

strength

compassion

hope

innovation

expertise

Where the wonders  
of medical science  
support the miracle of birth.



## The BirthPlace at Parker Adventist Hospital

 Centura Health.

State-of-the-art medical technology...  
A team of clinical experts and nursing specialists...  
Serious pampering for you and your baby.

# The best place for traditional births...

## Welcome!

The BirthPlace at Parker Adventist Hospital is an extraordinary childbirth center serving the south metro area. Get to know us and the high level of care – and caring – we provide babies, mothers and their families. Learn about what to bring and how to prepare. If we can provide additional information please don't hesitate to call.

We want you to feel completely confident in choosing Parker Adventist Hospital as your birthplace. And may we be the first to say to your baby, "Welcome Home."

“Children are living jewels dropped unsustained from heaven.” Robert Pollok

**The BirthPlace offers the best of all worlds:** sophisticated technology, dedicated professionals and a comfortable, luxurious environment. We respect your wishes – and your choices – to provide the best birth experience for you, your baby and your family. The BirthPlace is staffed with the most highly qualified professional registered nurses for your labor, delivery and recovery experience. Our nurses believe in and practice family centered care with patient safety and satisfaction as the highest priority. If you have any special needs or concerns regarding your labor, delivery or recovery, our nurses are here for you. In fact, we are ranked in the 99th percentile for OB patient satisfaction.

**Private suites.** Our birthing suites allow you to begin, complete and recover from a vaginal delivery in just one place. Each room is a private suite with advanced equipment and space to manage every stage of your birthing experience.

**Your baby can stay with you** in a bedside bassinet or you can have him or her watched in the nursery while you rest.

**Pain management.** The BirthPlace staff is exceptionally supportive of your decisions surrounding pain management. We offer epidurals, IV medication and a wide range of natural pain management techniques. Our spa area is also available offering whirlpool, birthing ball, music and more.

**Lactation support.** A lactation specialist is available for you and your baby's feeding needs. Follow-up lactation assistance is also available when you return home.

**Specialist care around the clock.** In-house obstetricians, anesthesiologists and neonatal nurse practitioners are available 24 hours a day, seven days a week. Our experienced nursing team, combined with our neonatal intensive care, enables The BirthPlace to address even the most intensive care needs onsite.

Traditional births . . . . .	1
High risk or complicated births . . . . .	2
Neonatal Intensive Care Unit . . . . .	2
The Children's Hospital at Parker Adventist Hospital . . . . .	2
Amenities . . . . .	3
Before your baby comes . . . . .	4
What to bring . . . . .	4
Admission . . . . .	5
Support Services . . . . .	5
Dining options . . . . .	5
We take care of the details . . . . .	5
New parent programs . . . . .	6



# The best place for high-risk or complicated births...

**The Children's Hospital at Parker Adventist Hospital.** Expert, nationally ranked pediatric care is right here in Parker, at The Children's Hospital at Parker Adventist Hospital. Neonatal, as well as pediatric emergency specialists, are onsite to care for your little ones at all times. The Children's Hospital experts see, treat and cure more kids than all other Colorado hospitals combined, providing you the confidence and peace of mind that the best care for your child is close to home. Should the need arise, The BirthPlace has both highly skilled professionals and the most modern equipment to give both mothers and babies the best care possible.

Physicians specializing in maternal/fetal medicine are here to provide prenatal diagnosis, and a perinatologist is onsite to assist with complicated pregnancies. Amniocentesis, 3-D and 4-D ultrasound testing for chromosomal and heart problems are all available.

## Level IIIA Neonatal Intensive Care Unit (NICU)

Top neonatologists from The Children's Hospital are part of the team at The BirthPlace. Our NICU has the expert staff and the sophisticated equipment to offer an exceptional level of care for newborns, including premature babies, 28 weeks and older and multiples.

**The most highly trained professionals.** Every shift in the NICU is staffed by Neonatal Intensive Care Nurses who provide the best of care to our newborns.

And, our professional relationship with The Children's Hospital adds to your assurance that a child in a complex situation gets the full scope of resources to enhance the safety and security they deserve.

Most of our deliveries are uncomplicated. But if there is a situation where a higher level of expertise is needed, such as in the delivery of multiples or premature births, The BirthPlace is staffed for that need. Maybe your new child needs breathing or respiratory support, is jaundiced or has feeding concerns. We're always ready.

