



Your Guide to a Healthy Pregnancy



Welcome

Congratulations! Your pregnancy is an exciting and important time in your life. As your team of doctors, nurses and staff here at MetroHealth, we will do everything possible to make this a pleasant experience for you, your baby and family. We are here to listen and provide the best possible medical care throughout your pregnancy.

Taking care of yourself is especially important for the health of you and your baby. This guide will walk you step-by-step through your pregnancy. It can help you keep track of your appointments, write down questions, record important information and provide you with helpful educational health and safety information.

While prenatal care is important, so is eating right, exercising and taking care of yourself. This book is meant to be a helpful guide but please let our staff know how we can help you along the way.

As you can see, MetroHealth is committed to taking care of you and your baby every step of the way. From your first prenatal visit to your first ultrasound to the birth of your baby and after, we promise to provide you with the high-quality, personalized care you and your baby deserve.

Sincerely,

Your MetroHealth Caregivers



This book belongs to:

For more information on MetroHealth's birthing services, visit metrohealth.org/birthing



Your Guide to a Healthy Pregnancy

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From your first prenatal visit to your first ultrasound to the birth of your baby, we will provide you with the high-quality, personalized care you and your baby deserve.



Take an online video tour of the MetroHealth Birthing & Perinatal Center!

Go to metrohealth.org/birthing/videtour to meet our team of leading experts, hear one mom's amazing story and much more!

Pregnancy & Birthing Care

By choosing MetroHealth, you and your baby will receive the highest level of care from our outstanding staff who are dedicated to providing you and your family with the best possible experience. MetroHealth's board-certified obstetricians – many of whom are nationally renowned – together with our entire health care team are committed to you and your baby. From your first prenatal visit to your first ultrasound to delivering your baby, we will provide you with the high-quality, personalized care you and your baby deserve.

If you experience complications during your pregnancy, you'll be glad to know that the **MetroHealth Division of Maternal-Fetal Medicine** has the largest, most respected maternal-fetal program in the region. Nobody treats more high-risk pregnancies than we do. And nobody has our diverse range of services and specialties.

For more than three decades, we have been leading the way in the treatment of high-risk pregnancies. We are one of only 14 centers in the country selected to participate in the Eunice Kennedy Shriver National Institute of Child Health and Human Development Maternal-Fetal Medicine Units research networks. Because of that selection, we continue to be at the forefront of maternal-fetal care.

Should your baby need more specialized care after birth, MetroHealth is equipped with a **Certified Level III Neonatal Intensive Care Unit (NICU)**. This state-of-the-art unit is equipped with the most advanced monitoring technology and a team of neonatologists, perinatologists, respiratory therapists, pediatricians and neonatal nurses. They are all dedicated to giving your baby the extra care and attention he or she might need.

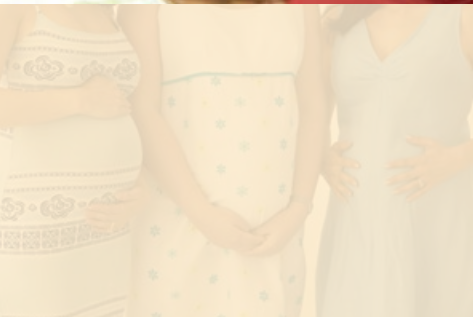


Christie, Sam and Henry

In the third month of her pregnancy, Christie found out there were problems with one of her twins. Another hospital told her only one of her children would survive.

Terrified at the thought of losing one of their twins, Christie and her husband came to the high-risk pregnancy specialists at MetroHealth for a second opinion. With the expertise and compassion of MetroHealth physicians, Christie successfully delivered both Sam and Henry. While one of the twins required surgery, both are expected to lead healthy lives.

MetroHealth has the largest maternal-fetal program in northern Ohio, and is a national leader in high-risk pregnancy and delivery. As one of America's 14 research centers for high-risk pregnancy, MetroHealth has pioneered treatments, including medication therapy to prevent prematurity.



You and Your Provider

Provider Visits

- > Early, frequent and regular check-ups are necessary.
- > Your doctor will need to see you **at least once a month during the first two trimesters** of your pregnancy.
- > Eight weeks before your due date you will need to come in **every two weeks**.
- > Four weeks before your due date you will need to come in **every week**.

We Also Offer Centering Pregnancy®

CenteringPregnancy® is a special check-up for pregnant women that includes more time and attention in a group setting. You'll meet with your Centering provider and other women, who are due near the same time as you, for 10 sessions during your pregnancy. For more information call, **216-778-3598**.

Throughout this guide you will see the term "Provider" mentioned, this refers to your OB-GYN doctor or an Advanced Practice Registered Nurse. Both are board certified to give you the best level of care during your pregnancy.

Parking Reminder!

At MetroHealth Medical Center's Women & Children's Pavilion, parking is **FREE** for prenatal visits **ONLY**. Please bring your parking ticket with you to your appointment to be stamped. Appointments at our health center locations also include free parking.



