



Family Ties

BIRTHING CENTER

AT COLISEUM MEDICAL CENTERS

Located on the Campus of Coliseum Medical Centers

350 Hospital Drive

Macon, GA 31217

(478) 765-4118



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Congratulations! You are embarking

on the wonderful journey of pregnancy and parenthood. Family

Ties Birthing Center is honored that you have chosen to include

our staff in this joyous occasion. With your admission, you

become not only a patient to us, but also our guest.

Family Ties Birthing Center is a full-service maternity center

with an exceptional staff trained to care for you and your baby

before, during and after your delivery.



We provide the following maternity services:

- Private Labor, Delivery & Recovery (LDR) Suites
- Private Postpartum Rooms
- 24-Hour Anesthesia Coverage
- Level III Neonatal Intensive Care Unit
- Neonatologist On-Call 24-Hours a Day
- Lactation Consultant On Staff
- Midwifery
- Universal Hearing Screening Program
- Bilirubin Screening
- Web Nursery to View Online

In addition, we are proud to provide each patient with the following amenities for their stay:

- Free Childbirth Education and Preparation Classes
- Facility Tours (by appointment)
- Free Convenient Parking
- Gourmet meal provided for mother and spouse following the birth
- Original Lullaby – broadcasted on our overhead sound system to announce your baby’s arrival
- *Stork Songs* CD – 10 original lullabies written and performed by hospital staff members, especially for you



Smile... When you hear our lullaby, a new life has just begun at Coliseum Medical Centers. In the spring of 2004, Coliseum Medical Centers launched a “homegrown” program to announce the arrival of the daily miracles being born at our hospital. Each time a baby is born, a brief instrumental lullaby plays on the overhead sound system throughout the entire hospital. The lullaby is one of 10 original songs written and recorded by our very own staff members to celebrate your new arrival. Families receive the *Stork Songs* CD with all 10 lullabies to commemorate their visit to Family Ties Birthing Center.



Preparing for Your Hospital Stay

PRENATAL CLASSES

Coliseum Medical Centers offers free prenatal classes to address an expectant parent's questions and concerns about pregnancy and delivery. These classes are taught by certified childbirth educators and are conveniently held at the hospital. Classes fill quickly; please request a registration packet early in your pregnancy. Mothers should register for classes at approximately 28-30 weeks of pregnancy. Request a prenatal class packet by calling (478) 765-4502 or on the website www.coliseumhealthsystem.com under the Community Calendar's Prenatal Classes. You may register for classes by phone, fax or email. There is no charge for any of the prenatal classes.

PREPARED CHILDBIRTH CLASSES

These classes cover all aspects of third trimester pregnancy, labor and delivery and the postpartum period. Educators discuss diet, exercise, relaxation techniques, vaginal delivery, cesarean delivery, medications, medical interventions, etc... A tour of the Family Ties Birthing Center is included. Patients will attend two 3-hour evening classes.

REFRESHER CLASS

This class is designed for parents who have previously delivered and would like a refresher course on breathing and relaxation techniques. It also updates expectant mothers on any technological advances in obstetrics since their last delivery.

So all energies can be devoted to you and your baby, we suggest completing the very involved, but necessary, paperwork prior to your arrival. You may obtain a preadmission form from your physician's office or by calling our admitting department at (478) 765-4118. Please return these to our admitting office as soon as possible.

Feel free to call us at (478) 765-4118 if you have any questions.

The admitting office is open 24-hours a day.

To inquire about Midwifery services, please call our Consult-A-Nurse line at 478-746-4646.

The staff at Family Ties Birthing Center looks forward to your hospital stay and delivery. Our goal is to provide each patient with a family-centered childbirth experience and outstanding medical care. Thank you for choosing Coliseum Medical Centers.

BREASTFEEDING CLASS

Although breastfeeding is natural, it is not always easy - especially at first. This two-hour course covers everything you ever wanted to know about breastfeeding to help you get off to a good start. Educators will discuss the benefits of breastfeeding for both mother and baby, how the process of making human milk occurs, behavior of the breastfeeding baby, what to expect in the first few days and weeks after delivery and how to overcome any problems you might encounter. We also discuss breast pumping options and breastfeeding equipment.

Mothers who attend breastfeeding class have more success at breastfeeding than those who do not.

This class is taught by an Internationally Certified Lactation Consultant. Since family support is important to breastfeeding success, dads are encouraged to attend and grandmothers and friends are welcome as well.

NEWBORN CARE CLASS

Caring for a new baby can be overwhelming, especially for first-time parents. This two-hour class helps parents understand infant care, including the basics of diapering, bathing and handling as well as deciphering infant behavior. Parenting techniques are discussed in addition to infant temperaments and emotional responses.