**Late Preterm Infants.** The NICU team has developed a specialized approach for late preterm infants born 35-37 weeks gestation. While close to being considered a "term" infant, these babies do need some additional support and care while in the hospital. The specialized care the NICU nursing staff offers is focused on helping babies breast and bottle feed better, maintain their body temperature and decrease the rate of re-admissions for infant jaundice. We are proud of our unique program to ensure each preterm infant receives the extra special attention they need.

**The most advanced technology.** While technology is always helping us improve many things we do, among the latest advances is in caring for fragile or premature infants. The Giraffe Isolette neonatal intensive care beds simulate the uterine environment and can enclose to surround the baby with comfort. Traditional incubators expose the baby to light, air, sound and other external stressors. Research shows this safe-environment bed can send a baby home as much as three days sooner.



# Relax! Enjoy a little TLC. Amenities and other information.

**Every room is a suite.** Rooms are large and comfortable with private baths, mountain views and a pull-out sleeper for the new father or other support person. There's also plenty of room for other family members and friends to visit at any time, day or night. We don't specify visiting hours...but you can!

**Visiting.** Some parents want to share their baby's birth with friends and family while others prefer privacy. It's your choice. Because it's so important that you rest, you may want to ask guests to come between 11 a.m. – 8 p.m. Children are welcome but must be supervised by an adult other than the new mother. Our NICU does have visiting rules and visitors are limited to two at any time.

**Length of stay.** On average, hospital stays are two days after a vaginal birth and two to four days following a cesarean. But if you'd like to go home earlier, early discharge (with your physician's permission) is possible 24 hours after a routine vaginal birth.

**Security.** The BirthPlace is securely equipped with an infant security system. The doors are locked and video cameras are mounted in the hallways. Visitors must use the intercom at the entrance to gain access or exit the unit.

**Gift boutique.** Well known Denver-area retailers are represented. Purchase flowers, baby items or lotions by calling 303-269-4950.

**Newborn photos.** Call the number at your bedside if you would like a photo of your new baby.

**Internet access.** Parker Adventist Hospital provides complimentary wireless Internet access to our guests and visitors.

**Telephone.** Family and friends can reach you through the main hospital number, 303-269-4000. Cell phones may be used within The BirthPlace.

**Cuddle up and read.** It's never too early to begin to share the joy of reading with your child! We've teamed with the Douglas County Library District to provide a goodie bag of first books and an application for your baby's first library card.

**Every afternoon...**our HospitalTEA cart will be around to treat you to tea and gourmet desserts. Just another way we care for your comfort.



“A new baby is like the beginning of all things: wonder, hope, a dream of possibilities.”

Eda J. Le Shan

# Get ready! A few things to do before your baby comes...

## **Pre-register for The BirthPlace.**

It's easy to do and it makes admission much faster.

1. Call 303-269-4980
2. Or, register online at [parkerhospital.org/birthplace](http://parkerhospital.org/birthplace)
3. Or, complete the pre-registration form in the back pocket of this booklet.  
(Fax and mailing instructions are on the form.)

## **Verify insurance coverage at Parker Adventist Hospital.**

Simply call your insurance company for individual coverage information.

**Take a tour.** We'd be delighted to show you our advanced medical technology and all the amenities that make The BirthPlace the best place to have your baby. Simply call 303-777-6877 to arrange a convenient time.

**Find a care provider.** We recommend that you find a pediatrician or family practice physician before delivery but if you are unable to, or your doctor doesn't come to Parker, our Children's Hospital pediatricians can care for your baby and help you find follow-up care.

**Purchase a car seat.** It's required for your baby to be discharged – and remember to have the car seat installation checked prior to your delivery. Local fire stations offer free car seat checks (appointment required). To learn more about car seat safety, visit [nhtsa.gov](http://nhtsa.gov).

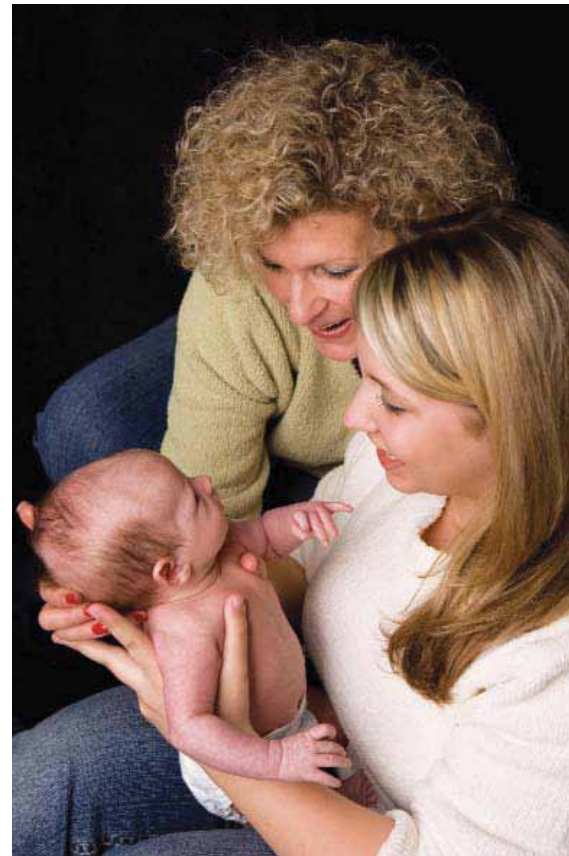
**Call your doctor when you are in labor.** He or she will notify The BirthPlace that you're on your way!