MyChart
metrohealth.org/mychart

MyChart helps you manage your family's health care online!

Ask your provider for an access code or request a code online at **metrohealth.org/mychart**

- Schedule, request and cancel appointments**
- View test results**
- Request prescription renewals**
- Email your health care team with questions**
- Access through mobile app**

Testing

First Visit

- Expect tests on your first visit to the provider's office. These may include:
 - Blood tests to measure iron level, blood type, Rh factor, evidence of syphilis, hepatitis screening, TB and HIV (optional).
 - Culture to check for sexually transmitted infections (STIs).
 - Pap test to check for cervical cancer.
 - Urine test to check for diabetes, infection and kidney function.

At All Following Visits

- Expect to be weighed, have your blood pressure checked and urine tested.
- Your doctor or nurse practitioner will listen for your baby's heartbeat and measure your abdomen.

Possible Additional Tests

- Other testing is sometimes ordered to monitor your baby's growth and development:
 - Testing for Down syndrome.
 - A non-stress test (NST).
 - An ultrasound.
 - Screen for possible problems with baby's back and spinal cord.
 - Diabetes testing.



Places You Need to Know for Appointments and Tests

You will probably make frequent visits to the following locations:

- Your provider's office
- The blood lab
- Ultrasound

It will be helpful to familiarize yourself with these locations. All are conveniently located at MetroHealth Women & Children's Pavilion.



Keep track of test results by signing yourself and your baby up for MyChart, metrohealth.org/mychart



Childbirth Education Classes

MetroHealth is pleased to offer a variety of classes to help you and your family prepare for your baby. View the current schedule for each class at metrohealth.org/birthing.

**Register for FREE childbirth education classes online!
metrohealth.org/birthing or call 216-778-3381.**



Childbirth Preparation Classes

Our childbirth educators are certified and experienced perinatal nurses. Classes include information about labor and birth, comfort options and pain relief, coping skills for labor and birth and caring for yourselves and baby after birth.



Lucian Bartosik ©2011

Breastfeeding Class

Learn the basics of breastfeeding preparation and feeding and pumping techniques along with newborn nutrition from our certified lactation consultants.



Sibling Class

This one time class is for siblings of the baby, ages 2-11. Children 12 and over are invited to attend a prenatal tour with their parents. Classes include information on how to hold and interact with a newborn brother or sister, a tour of the maternity unit and a movie about being a big brother or sister. Each child will receive a graduation diploma for their participation in the class.



Lucian Bartosik ©2011

Boot Camp for New Dads

Geared to first time fathers, this class is taught by veteran dads. You will learn how to make it through the first months of parenting and come out a competent, on the job father. This is one of our most popular classes for men of all ages.



Breastfeeding Clinic

The MetroHealth Breastfeeding Clinic is a resource for mothers and their children to receive high quality medical care for any issue related to breastfeeding, both before and after delivery. The clinic is staffed by a nurse practitioner and a family physician who are both certified lactation consultants. The clinic provides medical evaluation and diagnosis of problems associated with breastfeeding including issues such as infant weight gain, breast or nipple pain or infections, tongue-tie, medical conditions affecting breastfeeding, adoption or re-establishing milk supply. These are medical visits that are covered by most insurance.

We Invite You to Make an Appointment

To schedule an appointment in the Breastfeeding Clinic, call 216-778-2222

The Breastfeeding Clinic is located at:
MetroHealth Medical Center
Women and Children's Pavilion, First Floor
2500 MetroHealth Drive, Cleveland, OH 44109

Breastfeeding Support Groups

For more information, call 216-778-3337.



Doula Program

MetroHealth offers the birthing option of a volunteer doula, a woman who is trained to provide physical and emotional support for the laboring mother before, during and just after the birth. Your childbirth educator can provide more information about doula services, as doula availability may be limited.



Call **216-778-3381** to register for childbirth preparation classes. For a current class schedule, ask your nurse or visit our website at **metrohealth.org/birthing**.



First Things First

Now that you know you are pregnant, there are a few important steps to take, starting today, toward keeping your baby healthy:

- Let us know if you smoke or live with someone who does.
- Be sure to avoid ALL alcohol during your pregnancy. Even small amounts of alcohol can affect your baby.
- When it comes to caffeine and pregnancy, moderation is the key.
- Eat wisely and well, especially lots of the leafy dark green and yellow vegetables that are your best source of folic acid. Avoid foods made from unpasteurized milk (including many soft cheeses) and raw or undercooked meats and seafood.
- Tell your dentist and any other health care providers you see that you are pregnant.
- Let us know if you work in a factory or laboratory, with small children or with animals.
- Do you have pets at home? If you have a cat, please arrange for someone else to clean the litter box, as the germs carried by the waste can be dangerous. You may also need to use precautions with other kinds of pets – particularly reptiles and birds.
- If you exercise regularly, you can continue your routine throughout your pregnancy as long as you are comfortable doing so.