SIBLING CLASS

A new baby can be a tough adjustment for older brothers and sisters. This one and a half hour class is designed for children ages 4 through 9. The instructor discusses what it feels like to have a new baby in the household. Refreshments and prizes are given. A tour of the Nursery and Postpartum area is included.

PACKING FOR YOUR HOSPITAL STAY

Many expectant mothers pack a few weeks before their baby is due. Include several nightgowns, a bathrobe, slippers, undergarments and toiletries. Don't forget to pack clothes for you and your baby to wear home. If you plan to breastfeed, remember to pack nursing gowns and bras.

Many mothers like the comfort of an extra pillow from home, as well as other personal items. Please be sure to leave valuables, including jewelry, at home. We cannot be held responsible for their protection.

WHEN YOU ARE IN LABOR

If you think you may be in labor and/or if your water begins to leak or if it breaks, call your doctor immediately. Enter the hospital through the Family Ties Birthing Center entrance and proceed to the admissions office. A hospital staff member will escort you to the Labor and Delivery area to be examined. If it is determined that you are in labor, you will be admitted to the hospital to have your baby.

SCHEDULED CESAREAN DELIVERIES

You will be given a time to arrive at the hospital that may be several hours prior to your scheduled surgery. This will allow for your physicians requested lab work to be completed and allow your nurse to prepare you for surgery. Report to the Family Tie Birthing Center Admission office in Building A for registration and you will then be directed to the pre-operative areas.





While You Are at the Hospital

VISITATION

Your family and friends are an important part of your new baby's life. We do ask that patients and visitors follow some hospital rules in regards to visitation. Visiting hours are posted throughout Family Ties Birthing Center and may include seasonal restrictions. This ensures that our staff can give you and your baby the best possible care.

WAITING ROOM

A waiting room is available for family and friends of laboring mothers. It is located beside the admitting office just inside the entrance to Family Ties Birthing Center. The waiting room phone extension is 4540 and we encourage you or your support person to call and update your family and friends often. Phone calls cannot be transferred into the labor and delivery rooms. Due to confidentiality concerns, our staff cannot give information about your condition to anyone. Vending machines and phones are available in the waiting area.

LABOR ROOMS

Visitors are limited in the labor unit. The husband or significant other (1 person) may be present for vaginal deliveries. Other visitors will be limited based on current or seasonal restrictions. Children, including siblings, are not allowed in the labor and delivery area.



Patient safety and confidentiality is our utmost concern; therefore, visitors will not be allowed to stand in the labor and delivery hallways. If a visitor is asked to leave a room for the staff to perform a procedure, they should go to the waiting room and wait for the patient or support person to call them back. Please remember that the number of visitors during any situation may be limited by the physician/midwife or nursing staff

based on a patient's condition.

CESAREAN SECTION

One (1) support person may be present and will be asked to sit by anesthesia. The support person will be required to wear the appropriate surgical apparel. In case of an emergency, the support person will be asked to wait outside the operating room suites.

POSTPARTUM

Visitors are not allowed in the postpartum area until the patient has been discharged to her room. We ask that visitors wash their hands before holding your baby. If your family and friends are sick, please ask them not to visit until they are healthy. One person (over the age of 18) may spend the night with you. Visiting hours are 9 a.m.-9 p.m. daily.

For the safety of your family, children under the age of 17, except for siblings, are not allowed to visit on the unit. Siblings also may have seasonal restrictions. Young children tend to be sick more often than adults and you should minimize your baby's exposure to disease due to a newborn's immature immune system. Please ask family and friends to make child care arrangements before visiting you.

PHOTOGRAPHY/VIDEOGRAPHY

We know that capturing your childbirth experience and your baby's first moments are important. Photography/videography are allowed for vaginal deliveries with prior approval from the physician/midwife. However, in the event it becomes necessary and the medical/nursing staff requests, photography and video will cease. No videotaping is allowed during cesarean sections. No tripods, please.

LACTATION SERVICES

Our Lactation Services department is staffed by an Internationally Certified Lactation Consultant. We offer outpatient visits and telephone consultations both before and after your delivery. Call (478) 765-4502 for more information or to schedule an appointment.

ROOMING-IN

In the beginning of your baby's life, mother-baby bonding is vital. Rooming-in (or having the baby stay with you in your postpartum room) allows you time to get to know each other before you go home. Parents will be asked to complete a consent form prior to their baby rooming-in. You may also choose to send your baby to the nursery. If this is your first child, you may need help changing and bathing your baby until you feel comfortable doing it alone. Our nursery staff is happy to answer any questions or concerns you may have.

YOUR BABY'S DOCTOR

Your obstetrician or family practice physician has taken care of you and your baby for the last nine months. But now, your baby will need a doctor of his or her own. You should choose your baby's pediatrician or family medicine physician before you are admitted. Many doctors require an office visit before the child is born to discuss your medical history and care for your baby.

When You Leave the Hospital

Your baby's doctor will examine the baby within a few hours of birth then discuss with you baby care and his or her first office visit.

