

# Hospital Information



## Get Online with Your Doctor

We are very excited about providing this service to you. Your health and well-being are our number one priority. Be sure to sign up today.

### **NEXTMD**

NextMD is a patient portal service that eliminates time-consuming phone calls and allows you, the patient, on-line access to your physician's office. All requests or questions will be answered within 24 hours. This secured system operates by a password protected log-in that you receive upon registering for the service. Only you will have access to your information. Each family member will receive their own log-in code and password.

### **BENEFITS OF NEXTMD**

**With NextMD, you can access a wealth of general health information online, view new messages from the practice or take advantage of these many powerful benefits:**

- Access and request personal or general information.
- Receive and review Lab Results within days of the testing.
- Request a non-urgent appointment or confirm an appointment. For all urgent issues, we ask that you call our office.
- Request medication refills.
- Receive documents from your doctor such as immunization records, return to work/school forms, lab result cards, and visit summaries.
- Receive important notifications such as drug recalls or guidance, tailored to your specific health plan, chronic conditions, and disease management.
- Many new features, such as the ability to fill out forms and pre-visit questionnaires, and online doctor visits are on the horizon.
- No health information is sent via email. When a message is sent from the doctor's office, you receive an email stating you have a new message from USMD | Medical Clinic of North Texas and are directed to log in to NextMD to review.

For enrollment and more information visit [www.mcnt.com/programs/nextmd](http://www.mcnt.com/programs/nextmd).

Or call our Customer Service Line at 1-800-555-1429, press option 3, and a helpful member of our staff will assist you in registering for NextMD.



## Who to Call and Where to Go

When you suspect you are in labor, call your doctor and wait for his or her return phone call, unless you feel you or your baby are in an emergency situation. In that case, call 911.

## What to Bring to the Hospital

When you arrive at the hospital you will only need to bring in a small bag containing your labor supplies. Please leave all other luggage in the car. These other items can be retrieved after the birth. Please leave all valuables at home.

### LABOR AND DELIVERY SUPPLIES FOR MOM

- Contact lens case and solution, eyeglasses
- Baby book for footprints
- Socks
- Hairbrush, hair clips or scrunchies
- Toothbrush & toothpaste
- Your choice of music to labor with
- Birth ball and/or other labor aids
- Lip moisturizer
- Lotion or powder for massage
- Slippers or comfortable shoes
- Camera
- Pillows, if you will want more than 2

### FOR SUPPORT PERSON

- Comfortable clothes
- Sweatshirt, in case mom wants the labor room cool
- Low-odor snacks and drinks

### POSTPARTUM SUPPLIES FOR MOM

- Sleepwear
- Shoes or slippers to wear around the hospital
- Nursing bra
- Nursing pads
- Toiletries (sanitary pads will be provided)
- Maternity outfit for the trip home

### FOR SUPPORT PERSON

- Pajamas or loose-fitting clothes for sleeping
- Shoes or slippers to wear around the hospital
- Toiletries
- Clothes for the 2 or 3 day stay

### FOR BABY

- One laundered outfit and several baby blankets for the trip home
- Carseat



## Selecting Your Pediatrician

Your labor nurse will ask you for the name of your pediatrician. It is wise to choose a pediatrician at least a month before your due date. Click [here](#) for a list of providers.

## The Surgical Suite

Cesarean births, as well as some difficult vaginal births, take place in the Surgical Suite within the Maternity Department. One support person may attend the patient, as long as she is awake for the birth. The same person may join her in the Recovery Room.

## Bonding Time

After a vaginal birth, mothers will have approximately 2 hours in the labor room with their stable newborn. Mothers are encouraged to start breastfeeding and keep infant skin-to-skin, with warm blankets, for the two hours recovery after delivery. Mother and newborn will be transported together to their postpartum room and settled by the Mother Baby registered nurse. As long as the newborn's vital signs are stable, we encourage 24 hour rooming-in, in order for mother's to feel more confident when taking their newborn home. An observation area is available for newborns requiring further observation under direct care by a registered nurse.

## Infant Security (suggested ideas)

**Our program includes the following:**

- ID bands are placed on baby, mother and mother's chosen support person immediately after birth. The numbers on these bands must be matched every time the infant is given to the parents.
- When outside their mother's room or the nursery, all infants must be transported in the rolling cribs. Infants are never to be carried in arms in the corridors.
- Infants are never to be left without supervision or by a responsible adult.
- Entry doors to all nurseries are locked at all times.
- An electronic alarm system monitors babies' locations within the hospital.



## Our Breastfeeding Support Services

International Board Certified Lactation Consultants are available to assist you with breastfeeding. Our nursing staff will also assist and support you as needed.

## Food Service

Patient meals are included in the cost of the hospital stay. There will be a menu at your bedside from which to order meals.

## Professional Baby Photos

Your baby's photo will be taken in your room by a professional photographer. Purchase of these photos is optional.