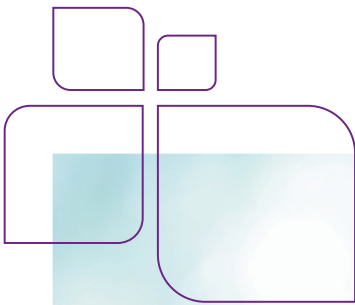


Birth services



Your health. Your life. Our purpose.





A complete pregnancy guide for the expectant family

Your health. Your life. Our purpose.



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Welcome to motherhood



There is no greater joy than welcoming a new life into the world. At **CHRISTUS Good Shepherd**, we consider it a privilege to assist families as they celebrate one of life's most important milestones: the birth of a child.

Every day of the week, 24 hours a day, our labor and delivery services provide expert care for mothers and babies. We hope this guide will serve as a reliable reference to you as you prepare to bring a new life into this world. Our helpful advice and years of experience are at your disposal, and it is our sincere hope that we may help guide and reassure you throughout this exciting time in your life. We would like to extend our congratulations and offer our boundless, compassionate support to you and your new bundle of joy.

We believe good health begins long before an infant's first breath. In addition to our neonatal services, new mothers can be assured that our physicians and staff offer the highest level of care available for every child, all in a home-like setting.

Family matters

The birth of a baby is one of the biggest events in a family's life. After nine months of careful planning and preparation, a brand new life is brought into this world, and it affects every family member. The first thing to do is relax, and remember you are not alone. By taking an active role in your pregnancy, you can feel more confident and better prepared to care for your new bundle of joy.

For mom

Transparency and communication are crucial throughout your entire pregnancy, so remember that your physician is your friend. You'll have countless questions throughout the process. Do not be afraid to ask them. Likewise, don't be afraid to voice any concerns you have about your health or that of your baby. Here are tips to help ensure as healthy a pregnancy as possible:

- Communicate openly and regularly with your physician
- Eat a balanced diet and get regular exercise
- Get enough sleep at night and rest during the day
- DO NOT smoke, drink alcohol or take illegal drugs
- Consult your doctor about any medications or herbal supplements
- Avoid stressful situations
- Be wary of dangerous or toxic chemicals around your house
- Avoid X-rays and other forms of radiation
- When in doubt about anything, contact our helpful medical staff

For dad

Although much attention is focused on the health and wellness of mom and baby, dads have an important role to play too. The support and confidence a father can lend will make the transition much easier. Being a part of the experience will do wonders for him as well.

To best aid in the process, dads should:

- Support mom by accompanying her to doctor visits and sonograms
- Attend special classes, either as a couple or by themselves
- Help "babyproof" the home by removing hazardous objects and materials
- Familiarize himself with the hospital and programs
- Help mom have a restful and stress-free environment
- Learn about caring for a newborn



For sibling

Having a new baby brother or sister can be as stressful as it is exciting for any sibling. Help reduce this stress by answering their questions truthfully and assuring them that they are still loved as much as the new addition.

Teaching them how to help care for the baby is a great way to make them feel empowered and appreciated.

Preparing for the big day

Expectant parents are encouraged to visit the Birth Center at CHRISTUS Good Shepherd. Here, you will be given a tour and an overview of the process – from prenatal care and education to labor, delivery and discharge. You will want to decide on an obstetrician, if you have not done so already. Your baby will receive the highest-quality care by our Women's & Children's team throughout his or her stay, from admission to discharge. Before you deliver, it will be important to establish a pediatrician for your baby. It is required that your baby be seen by his or her own pediatrician within one to three days of discharge.

As mentioned earlier, communication is key throughout the process; not only with your physician or any specialists, but with your partner, parents and your family. Make sure everyone is on the same page. This is also a great opportunity to talk to neighbors, friends or other support groups of women who have experienced childbirth. They are likely to offer answers to questions you may have never thought to ask.

A few weeks before your due date, it is good to have a plan in place so that everyone knows what to do when you go into labor. Have a bag packed with clothing, toiletries and a few comfort items for yourself. This is also a good time to stock up on essentials like diapers, wipes and infant clothing. It's important that you take this time to properly install your baby's car seat. You will want to be ready to go when the big moment arrives!



Did you remember to:

- Select your physicians?
- Register for your stay?
- Discuss your pregnancy with your insurance provider?
- Arrange for transportation to and from CHRISTUS Good Shepherd.

For more information on how to register your delivery at our Birth Center, please visit CHRISTUShealth.org

Labor and delivery, mother-baby care

Comfort, compassion and experience will greet you when you choose to deliver at CHRISTUS Good Shepherd, and you can be confident that our caring and expert team will be with you every step of the way.

CHRISTUS offers Longview's only OB Emergency Department staffed by skilled labor and delivery RNs and an OB provider 24/7 for any pregnancy related emergencies that may arise.