Healthy Pregnancy FAQs

Below are sample questions you may want to ask your doctor or nurse practitioner during your pregnancy. Circle the questions you may want to ask, or write down your own questions in the spaces below.

- > If I have a question, who do I call and when?
- > What are today's tests measuring?
- > What forms do you want me to sign? What do they mean?
- > I feel sick all the time. Is there something I can do?
- > Am I gaining the right amount of weight?
- > How should I change my diet?
- > Should I take vitamins or supplements?
- > What medicine can I take if I have a headache?
- > Can I lie on my stomach at night? Will it hurt my baby?
- > I'm so tired. Is this normal?
- > Is there anything I should not be doing?
- > Is the baby facing the right way?
- > What are the signs of labor?
- > Who should I call if I think I'm in labor?
- > How much longer do you think it will be?
- > What does it mean to "induce" labor?
- > If I am in pain during labor, what should I ask for?
- > What do I do if my "water breaks?"
- > Who do I ask at the hospital for help with breastfeeding?
- > Why do some women have a C-section?
- > I had a C-section last time, will I need to have one again?
- > I have many questions about breastfeeding, is there someone I can talk to now?



Delivering at MetroHealth

You should be prepared for your hospital stay at least four to six weeks before your expected date of delivery. Babies sometimes come before their due date, so early preparation can be helpful.

Why It's Important to go to MetroHealth

Even if another hospital is closer, it's important to come to MetroHealth Medical Center when you are in labor because your prenatal records are here. **MetroHealth doctors do not deliver babies at other hospitals**, so your doctor will not be able to deliver your baby if you go elsewhere. In addition, if you are experiencing a high-risk pregnancy, most Greater Cleveland hospitals are not able to take care of high-risk mothers and babies. If you deliver elsewhere, you run the risk of being separated from your baby if you deliver at a hospital not equipped to handle your special needs.

Our Labor and Delivery Unit has:

- Nine private state-of-the-art birthing suites designed to allow a woman to labor and give birth in the same room. One suite with a tub is available for your comfort in labor.
- Spacious rooms for a family-centered approach.
- The most progressive fetal monitoring technology and neonatal resuscitation equipment available.
- Obstetricians, anesthesiologists, pediatricians and pediatric nurse practitioners readily accessible 24 hours a day, seven days a week.

Experts in Specialized Care

If you or your baby require specialized medical services, feel confident that both of you will receive state-of-the-art care from our trusted team of physicians:

- MetroHealth has one of only 14 National Institute of Child Health and Human Development Maternal-Fetal Medicine Units in the nation and has the largest maternal-fetal program in northern Ohio.
- Our Certified Level III Neonatal Intensive Care Unit (NICU) is equipped with the most advanced monitoring technology and highly skilled teams.

We invite you to take an online video tour of the MetroHealth Birthing & Perinatal Center!
metrohealth.org/birthing/videotour

Team Helps Dad Witness Birth Halfway Around the World

Thanks to some creativity on the part of employees from Labor and Delivery and Information Services, a military dad stationed halfway around the world witnessed the birth of his son. James Jesionowski, who is stationed in Afghanistan, was able to watch baby Richard being born at MetroHealth Medical Center via Skype.

"Every delivery is a big occasion for the family, and this one definitely ranks in my Top 10," said a Geoff Petranek, Assistant Nurse Manager, Labor and Delivery.

"Words can't express how truly grateful I am," Jesionowski says about being able to witness the birth of his son.



Mom, Denise Horvath, introducing Dad to baby Richard.

What to Pack

For You

When you pack your overnight bag or small suitcase, the following items may be helpful:

- Robe and slippers. Button or wraparound robes work best.
- Choose nightclothes with easy access front closure for breastfeeding. Bring two good nursing bras.
- Personal care items, including toothbrush, toothpaste, soap, facial tissues, deodorant, shampoo and other make-up essentials. Electrical appliances are permitted after they have been checked.
- Camera
- Cellphone charger
- Loose-fitting clothes to wear home

For Your Baby

We provide all the clothing your baby needs during your stay. You will want to include the following for your baby to wear home. (Wash all baby items before using them.)

- Infant car seat – Practice using the car seat, taking it in and out of the car before coming to the hospital. Check the manufacturer's instructions for how to install your seat.
- Sleeper or other outfit
- Undershirt
- Sleep sack or receiving blanket
- Hat or cap
- Extra blanket, depending on the weather



Getting to the Hospital

Transportation Plan

As your delivery date approaches, be sure to have a transportation plan in place.

- > Do not drive yourself while in labor!
- > **Have someone readily available at all times** to drive you to the hospital.
- > Have another person as a back-up to drive you to the hospital.
- > Keep the phone numbers of these people with you at all times.
- > Make sure you and your driver are familiar with the best route to MetroHealth as well as where to park and directions to the Labor and Delivery Unit.