CIRCUMCISION

Parents of baby boys often choose to have their sons circumcised before they leave the hospital. Please discuss this procedure with your doctor to learn about the advantages and disadvantages, as well as the cost.

NICU NEONATAL INTENSIVE CARE UNIT

The birth of a child can be one of life's most amazing moments. Unfortunately, if the child is born prematurely or ill, it can also be one of the most frightening. Family Ties Birthing Center houses a Level III Neonatal Intensive Care Unit with expertly trained neonatologists and nurses with 24-hour coverage. This 13 bed unit is located within the birthing center and can accommodate premature and high-risk infants directly from the delivery room.

AFTER CARE INSTRUCTIONS

It is always exciting when it is time for you and your baby to go home. When you and your baby are discharged from the hospital, you will receive instructions from the nursing staff and your physician about your care at home. Please follow these instructions and should any questions arise, feel free to call Family Ties Birthing Center or your physician's office.

CAR SEAT

By Georgia State Law, all infants are required to ride in a backwards facing, federally-approved car seat. You must have one installed in your car for baby's ride home. For safety reasons, please remember that all infants should ride in the back seat.

We ask that you have the car seat properly installed in your car prior to your arrival at the hospital. If you have concerns about the car seat's installation, the Bibb County Health Department, the Fire Department and many car dealerships can provide a car seat safety check. Your baby's safety is our top priority but our staff cannot install your car seat.

FINANCIAL ARRANGEMENTS

Costs will vary according to the services you receive and the length of your visit. Room charges include the use of hospital equipment, meals, laundry, administrative costs, medical records, housekeeping services and 24-hour nursing care. You will receive separate bills for professional services from the following physicians, if their services

were utilized: Anesthesia, Radiology, Pathology, Emergency Medicine, and Neonatology. You and your baby will receive statements and there will also be separate bills from your own doctor, your baby's doctor and other specialists who may consult on your case.

Whenever possible, we make every effort to verify your insurance prior to your hospitalization. Your deductible, copays and coinsurance are due by your eighth month of pregnancy or no later than your delivery date. Please make every effort to complete the Preadmission Form so we can start this process, and avoid any delays during your admission. All forms should have your complete legal name on them. If you have any financial concerns, you may contact a Financial Counselor at Coliseum Medical Centers by calling (478) 464-5417 for last names beginning with A-L or (478) 464-5416 for last names beginning with M-Z.

In the event you are admitted as an urgent or emergent admission, your insurance will be verified and you will be requested to pay all applicable deductibles, copays or coinsurance prior to discharge.

PHONE NUMBERS

Everyone has questions. Please feel free to call us if you have any concerns or questions before, during and after your baby is born.

Admitting Office	(478) 765-4118
Breastfeeding/Parenting Help Line	(478) 765-4502
Business Office (Last Names A-L)	(478) 464-5417
(Last Names M-Z)	(478) 464-5416
Class Registration	(478) 765-4502
Patient Rooms*	(478) 765-7+Room #

*Please note, this is for postpartum rooms only. Phones in our labor and delivery rooms cannot receive incoming calls.



My Pregnancy Journal

MY PREGNANCY JOURNAL

Date I found out the good news:

My 1st doctor's visit:

My due date:

My doctor's name:

The 1st person I told:

1st time I felt you move:

Classes I attended:

.....

Baby showers:

.....

My favorite part of being pregnant

.....

The strangest food I craved

.....

My least favorite part of being pregnant

.....

.....

MY MONTH BY MONTH DIARY

First Trimester

How I feel:

The changes I've noticed:

.....

Questions I have for my caregiver:

.....

DOCTOR'S VISITS	Month 1	Month 2	Month 3
Date			
Mom's weight			
Baby's heart rate			

Second Trimester

How I feel:

The changes I've noticed:

.....

Questions I have for my caregiver:

.....

DOCTOR'S VISITS	Month 1	Month 2	Month 3
Date			
Mom's weight			
Baby's heart rate			

Third Trimester

How I feel:

The changes I've noticed:

.....

Questions I have for my caregiver:

.....

DOCTOR'S VISITS	Month 1	Month 2	Month 3
Date			
Mom's weight			
Baby's heart rate			

MY DELIVERY AT
THE FAMILY TIES BIRTHING CENTER

It's Time!

When it happened:

Who was there:

.....

My doctor's name:

Happy Birthday!

It's a

You were born on at
(date) (time)

You weighed pounds and were inches long.

Your name is

Who came to visit us when we were at Coliseum Medical Centers:

.....

.....

.....

.....

.....

Gifts for baby:

.....

.....

.....

.....

MEMENTOS FROM OUR STAY AT
FAMILY TIES BIRTHING CENTER

*Place baby's footprints in the space below; place hospital bracelet,
photographs and other keepsakes in the remaining space on this page.*