Our newly renovated five star labor and delivery suites are all private and feature low lighting, infant warmers, a sleeper sofa for your partner or guest, television, free WiFi and all of the necessary monitoring equipment. A labor hydrotherapy whirlpool is also available to patients who meet specific criteria. Please check with your physician to find out if this is an option for you.

While you are here, you will enjoy:

- The skills of a 24/7 on-site board-certified neonatologist should the need arise
- Birth certificate registration services
- Information about adoption and paternity services, if required
- Help with Texas immunization records
- Newborn photography services
- Services of a Certified Lactation Consultant

To strengthen the mother and baby relationship, the most important thing you can do following the birth of your child is to spend time together. You will have unlimited access to your child during this "getting to know you" time. You will be able to keep your baby with you day and night, or our experienced team is available to care for your baby in our fully equipped nursery if needed.

Mother-baby care

We know that once you've met your new baby, he or she becomes your entire world. As part of our family-centered approach, we offer couplet care for your newborn. During couplet care, a dedicated nurse will care for you and your baby in the same room, helping to promote a deeper bonding experience.

Your baby may stay in your room as long as you desire, but our experienced team is available to care for your baby in our fully equipped nursery if needed. Our Mother/Baby rooms are equipped with a telephone, television, WiFi, chairs and a sleeper couch for your partner or overnight guest.



Breastfeeding services

Our Certified Lactation Consultants are on hand to help all new moms before, during and after your stay.

Mothers who deliver in our Birth Center receive ongoing support and assistance during their hospital stay. If you need further assistance after discharge, you can receive one free lactation consultation at our Lactation Center by appointment.

Our breastfeeding program offers prenatal breastfeeding classes, inpatient assistance for all mothers and free follow-up phone calls and emails. For more information about our breastfeeding services, call **903.315.2000**.

CHRISTUS Good Shepherd Medical Center - Longview is a proud recipient of the Texas Ten Step (TTS) Award for breastfeeding promotion policies and practices. The Texas Ten Step (TTS) program recognizes Texas birthing facilities that implement policies and practices aligned with the World Health Organization and UNICEF's Ten Steps to Successful Breastfeeding and is committed to improving maternity practices that support successful breastfeeding.



Your hospital stay and going home

Once your baby arrives, we want you to spend as much bonding time together as possible. There's no doubt that your family and other visitors will want to come see you both, but please make sure to take time to rest. You've had quite an experience! Dad, or another designated adult, may stay with you overnight in your private room as part of the healing process. When the times comes for family and friends to visit, we strive to make them feel welcome.

Visiting hours

For the safety and comfort of everyone, our visiting hours are from 7 a.m. - 9 p.m. We ask visitors to keep noise levels to a minimum and that guests wash their hands before and after handling your new bundle of joy. Siblings of the new baby must be supervised at all times. Mother-baby quiet time is from 1 - 3 p.m. to encourage bonding, education or resting.

Engaging families

Our skilled nurses involve families with the care of their newborn, including offering tips on how to feed, bathe and change baby when possible. They are also happy to answer any specific questions you and your family may have. The nursing staff wants to involve moms and dads in the daily care for their baby as much as possible. We encourage family members to learn together.

Going home

After your short stay, your pediatrician will clear you to take your baby home so that you may start your new life together.

Here are the steps you need to take before heading out the door:

- Mom and baby must be cleared by their respective physicians, who will issue discharge orders
- Your nurse will assist you in completing your discharge orders
- The new baby's identification forms must be completed and signed by the mother

Notify your nurse when you are ready to depart. You will be escorted in a wheelchair to your waiting vehicle. It is against the law to transport an infant in a vehicle that does not have a properly installed infant car seat. You will not be allowed to leave if the vehicle does not have a properly installed car seat.



Specialized neonatal services

Neonatal Intensive Care Unit

Should your baby require a little extra medical attention, CHRISTUS Good Shepherd is staffed 24/7 with board-certified neonatologists and neonatal nurse practitioners specializing in the care of premature infants or newborns. As the region's first NICU, we offer advanced procedures, technology and expertise for premature babies born as early as 23 weeks gestation and full-term babies needing advanced care.

In addition to board certified neonatologists and neonatal nurse practitioners, our babies are cared for by a team of specially qualified NICU nurses, respiratory, speech and occupational/physical therapists, pharmacists and imaging/radiology specialists. Our multidisciplinary approach ensures that every aspect of your baby's care is met.

TeleNICU

Babies born with critical medical needs require the best care available. At CHRISTUS Good Shepherd, we're proud to be the first hospital in Longview to link its NICU with expert neonatologists from the Children's Medical Center - Dallas TeleNICU program. Through this service, our neonatologists are able to collaborate on the diagnosis and care for our tiniest, critically ill newborns.