Know where to park and what entrance to use when you arrive at MetroHealth. Parking and entrances vary depending on what time you arrive. To see a map and detailed directions, visit metrohealth.org/birthing.

When to Call an Ambulance

We strongly encourage you to have someone drive you to the hospital as most women have plenty of time before delivery. However, you should call 911 and ask to be taken to MetroHealth if you have any of the following symptoms:

- > Heavy vaginal bleeding that soaks through your pants or runs down your legs.
- > If the baby can be seen when looking between your legs.
- > If you pass out or have a seizure.

When to Come to Labor and Delivery

- > If you are having painful, regular contractions that are coming every four to five minutes.
- > If you are having any contractions and your due date is more than one month away.
- > If your water breaks.
- > If you have bleeding from the vagina that is heavier than a period.
- > If your baby is moving less than normal.
- > If your doctor provides you with other instructions.

Ask your provider about counting your baby's kicks and movements and when to come in.

**If you are unsure, please call
Labor and Delivery at 216-778-4830.**

Name of Driver:

Phone number:

Backup Driver:

Phone number:

If you are unsure whether you should come in, please call Labor and Delivery at 216-778-4830 and a nurse or doctor can advise you on your decision.

If this is your first baby, early labor lasts about six hours. Most women have plenty of time to be driven to MetroHealth in a car.



Information Needed for Registration

- Insurance card
- Photo ID
- Emergency contact person and phone number
- Social Security Number

Please leave valuables at home, the hospital does not have a place to store them.

Labor and Delivery: Key Facts

- Open 24 hours a day, seven days a week.
- Four to five physicians and an anesthesiologist are always available.
- MetroHealth is known for its high VBAC (vaginal birth after C-section rate.)
- We encourage photos and videos **after** the baby's birth, but we do not allow photos and videos **during** the actual birth.
- You may have up to three visitors of your choice (including family) at any one time.
- An adult must be with children under age 16. Only the baby's siblings may visit.
- During times of seasonal flu or respiratory illness, visitors may be limited to protect the health of mothers and babies.

After You Arrive at MetroHealth

Getting to the Labor and Delivery Unit



- > Follow the pre-planned route to the hospital.
- > See enclosed maps for parking and locations.
- > Follow signs to the "C" elevator.
- > Exit at the second floor and follow the "stork signs" to Labor and Delivery.
- > Stop at the registration desk.
- > The secretary will greet you and help you begin the registration process.

Parking and entrances vary depending on what time you arrive. To see a map and detailed directions, visit metrohealth.org/birthing.



The Triage Area

After registration, the expectant mother (only) will go to the Triage Area, where:

- > Your vital signs will be taken, as well as an assessment as to how far along you are in labor.
- > You will be asked a series of medical and social history questions for documentation purposes. One support person may join you in the Triage Area.
- > A determination will be made regarding your care. You may be admitted or, if you and baby are healthy and well, you may return home.

Your Baby's Arrival

Before Your Baby Arrives

Your baby's birth will involve several people. The most important members of your team are you, your family and your labor support person.

What to Expect

- > Your nurse will ask for a brief medical history.
- > They will assess your contractions and check your baby's heart beat with a fetal monitor.
- > You may be encouraged to walk, sit in a rocking chair or take a shower as a way to encourage contractions and help with labor pain.
- > You will labor and give birth in the Birthing Room. Operating rooms are available for complications or cesarean births.
- > Ask your nurse, doctor or any member of our team questions about pain relief options or any other questions so you will know what to expect.
- > Our team will talk with you about your birthing options, based on your and your baby's health.

Tips for Your Labor Support Person

- > Offer encouragement, wipe her brow, rub her neck or back, adjust her pillows and coach her through labor.
- > Please let your family and friends know that we may not share any information about a patient over the phone to protect their privacy.
- > Wear comfortable clothes.



Birthing Room

- Three visitors, including your support person, may be with you in the Birthing room.
- During sterile procedures, visitors will be asked to step outside to the waiting room.
- Please tell your nurse if there is anyone you do not want in the room with you.
- A sleep chair is available in the Birthing Room for your support person.

After the Birth of Your Baby



Maternal-Fetal Specialist Help with Successful Delivery of Twins

Samantha's son, Ethan arrived without any complications. Her next pregnancy with twins ended in a loss at 20 weeks and another ended in an early miscarriage. She and her obstetrician, Sally MacPhedran, MD, turned to maternal-fetal specialist, Brian Mercer, MD, when she conceived another set of twins.

"I had such a good rapport with both of them and that really helped me feel comfortable. They worked very well with me and my husband, which made it easy for us to follow their instructions," recalls Pierce.

Those instructions lead to the twins successfully being delivered at 37 weeks.

"The doctors really focused on the fact that every day (in utero) makes a difference for the babies, and they were right," Pierce says. "My family won't go anywhere but Metro for our care again."