**What to bring.** For labor and delivery: Your eyeglasses (even if you usually wear contacts, you'll probably want to take them out) Lip balm / Lollipops / Toothbrush and toothpaste / Warm socks / Slippers / Hairbrush plus barrettes or hair band to tie back long hair / Camera / iPod / Magazines or books / A pillow, massage oil or anything that helps you relax / Snacks.

**For after your baby is born.** Nightgown, robe and slippers / Bras or nursing bras / Toiletry kit and makeup / Care kit for your contacts / Your address book and phone list / Something loose-fitting to wear home (maternity clothes are perfect).

**No need to bring.** Hairdryer, lotion, body gel, jewelry or other valuables.

**For your baby.** Newborn clothes / Blankets and hat to suit the weather / Properly installed car seat (required).



# It's time!

## When you come to the hospital...

**Entrance.** Use the front doors 6 a.m. – 8 p.m. Monday-Friday, 8 a.m. – 8 p.m., Saturday and Sunday. All other times, please enter through the emergency room doors on the east side of the building.

Pre-registered? Go straight to the third floor. Not pre-registered? You must provide necessary information before proceeding to The BirthPlace.

### Support Services

For concerns about your care, please ask to speak to the nurse in charge.

To speak with a counselor or social worker, please ask your nurse.

To speak with a chaplain at any time, call 303-269-4961.

**Dining: Room service is only the beginning.** With menus and recipes from our Executive Chef, meals at The BirthPlace are a long way from “hospital food!” When you order room service, you can expect delivery within 45 minutes. (One complimentary meal for the new father or other support person is included.) If you have guests who wish to dine with you, their meals can be paid for by cash, credit card or check.

**The Peakview Café.** Gourmet cafeteria-style dining is located on the garden level (posted hours). Enjoy wood-fired oven pizza, gourmet soups and salads, sandwiches and a barista bar. Our staff can honor any special dietary requests you might have. In-room guest trays are available 7 a.m. – 7 p.m. daily.

**A Nourishment Center.** A refrigerator, ice machine and microwave, are located on The BirthPlace unit. Food brought in from outside the hospital should be in a sealed container with your name and the date.

### We take care of the details for you.

With a newborn, the last thing you need to worry about is paperwork. That's why we take care of these items for you.

**Birth Certificate.** Our trained birth certificate registrar can assist you with this process.

**Social Security Cards.** You will be able to apply for your baby's Social Security Number while providing birth certificate information.

**Newborn testing.** We want to be sure your baby is healthy so tests are performed shortly after birth to check your baby's hearing, blood glucose, hematocrit and bilirubin levels. An Expanded Newborn Screening Test checks for 28 conditions and will be performed during your stay as required by the State. You will receive results from your pediatrician only if the results are uncertain or further testing is required.



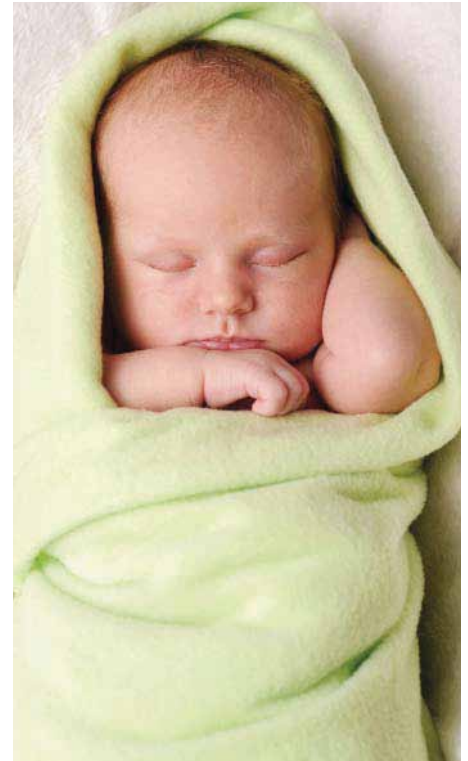
“There are no seven wonders of the world in the eyes of a child. There are seven million.” Wal Streightiff

# Resources for parents before and after your baby's birth...

The BirthPlace helps you prepare for your baby's birth with confidence and then raise a healthy child. These are just a few of the many resources available:

**Prenatal classes.** First-time parent or have children at home? Either way, The BirthPlace's prenatal classes will help you prepare for your new arrival. Call 303-777-6877 for more information or to register.

