

Saint Vincent Hospital

“It’s time” is almost here.

A quick guide to labor and
delivery during Coronavirus.



AHN SAINT VINCENT

To our moms-to-be:

We know that right now you're dealing with the unimaginable – preparing to welcome a baby while facing the unknown of Coronavirus. This is undoubtedly an overwhelming, difficult, and even scary time. But know this: we have your back.

We continue to monitor this pandemic closely and have taken every precaution necessary to keep you and your baby safe, healthy, and happy.

If you're delivering at AHN Saint Vincent Hospital – you and your little bundle of joy are in great hands.



A few things to know about AHN Saint Vincent Hospital.

Located in downtown Erie, AHN Saint Vincent Hospital has been serving patients since 1875. With a beautiful newly renovated labor and delivery unit, Saint Vincent offers comprehensive maternity services and provides the perfect place to welcome your baby.

Saint Vincent Hospital has been recognized for its **exceptional Maternity Care** — efficiently delivering high-quality care, clinical expertise, and better patient outcomes. *

* Blue Cross Blue Shield Association Blue Distinction Center+ recognition for Maternity Care.



A tranquil setting: Saint Vincent has newly designed birthing suites built with the comfort and safety of mom and baby in mind. Enjoy a private room with many amenities — including new furnishings, jetted showers, and hydrotherapy tubs

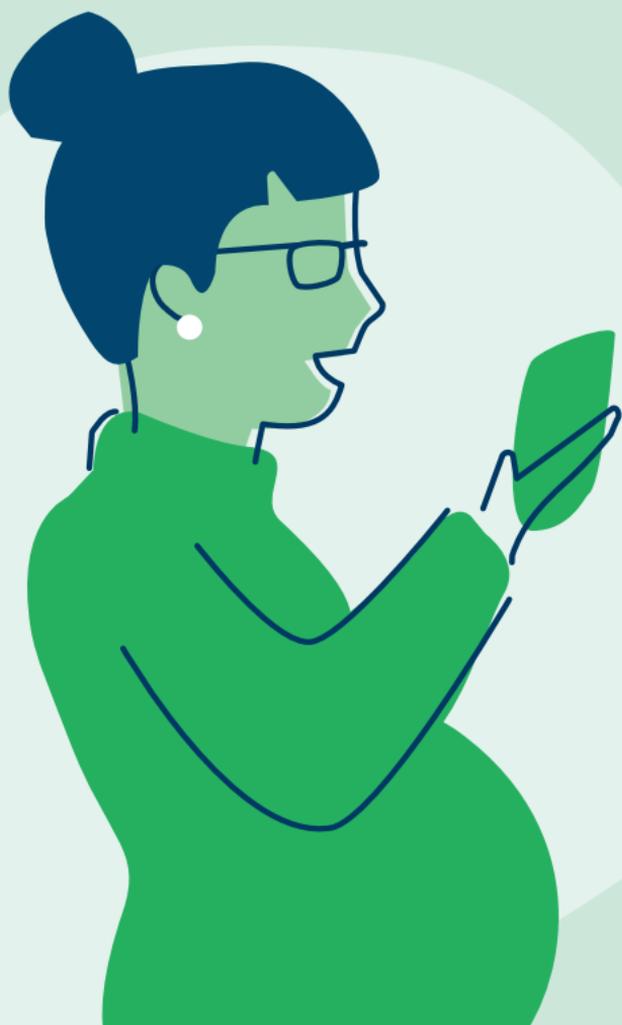
Exceptional staff: Beyond the OB that you've come to know and love — you'll be in excellent hands with the labor and delivery care team at Saint Vincent Hospital. And, if needed, your provider can reach out to high-risk maternity physicians for personal consultations.

Infant care: Our nurses are specialists in infant care. They will do a quick baby checkup right after delivery and help you with skin-to-skin snuggling. We also have a Level III Neonatal Intensive Care Unit (NICU) should any health issues arise.

Certified lactation counselors: If you're planning on breastfeeding, our certified lactation consultant or a certified member of our care team will be available to help out and answer any questions.

What to do on the big day.

If you think you've gone into labor, call your OB office. A care provider will do a quick evaluation over the phone and give you directions on what to do next. While it may seem difficult, protocols have changed because of Coronavirus, so follow your OB's instructions closely.





W. 25th Street

Arriving at the hospital if you're in labor, or have a planned c-section or induction:

- Enter through the emergency department and the staff will notify labor and delivery.
- Security will give your driver parking directions and instructions on how to get to the labor and delivery unit.