What to Expect

- Once labor and delivery are behind you, it's time for you and your support person to relax and get to know your baby.
- Assuming there are no complications, your baby will be placed skin to skin with you for the first hour of life. This eases a baby's transition to life.
- We encourage breastfeeding for most mothers. Colostrum (early milk) is like baby's first immunization.
- Your nurse will check your blood pressure, pulse, size and firmness of your uterus and the amount of vaginal bleeding several times.
- Your nurse is available to assist you in feeding your baby.
- For security and identification purposes you, your baby and your partner will receive a unique set of identification bands. These should not be removed until after everyone is home.

Mother-Baby Unit

- You and the baby will be moved to the Mother-Baby Unit from the Labor and Delivery Unit.
- The Mother-Baby Unit is located on the second floor, 2B and 2C.
- Room Service is available.



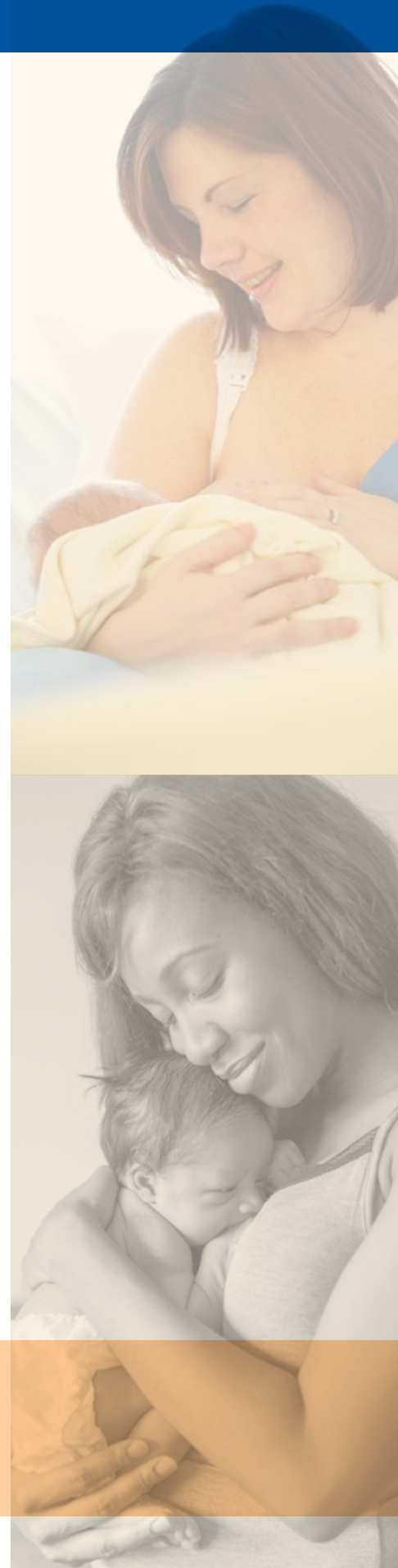
For Mom

- > Upon your arrival to the Mother-Baby Unit, a nurse will come in regularly to check your vital signs (blood pressure, temperature, pulse, respirations), as well as assessing bleeding and comfort.
- > Call your nurse the first time you are ready to get out of bed.
- > A typical stay on Postpartum/Mother-Baby Unit is usually 24 to 48 hours for a vaginal birth, and about three days for a cesarean birth.
- > A provider will see you every day, including the day you are discharged from the hospital.
- > A pediatric provider will see your baby every day.

For Baby

- > Upon your arrival to the Mother-Baby Unit, a nurse will come in regularly to check the baby's vital signs, assess and assist you with feeding your baby.
- > In addition to the nurse, several other health care providers and hospital staff will be in your room to see the baby and check on various needs. These may include: your baby's pediatric provider, a lactation/breastfeeding consultant, hearing screeners, photographer if you request their services and others based on your baby's needs.
- > In the event that mom is ready to go home and the baby is not, the baby will be cared for in the Mother-Baby Unit.
- > Should your baby require more specialized care in our NICU, you and your family will be encouraged to participate in your infant's care, helping to prepare you for the day you bring your baby home.

Postpartum is a term that you will hear often. It's a medical term referring to the period of time shortly after childbirth. **MetroHealth offers single-occupancy postpartum rooms.**





Visiting Guidelines

Visiting Hours

8 a.m. to 9 p.m. on the
Mother-Baby Unit

Important Information

- It is important for your visitors to wash their hands before handling your baby.
- If a visitor has a cold or any sign of an illness, we ask that they not visit in the hospital.

- > Visiting hours are 8 a.m. to 9 p.m.
- > Visitors 18 years of age or older are welcome to have extended visits or stay overnight. The mother must be 18 year of age or older to have someone other than her guardian staying overnight.
- > Family members and friends are welcome. Please ask them to be respectful of you and the other families on the unit.
- > There is no limit to the number of visitors who can see you, but please let your nurses know if you are feeling overwhelmed. We suggest no more than three visitors at a time.
- > We encourage a “quiet time” to provide you with time to rest.