**Physician referrals and health advice.** Need help finding an obstetrician or other physicians? Call our free ASK-A-NURSE line at 303-777-6877. The registered nurses there can also answer questions you may have regarding caring for yourself during pregnancy. You can also use our online physician directory at [parkerhospital.org/doctor](http://parkerhospital.org/doctor).



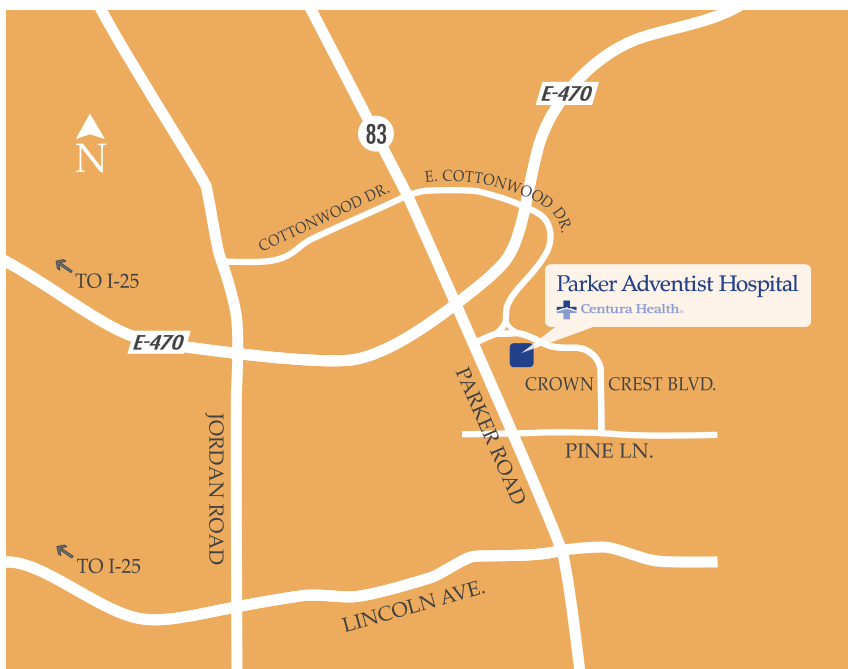
**Caring for yourself and your baby.** Before you're discharged, you'll receive information about caring for yourself and your baby until your first doctor's visit.

**The GetWellNetwork.** Turn on the TV in your suite and you'll find relaxation videos...newborn care...parenting information...and health updates as well as movies and cable TV.

**New Moms' Network.** This group meets monthly to share stories, ideas and concerns with other new moms. See the attached class schedule or visit [parkerhospital.org/birthplace](http://parkerhospital.org/birthplace) for dates and times.

## Family to Family Adoption Support Program at Parker Adventist Hospital

At Parker Adventist Hospital's BirthPlace, we are well-known for our expert care for moms and babies. But our compassion and understanding doesn't stop there. We are also a caring, loving, understanding place for adoptive parents and families placing a baby for adoption. We are the only hospital in Colorado offering classes to adoptive parents and birthplace support during adoption placements through our Family to Family Adoption Support Program. For more information, contact Rebecca Vahle, adoption liaison, at 720-936-9021 or [rebeccavahle@centura.org](mailto:rebeccavahle@centura.org).



## Parker Adventist Hospital



9395 Crown Crest Blvd.  
Parker, CO 80138  
303-269-4000  
[parkerhospital.org/birthplace](http://parkerhospital.org/birthplace)

### Important numbers

Main hospital number – 303-269-4000  
Pre-registration/tour – 303-777-6877  
(Or register online at [parkerhospital.org](http://parkerhospital.org))  
Prenatal class registration – 303-777-6877  
Ask-a-Nurse – 303-777-6877  
(Health advice, physician referrals and more)  
Billing department – 303-269-4954  
(For questions about charges, insurance coverage or payment plans)  
Chaplain – 303-269-4961  
Gift boutique – 303-269-4950  
Your doctor \_\_\_\_\_