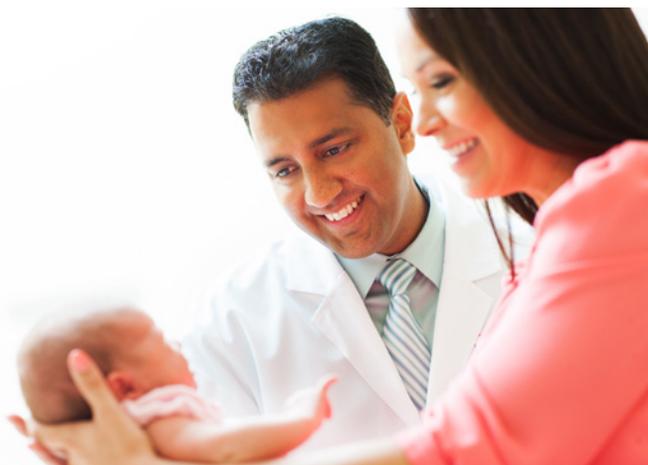
### **Baby and You Classes**

Scripps offers a wide variety of childbirth classes, family education and support programs to guide you from pregnancy and your baby's birth through parenting. Caring, experienced instructors specializing in prenatal and postnatal education teach all classes.

Baby and You Classes include:

- Accelerated Childbirth Prep
- And Baby Makes Four... Or More (Sibling Class)
- Basic Training for Dads
- Breastfeeding
- Breastfeeding Support Groups
- Childbirth Preparation
- Dogs & Babies: Play It Safe
- Getting Ready for Baby
- Grandparenting Today
- Hospital Orientation/ Maternity Tour
- Lactation Services
- Postpartum Pelvic Floor class
- Refresher Childbirth Preparation
- The Parent Connection

Baby and You Classes are held at our hospitals throughout the county. Registration is required. Please call **1-800-SCRIPPS (727-4777)** or visit **[scripps.org/newbaby](http://scripps.org/newbaby)** for information and to register.





## General Visitation Practices

Visitors who are ill or do not feel well should refrain from visiting if they have an infection, fever, cold, diarrhea or vomiting.

Please do not bring a child to the Sibling Class or visit mom in the hospital if the child:

- has a fever or had a fever the night before
- has diarrhea or had loose/liquid or green stools within the last 24 hours
- has a rash of any kind (except those that have been diagnosed by a physician such as a reaction to an antibiotic, etc.)
- has red eyes with discharge
- has been vomiting in the last 24 hours
- has congested cough or yellow/green runny nose

All children must be accompanied by an adult and under direct supervision at all times. The patient cannot be considered the designee supervising children. Children under 18 are not allowed to stay overnight.

# Important Information

A preadmission questionnaire will be given to you at your physician's office. You may also pick one up at the admission desk at Scripps Memorial Encinitas, Scripps Memorial La Jolla, Scripps Mercy San Diego or Scripps Mercy Chula Vista or at one of the hospital orientation tours. Please take the time to bring the preadmission questionnaire with you when you arrive at the hospital to have your baby. If you have medical insurance, be sure to bring your card or claim form, along with your identification, when you come to the hospital. It is important that you always bring proper identification with you to the hospital. By completing all necessary documents before your due date, you will save valuable time. If you have questions, please call **1-800-SCRIPPS (727-4777)** or your Scripps hospital.

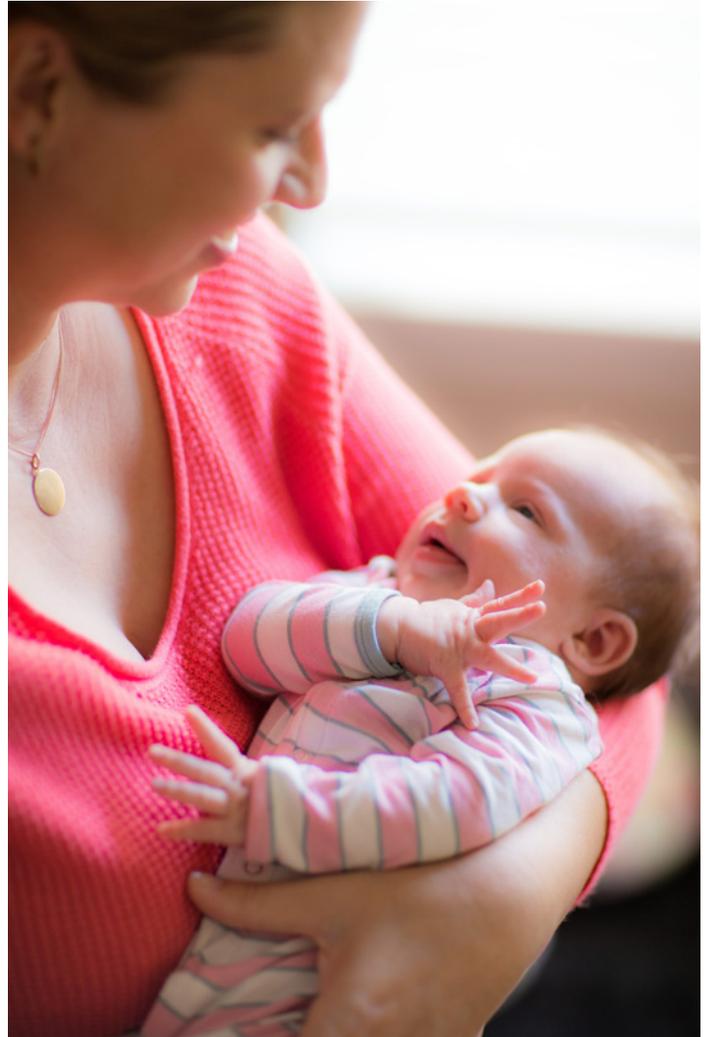
## Maternity Insurance Coverage

We encourage patients to contact their insurers, as many companies require notification before delivery. It is also a good idea to verify your benefits with them before coming to the hospital. The following is a list of questions you can use as a guideline in verifying your benefits:

- Do I have maternity coverage?
- Is the coverage in effect now?
- Does it include well baby and/or sick baby coverage?
- Have I met my deductible?
- What are the limitations regarding length of stay in the hospital?
- Are home health visits covered?
- Does the insurance cover a semi-private or private postpartum room?
- Are there any other limitations or exclusions I should know about?
- Do I need pre-certifications or pre-authorizations?

## Cash Payment

Patients who choose to pay for hospital services in cash should contact the hospital to obtain charge estimates and make payment arrangements.



# Scripps Maternal and Newborn Services

## 1. Scripps Memorial Hospital Encinitas

354 Santa Fe Dr.  
Encinitas, CA 92024  
760-753-6501

## 2. Scripps Memorial Hospital La Jolla

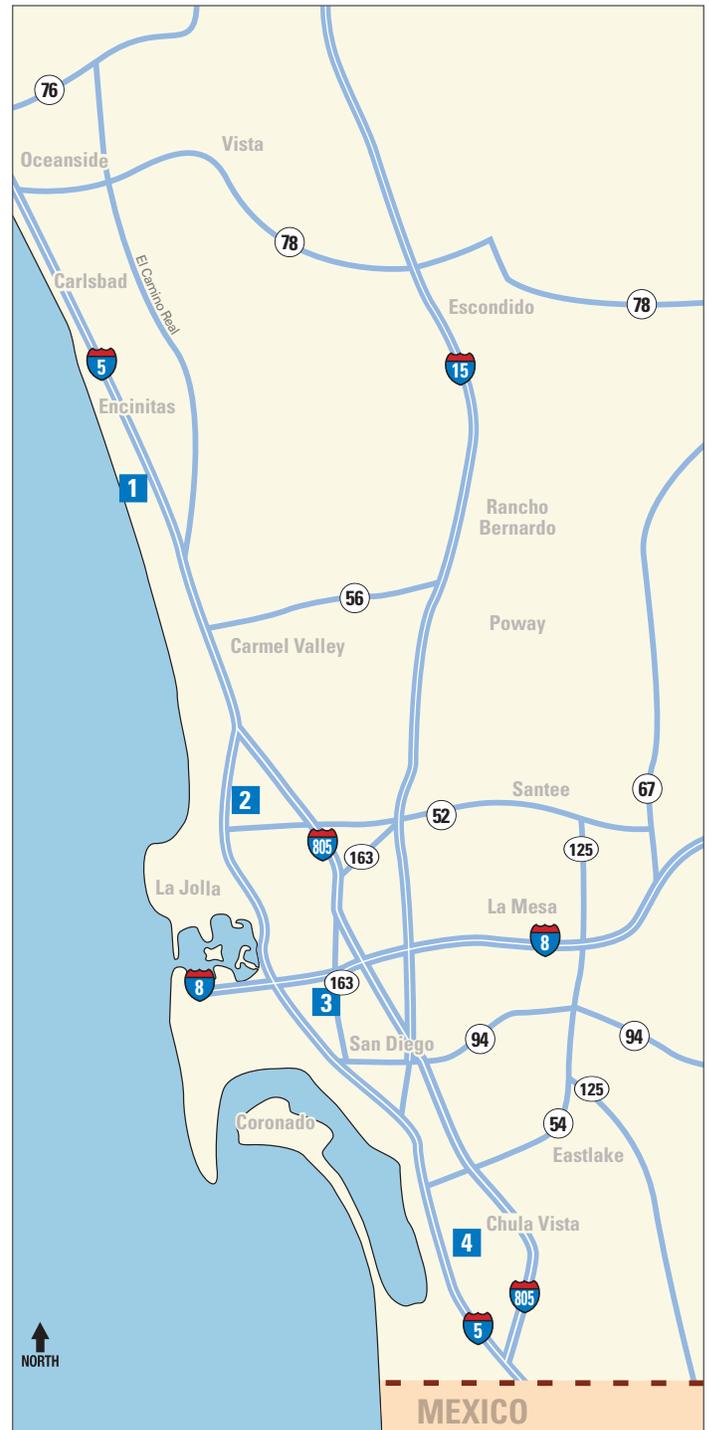
9888 Genesee Ave.  
La Jolla, CA 92037  
858-457-4123

## 3. Scripps Mercy Hospital, San Diego

4077 Fifth Ave.  
San Diego, CA 92103  
619-294-8111

## 4. Scripps Mercy Hospital, Chula Vista

435 H St.  
Chula Vista, CA 91910  
619-691-7000



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scripps.org