Children and Siblings

- > An adult must accompany children under 16 years of age.
- > Siblings are welcome.
- > An adult, other than the patient, must accompany all children under the age of 16.



Keeping Your Family Safe During Your Stay With Us

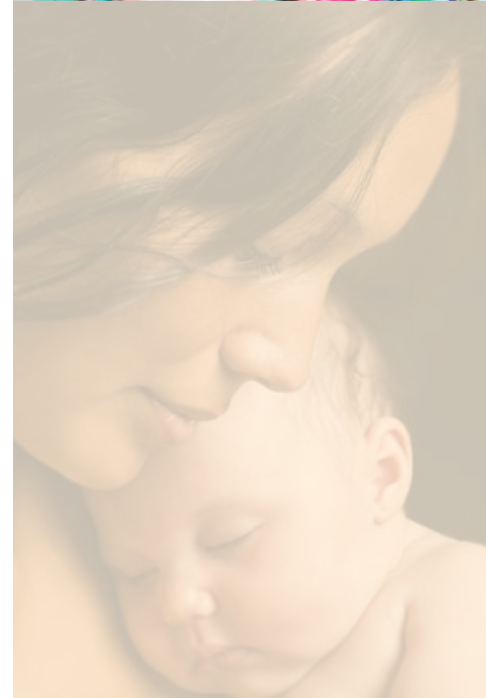


Parents, staff and visitors play an important role in keeping you and your baby safe. We use the following security measures to keep everyone safe:

- > Staff are trained to maintain a safe and secure environment.
- > Locked security doors control who enters the units. Visitors must pick up the phone outside the door before entering the unit.
- > Bracelets with matching numbers for you, your baby and partner. (You and your baby's bracelet numbers will be checked each time your baby is returned to you if you are ever separated.)

Please Follow These Guidelines:

- > We encourage remaining with your baby in your room 24 hours a day so you can "learn your baby" before going home.
- > Please question anyone who wants to take your baby out of the room. Find out where your baby is going and why.
- > Do not sleep with your baby.
- > Babies may not be carried in the hallways. We provide a rolling bassinet during your stay.
- > We encourage you to go with your baby to and from any procedure.
- > Only give your baby to someone wearing a pink MetroHealth photo name badge.
- > Do not leave your baby alone in the room.
- > Baby belongs in your arms or on his/her back in the crib only.
- > Call your nurse immediately if you are unsure about anyone in your room.



Going Home Day



Helpful Resources for Car Seat Safety

- You can also visit the National Highway Transportation and Safety website (NHTSA) at [nhtsa.gov/Safety/Ease-of-Use](https://www.nhtsa.gov/Safety/Ease-of-Use) for information on where to find a car seat inspection station and car seats.
- You can also call 1-866-Seat-Check (1-866-732-8243).
- You can watch a helpful video at [safercar.gov/parents/InstallInfant.htm](https://www.safercar.gov/parents/InstallInfant.htm) to give you visual guidance on how a car seat for your newborn baby should be installed

Instructions:

- > A provider will need to see you and your baby to write the discharge orders.
- > You will receive discharge instructions either as a group in the family lounge, or one-on-one with your nurse. You will receive information regarding what to look for in yourself or your baby, when to call your doctor or nurse practitioner, and certain activities to avoid.
- > You will receive a discharge folder that includes instructions specific to you and follow-up appointment information.
- > Make plans for someone to help you at home during the first few weeks after giving birth.

What the Baby Needs:

- > In most cases, follow-up appointments will be made for both you and baby before you leave the hospital.
- > Before leaving the hospital we will make a follow-up appointment for you with your provider. In most cases an appointment will be made for your baby.
- > We provide clothes for you and your baby while you are here. You will want to bring clothes for you and your baby to wear home.

Car Seat Safety:

- > Bring your baby's car seat for baby's ride home, make sure you have a car seat specifically for a newborn baby.
- > Practice using the car seat – taking it in and out of the car before coming into the hospital.
- > Your nurses are not certified to install car seats so they won't be able to help you with placing your baby in your car seat or your car seat in a car.
- > Check the manufacturer's instructions for how to install your seat.
- > Did you know car seats have expiration dates? The heat, sun and severe cold all are hard on seat parts. Used car seats are not a good idea.

Please read through the helpful information included in your discharge folder. Note the Cuyahoga County's Safe Sleep Program, a campaign that was developed in 2009 in response to an increase in sleep-related infant deaths due to unsafe sleep environments, including sleeping with the baby.

To learn more about Safe Sleep, see the following page and visit metrohealth.org/safesleep.