NicView™

With NicView™, you have the ability to view your newborn day or night through a secure camera system. So no matter where you are, you can see your child in real time (during scheduled periods) via internet.



Important contacts and notes

Name _____

Address _____

Obstetrician or Midwife _____

Pediatrician _____

Certified Lactation Consultant _____

Hospital _____

Emergency Contact _____

Notes _____

Prenatal records

Age _____ Parity _____

LMP _____ EDC _____

Sig Med Hx _____

Sig OB Hx _____

Allergies _____

Medications _____

Laboratory results

Test	Date	Results
Blood Type		
Ab Screen		
Rubella		
RPR		
Hepatitis B		
HIV		
UA		
AFP/TAST		
Amino		
H&H		
Pit		
Pap Smear		
Glu-Screen		
3-Hr. GTT		
H&H 28-wk		
Ab Screen		
Rhogam		
GBS		

Completed childbirth, breastfeeding and baby care classes:

Yes No

Completed pre-admission at hospital 60 days prior to delivery:

in person by fax by phone by mail

Appointment record

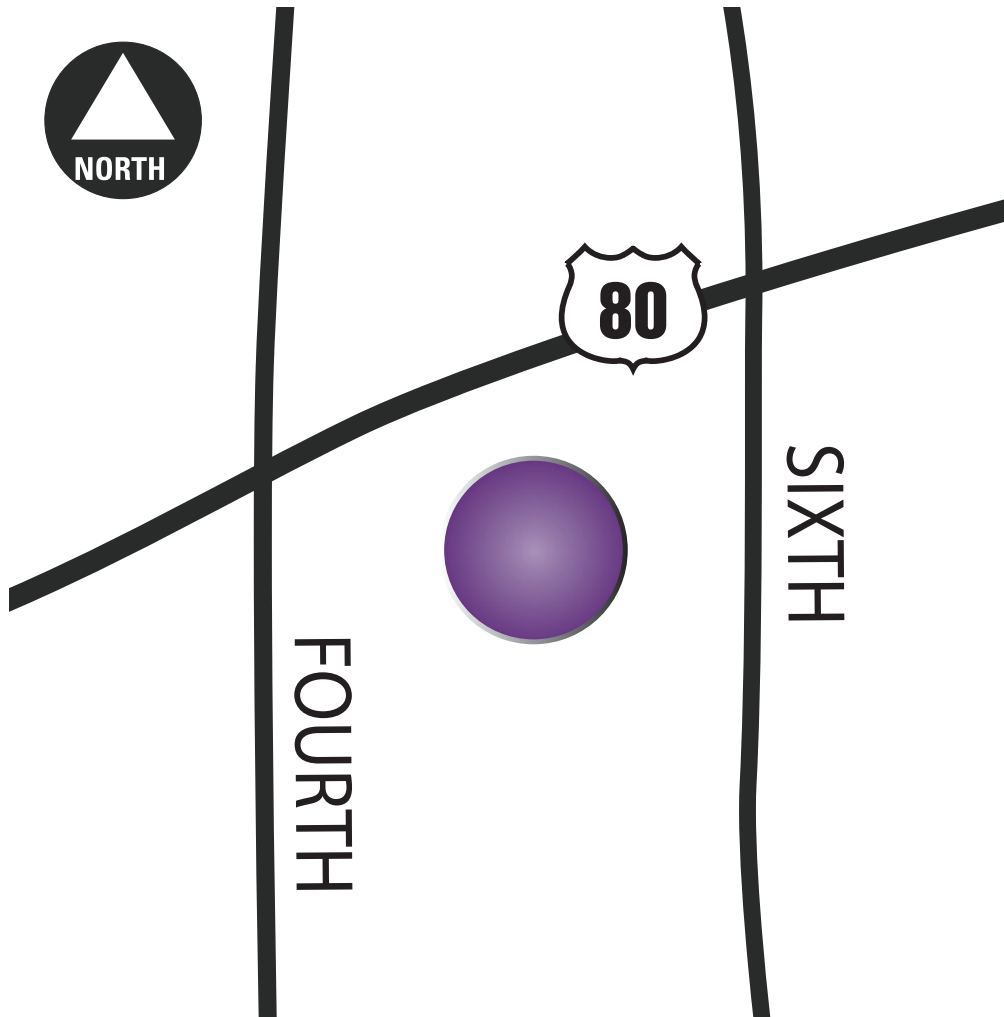
Date	Week gest	BP	Weight	Urine protein

Ultrasound

Date	Gest age	Placenta	AFV

Map

Once you arrive home, remember that you can always call us at **903.315.2000** if you have any questions.



CHRISTUS Good Shepherd Medical Center - Longview
700 E. Marshall Ave., Longview, TX 75601



Take the first step towards
a confident delivery.

903.315.2000



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