

# Delivering Safely at Northside Hospital

## Frequently Asked Questions for Expectant Parents

### **When I am in labor, where do I go to check in?**

- **Northside Hospital Atlanta:** From 6:30 a.m.-7 p.m. use the Labor and Delivery entrance; from 7 p.m.-6:30 a.m., use the Women's Center atrium level entrance. Your support person will go in with you and move the car once you are checked in.
- **Northside Hospital Cherokee:** Go to the Labor & Delivery entrance. Your support person will go in with you and move the car once you are checked in.
- **Northside Hospital Forsyth:** Go to the Labor & Delivery entrance. Your support person will go in with you and move the car once you are checked in.
- **Northside Hospital Gwinnett:** Go to the Labor & Delivery entrance. Your support person will go in with you and move the car once you are checked in.

### **Can my support person come and go from the hospital?**

Patients may have 3 support people during their stay. Patients on isolation will be allowed one support person who is encouraged to stay with them as much as possible.

### **If my support person is unable to stay the entire stay, can I have another support person?**

Patients are allowed 3 support people (includes doulas) of the mother's choosing at any given time. Overnight: Only one adult will be allowed to stay the night in Mother-Baby and HRP. Children are not allowed to stay overnight.

### **Can my support person use my shower?**

Yes.

### **Is there a restriction on how many bags we can bring? Can my support person bring a suitcase?**

There is no restriction on how many bags you can bring. Your support person should bring what he/she needs for the entire stay.

### **Are there any restrictions on bringing in snacks/food?**

There are no restrictions on bringing in snacks/food, but there may be limited space for items that require refrigeration.

### **Can any of my children or parents come to visit the baby and me in the hospital?**

Patients may have up to 3 people visiting at a time. Only children of the patient are allowed to visit with a supervising adult. All other visitors must be at least 16.

### **I want to hire a Doula. Can I have my support person and a Doula?**

Doulas are allowed but we are restricting to three support people at a time. Therefore, during delivery, the Doula would be one of the three visitors.

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### **Do I have to wear a mask in the hospital?**

No, masks are no longer required unless you are sick with a contagious respiratory illness. If you have an infectious respiratory illness we ask that you and your support person wear your masks in the hallways and any time a health care provider enters your room. We also ask that your support person stay in the room with you at all times except for when he or she leaves the room to obtain food. He or she must wear their mask at all times when outside of your room. This also includes Postpartum and the NICU units.

### **How will I know when I am ready to go home?**

The staff will discuss discharge readiness with you each shift and ensure you are ready to be discharged.

### **Do I have to have a pediatrician already picked out?**

Yes. We recommend all patients have their pediatrician picked out before admission to the hospital. If your pediatrician doesn't come to Northside and you are using one of the Northside pediatricians, you need to have your follow-up (after discharge) pediatrician's name, address and phone number with you.

### **Will my pediatrician come to check my baby daily?**

Yes. Your pediatrician or nurse practitioner will come to see you or call you after the exam to discuss your baby and answer any questions you may have.

### **Do I need to pre-register?**

Yes. Please complete the pre-admission paperwork by your sixth month of pregnancy. Your information will be reviewed and you will receive a confirmation letter approximately one month before your due date.

- **Northside Atlanta, Cherokee and Forsyth:** [northside.com/patient-registration](http://northside.com/patient-registration).
- **Northside Gwinnett:** [northside.com/gwinnettpatientregistration](http://northside.com/gwinnettpatientregistration).

### **Since I can't come tour the hospital, how do I know what to expect?**

For Northside Atlanta, Cherokee and Forsyth, please consult our Preadmissions Packet eBook here: [northside.com/maternityresources](http://northside.com/maternityresources). Your physician will provide a hard copy of this packet. This resource is a great review of the information covered in a tour and includes a checklist of "things to consider" and what to pack. Northside Hospital Gwinnett's pre-admission packet is provided by the obstetrician.

### **How can I help to protect my baby from infection?**

A newborn's immune system is not fully developed making your baby vulnerable to illness. Handwashing, before and after caring for your baby is one of the most important ways to prevent infection. Ask friends and family who are feeling unwell or have been exposed to illness not to visit. Staying up-to-date on vaccinations to prevent illness; such as shingles, whooping cough, flu and COVID; can help to protect your baby until his or her immune system is developed. Learn more at [cdc.gov/vaccines-pregnancy/about/vaccines-family-caregivers.html](http://cdc.gov/vaccines-pregnancy/about/vaccines-family-caregivers.html) - [Vaccines for Family and Caregivers](#).

### **Where can I find a birth plan?**

To learn more about birth plans and for a birth plan work sheet, please visit [northside.com/maternityresources](http://northside.com/maternityresources). Fill out the Labor Preferences worksheet and discuss it with your health care provider prior to coming to the hospital. Bring a copy with you to the hospital and share it with your nurse.

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### **How do I know if I'm in labor? When is it time to go to the hospital?**

As with most questions, the question of whether you're in labor and when to come to the hospital is one for your health care provider. Additionally, you can reference our Great Expectations Guide to a Healthy Pregnancy eBook here: [northside.com/maternityresources](http://northside.com/maternityresources).

### **Will I be able to practice skin-to-skin with my baby after birth?**

The Golden Hour is the first hour you and your baby have together. During this time, your baby will be directly on your chest so that you both can benefit from skin-to-skin contact. If you are unfamiliar with skin-to-skin, read more about it: [babygooroo.com/articles/10-benefits-of-skin-to-skin-contact](http://babygooroo.com/articles/10-benefits-of-skin-to-skin-contact).

### **Will someone help me with breastfeeding?**

The Golden Hour is the best time to begin breastfeeding. Our nurses are all prepared to help you get started. Skin-to-skin really helps with getting breastfeeding off to a great start.

- **Northside Atlanta, Cherokee, Forsyth:** In addition to your nurse, lactation consultants are available and will see first time moms within 24 hours of your baby's birth started. Skin-to-skin really helps with getting breastfeeding off to a great start.
- **Northside Gwinnett:** The lactation consultant will see all NICU moms and any moms who have a consult. For additional resources and information, visit: [northside.com/breastfeeding](http://northside.com/breastfeeding).

### **Will my baby stay in the room with me?**

We encourage rooming in to foster bonding, time spent skin-to-skin with the baby on your chest and breastfeeding. Most couples find this helps them learn all they can before they go home. Your baby will be weighed every 24 hours and will be seen by a pediatrician within 24 hours after birth.

### **Will I complete paperwork for a birth certificate?**

You will be given a birth certificate worksheet by your nurse. Please remember to complete the birth certificate worksheet in its entirety and give it to your nurse or to the birth certificate office. Birth certificates are created by the state. The creation of the birth certificate triggers the creation of a social security number.

### **Do I need to have a car seat?**

Georgia law requires all children under the age of 8 use a car seat. Northside Hospital does not provide car seats. Install your baby's car seat base properly into your car before arriving at the hospital. Your car manual should provide some guidance on how to install the car seat into your car. Our staff is not permitted to assist with car seat installation or securing the baby in the car seat. If you have additional questions about car seat safety, visit [safekidsgeorgia.org/carseats](http://safekidsgeorgia.org/carseats).

### **Is it helpful to take classes before delivery?**

Northside Atlanta, Forsyth and Cherokee campuses have both in-person and online classes. For information about classes at our Atlanta, Forsyth and Cherokee campuses, please visit [northside.com/classes](http://northside.com/classes). For information about classes at our Gwinnett campus, please visit [northside.com/ngwomensclasses](http://northside.com/ngwomensclasses). Online classes are not available at Northside Hospital Gwinnett at this time.

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