Safe Sleep for Your Baby

Safe sleep is easy to remember with **ABCD**

Alone

- > Nothing and no one else in the sleep space
- > No toys or stuffed animals
- > Baby should never sleep with parents, siblings, pets or anyone else

Back

- > Baby should be placed to sleep on their back
- > Babies are actually at less risk for choking on their backs than when on their stomachs
- > Babies breathe easier when they are on their backs

Crib

- > Baby should be in a naked crib with only a fitted sheet over a firm, flat mattress meant for infants
- > Never use other bedding or soft items like bumpers, sleep wedges, pillows, or blankets

Don't smoke

- > Secondhand smoke increases the risk of sleep-related death
- > Never smoke in a baby's environment, even when they are awake!

For more information and resources about safe sleep, text **SLEEP** to 216-930-3390.

Breastfeeding is a known protective factor against sleep-related infant death. Any amount of breastmilk is beneficial for infants, especially in the first 6 months.

Baby gear such as car seats and swings and items like breastfeeding pillows are not meant for sleep. Always move baby to a flat, firm, safe sleep surface.

This information comes from First Year Cleveland's Safe Sleep Heroes, a collective impact working group led by the MetroHealth System.



To Labor & Delivery



- > Please PARK in the HOSPITAL parking garage.
- > Entrance at the Manning Towers.
- > Take the **B Elevators** to the **2nd floor**.
- > Follow the stork/baby symbols on the walls
- > Around past the NICU, past the C Elevators
- > Down to Labor & Delivery Reception Desk.

Labor & Delivery, MetroHealth Medical Center Hamann - Second Floor

2500 MetroHealth Drive, Cleveland, OH 44109

(216) 778-4830 for labor concerns

Directions to MetroHealth Medical Center

From Hopkins International Airport:

Take I-71 North. Exit W. 25th Street. Turn left on W. 25th, proceed to MetroHealth Drive. Left on MetroHealth Drive.

From the West via I-90:

Exit W. 25th Street. Turn right, proceed to MetroHealth Drive. Left on MetroHealth Drive.

From I-71 North or South:

Exit W. 25th Street. Left on W. 25th Street to MetroHealth Drive. Right on MetroHealth Drive.

From the South via I-77:

Take I-490 to I-71 South. Exit W. 25th Street. Left on W. 25th Street to MetroHealth Drive. Right on MetroHealth Drive.

From the South via Jennings

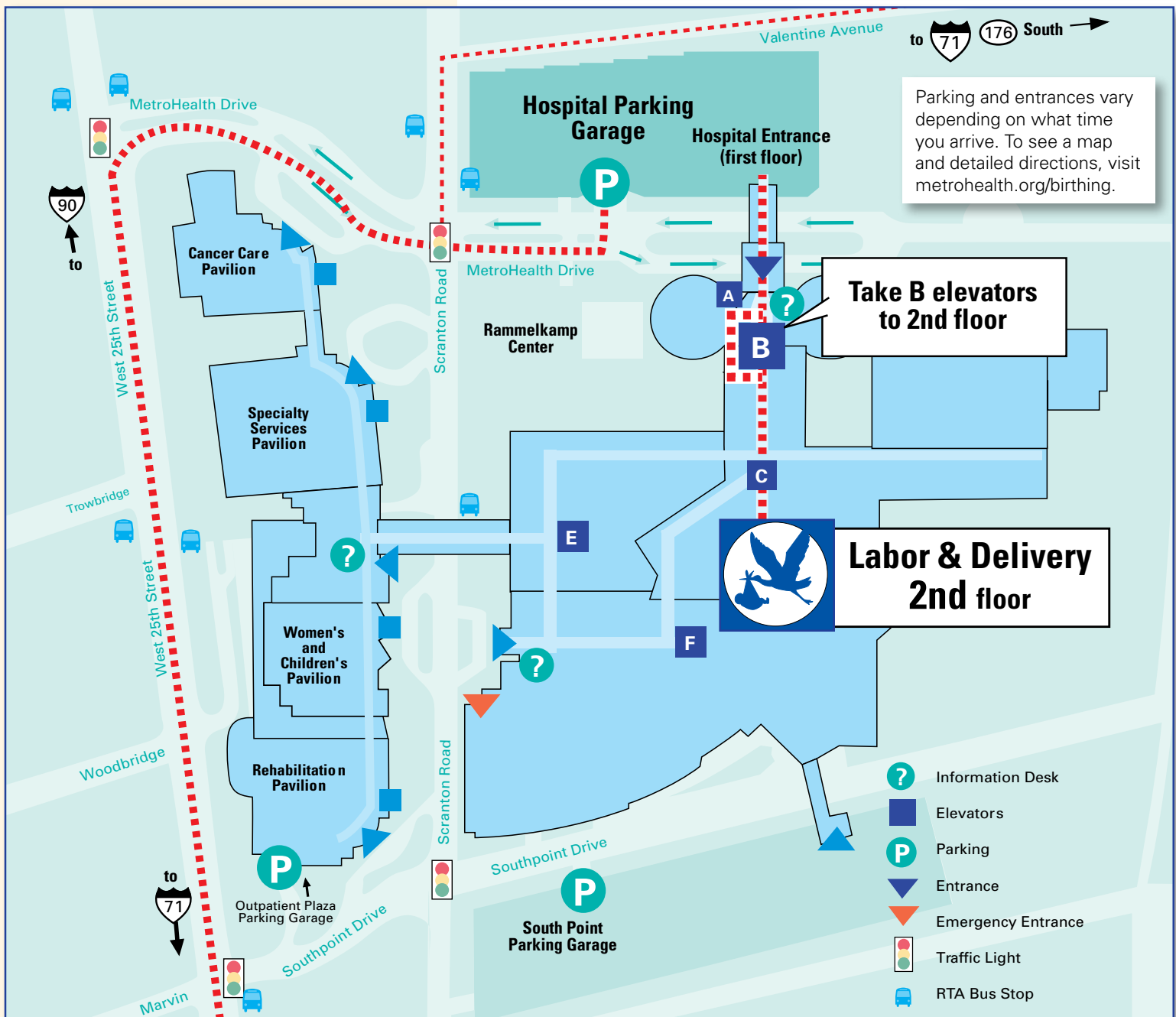
Freeway (Route 176): Take I-480 West to Route 176 North. Exit at W. 14th Street and follow the signs to I-71 South. Follow above directions for I-71.