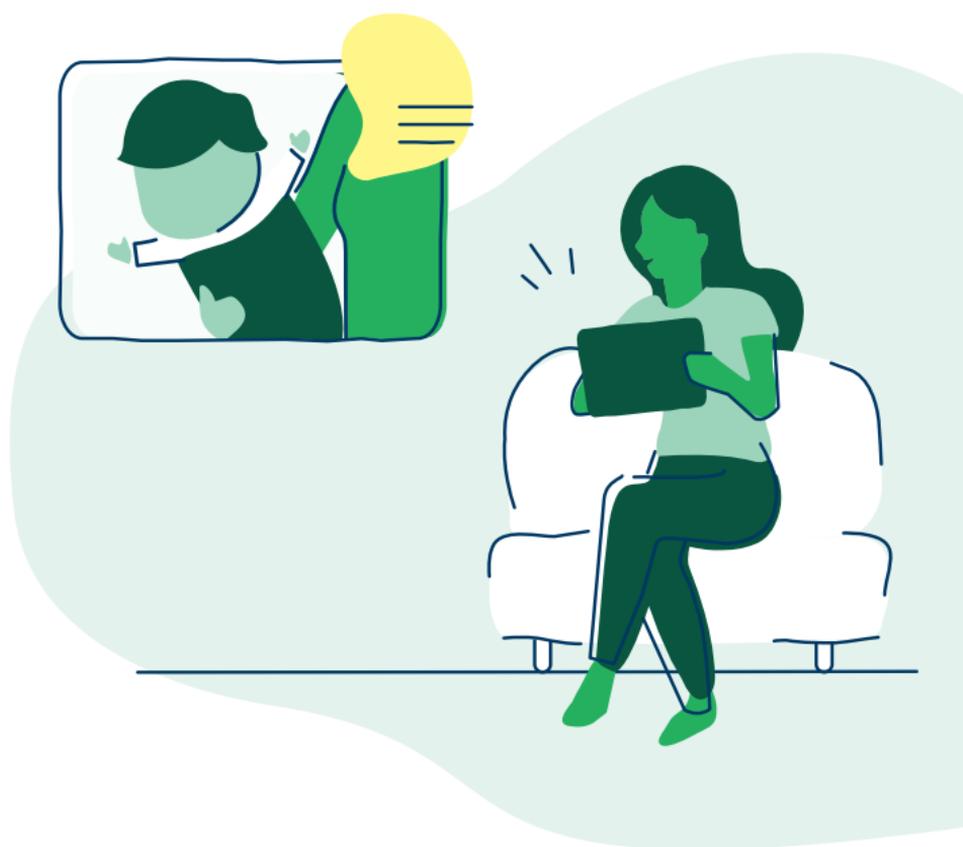
Please note: You and your support person will be screened upon entering the hospital – just one of the precautions we're taking because of Coronavirus. We recommend that your partner stay with you as much as possible. If this person goes in and out of the hospital, the Coronavirus screening will happen each time.

After your baby is born.

Our care team will be by your side to ensure you have a comfortable and safe delivery. Once your newborn has arrived, you'll recover in the labor and delivery suite for a few hours before moving to a postpartum room.

At this time, the visitation protocol is one visitor per patient. This visitor must be over the age of 18 and can stay with you 24/7. You cannot switch visitors, and we ask that your support person limits coming in and out of the unit.

We know this protocol is not what you may have expected. You were likely planning on inviting family and friends to your bedside to welcome your newborn. And while it's difficult, we promise these precautions are in place out of concern for the safety of you and your baby.



To make things a bit easier, consider these tips:

- **Make a family and friends phone tree.** Establish who's calling who to easily get the word out about your labor and the baby's arrival.
- **Use technology to connect with your loved ones.** Having a tablet or laptop handy will allow you to video chat and introduce your baby to those you love.
- **Focus on your new family.** Look at this as an opportunity to bond and enjoy time between you, your support person, and your baby.

Going home from the hospital.

If you're healthy, you'll likely be discharged from the hospital two days after a vaginal delivery or three days after a cesarean. Your care team will provide a few final instructions, and then you're off to start life as a mom.



As you settle in back home, keep these things in mind:

Remember to follow the CDC's guidelines for social distancing. Don't have guests over to your home and if you step outside for fresh air, stay at least 6 feet from others.

We know how much you need the support of your family and friends during this time, but remember it's in your baby's best interest to limit exposure to others.

Call your pediatrician's office. Protocols are changing daily, and many offices have set aside specific appointment times for newborn visits.

Ask for help. Life as a new mom is extremely stressful, and adjusting to this new life during a pandemic is unimaginable.

If you begin to feel overwhelmed, reach out to AHN Women's Behavioral Health. Call **412-526-9520** and we will connect you to the care you need.

Enjoy this time. The world has seemingly closed its doors, and for the time being there is not much else to do but stay at home and bond with your baby. Take advantage of this situation and enjoy these special moments together.



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. 814-452-5000

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 814-452-5000

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