From the West via The Ohio

Turnpike: Take Exit 151 to I-480 East to I-71 North and follow above directions for I-71.

From the East via The Ohio

Turnpike: Take Exit 173 to I-480 West to I-77 North and follow above directions for I-77.



Labor & Delivery to / from Emergency Department

Emergency Department
MetroHealth Medical Center
Critical Care Pavilion
Ground Floor
2500 MetroHealth Drive
Cleveland, OH 44109-1998

Parking and entrances vary depending on what time you arrive. To see a map and detailed directions, visit metrohealth.org/birthing.

The Emergency Department is located on the Ground Floor of the Critical Care Pavilion.

Cafeteria and Towers Café are located on the 1st Floor.

Information desks are located near main entrances to the medical center, i.e. Inpatient Towers (1st Floor), Critical Care Pavilion near the Emergency Room (Ground Floor) and the Outpatient Plaza Atrium (1st Floor).

Take the B Elevators to:

- 2nd Floor: 2B/2C (Mother-Baby Unit) and NICU
- 5th Floor: Surgical Intensive Care Unit (SICU)
- 3rd Floor: Cardiac Intensive Care Unit (CICU)
- 4th Floor: Pediatric Intensive Care Unit (PICU)
- 5th Floor: Medical Intensive Care Unit (MICU)

Take the C elevators to the 2nd floor for Labor & Delivery Unit.



To Labor & Delivery from the Outpatient Obstetric Clinics

Outpatient Obstetric Clinics are located on the Second Floor of the Women & Children's Pavilion.

Take the bridge over to the main hospital to the E elevators: take E elevators to the 1st Floor, turn right and follow the signage to the C elevators : take C Elevators to the 2nd Floor and follow the signs to Labor & Delivery.

Information desks are located near main entrances to the medical center, i.e. Inpatient Towers (1st Floor), Critical Care Pavilion near the Emergency Room (Ground Floor) and the Outpatient Plaza Atrium (1st Floor).



Important Phone Numbers

My Doctor's / Provider's Name: _____

My Doctor's / Provider's Phone Number: _____

Department of Obstetrics: 216-778-4444

Department of Pediatrics: 216-778-2222

Labor and Delivery: 216-778-4830

Department of Social Work: 216-778-5551

Social workers can provide counseling, education and referrals to community resources. Ask your provider for a referral.

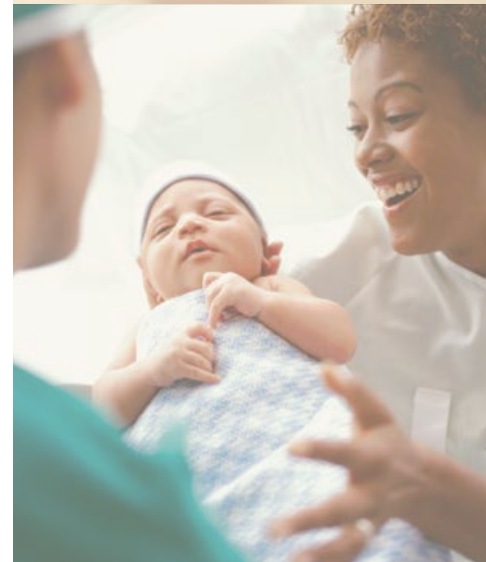
Lactation/Breastfeeding: 216-778-3337

Breastfeeding Clinic: 216-778-2222

Childbirth Classes: 216-778-3381

Emergency: **911**

(Police, Fire, Ambulance)





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