



VIRTUAL MATERNITY TOUR

Welcome to Inova Alexandria Hospital!

- High-quality medical care and innovative technology for more than 135 years
- Nationally recognized perinatal diagnostic center specializing in high-risk pregnancies

[Click here](#) to read more about the Brock Family Perinatal Diagnostic Center

[Click here](#) to learn more about Inova Alexandria Hospital's awards and recognition

Step 1 – Registration



Follow signs to Labor & Delivery on the Second Floor.
You will register at the nurses' station. From this point,
you will be guided to your private labor and delivery room.

Registration

- Pre-registering will make the registration process go much quicker
- You can ask your obstetrician for a pre-registration form or submit your information online
- The completed form should be submitted at least 60 days before your expected delivery date.



[Click here](#) to complete your pre-registration form for Inova Alexandria Hospital online.

Step 2 – Labor & Delivery



All of our LDR suites (labor, delivery and recovery rooms) are spacious and private.

Labor & Delivery

- Please let us know how we can help you best manage your labor.
- Pain-management and anesthesia services are available onsite 24/7 to meet individual needs.
- There are bathrooms with showers in each of the LDR rooms for those desiring a natural non-medicated delivery. Squatting bars also are available for pushing.
- You may bring a birthing ball into the hospital, if cleared with the doctor.
- Each room has a television and a thermostat so that you can keep the room at a temperature that is comfortable for you.

Labor Room Procedures

- We strive to keep you and your family together during your stay at Inova Alexandria Hospital. After delivery, baby will stay in the LDR with you.
- We encourage and support skin-to-skin bonding and breastfeeding while you are in the LDR.
- Common procedures in the LDR include:
 - An overall assessment
 - Erythromycin eye ointment to prevent infection
 - Vitamin K injection to help with blood clotting
 - Wiping the baby with warm blankets

Cesarean Birth

- Our labor and delivery unit features dedicated operating rooms, available only for C-sections
- Your support person will wear protective clothing to join you during the procedure
- The Post-Anesthesia Care Unit is designed so mothers and newborns remain together
- 1-2 hours after a vaginal delivery or a C-section, you and baby will travel together to a room on our Mother-Baby unit



What to Bring for Labor

In order to make sure you are comfortable during your stay with us, we suggest you pack the following things in your labor bag.

- Slippers and a bath robe
- Camera and music
- Toothbrush and toothpaste
- Bath soap
- Eyeglasses or contact lenses
- Socks
- Lip balm
- Hair ties
- Pediatrician's business card
- Insurance card

Click here to access [*Preparing to Have Your Baby at Inova Alexandria Hospital.*](#) This document contains a packing list and much more!

Safety & Security

- The safety, security, health and happiness of your family are of utmost importance to us at Inova Alexandria hospital
- All staff members will wear a photo ID
- The Labor and Delivery unit and Mother-Baby unit are secure units and the entrances are monitored



Safety & Security

- Right after your baby's delivery, your baby will receive two Identification bands: one on his wrist and one on his ankle.
- The number on this band is also on the band placed on mom's wrist; a fourth band goes to mom's partner.
- The bands will be checked any time the baby is taken to or picked up from the nursery.
- The baby will also have a small sensor placed on his body that will trigger an alarm if the baby is taken by an open elevator or open stairway door. This sensor will be removed just before discharge.

Step 3 – Family-Centered Care on our Mother-Baby unit



After you deliver, you'll be moved to our Mother-Baby unit for the remainder of your stay. Your healthy baby may room-in with you at all times.

Mother-Baby Unit: Details

- Private recovery suites with soft, soothing colors, subdued lighting and comfortable furnishings with state-of-the-art equipment.
- A sleep chair is provided in the private rooms for your partner to spend the night.
- Each room has a bathroom and sit-down shower for your use.
- Cell phone use is permitted. There are also local phones in each room and calling cards can be used for long distance calls.
- Room service dining for mom is available from 6:30am to 7:00pm.

Mother-Baby unit: Amenities

- The Newborn Channel offers free programs 24 hours a day on various aspects of new baby care and adjustment to parenting.
- Free wireless access is provided for your convenience.
- Quiet Time, a daily break from 1-3 p.m. when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.
- There is a nourishment center on each floor to store snacks for your support person or a special treat for you.

[Click here](#) for more information about meals and snacks

What to Bring for Recovery

In order to make sure you are comfortable during your stay with us, we suggest you pack the following things in your overnight recovery bag **(please leave it in your car until after your baby is born):**

- Nightgown or pajamas
- Nursing bra
- Cosmetics
- One “going home” outfit for baby
- One loose-fitting “going home” outfit for you
- Several pair of underwear
- Sweatpants or pajamas for dad or adult support person who will spend the night
- Infant car seat

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Well-Baby Nursery



Parents may observe baby's first bath, given in the nursery.
Your baby will return to the nursery each day for a weigh-in.
Although we encourage rooming-in with your baby, you may also take advantage of our well-baby nursery if you want to rest or shower.

Neonatal Intensive Care Unit (NICU)

- Inova Alexandria Hospital has a Level III Neonatal Intensive Care Unit (NICU) that is fully equipped to care for infants with specialized needs
- If needed, our excellent NICU staff will support you in the care of your newborn and help you prepare for the day of discharge
- Free, personalized CarePages Web sites are available to families to stay connected with loved ones and friends during your hospital stay.

[Click here](#) to learn more about 



NICU – Nursery



[Click here](#) for more information about
NICU services at Inova Health System.

Breastfeeding Support



The Lactation Center's women's store is open to our patients as well as the public. The store offers a variety of supplies and rental pumps to support the breastfeeding mother and baby.

Breastfeeding Support

- Bedside breastfeeding education and support provided by Board-certified lactation consultants during your stay.
- Daily breastfeeding support provided by staff on the Mother-Baby unit.
- Weekly breastfeeding support groups every Wednesday and Thursday to support mom and baby during the transition home. Individual consults also available.
- Expert advice for breastfeeding moms on how to smoothly transition back to work.

[Click here](#) to read more about breastfeeding support

[Click here](#) to view a video about breastfeeding featuring Inova Lactation Consultants

Pediatrician

- Bring the pediatrician's name and phone number with you. The labor and delivery staff will notify the doctor after the baby is born.
- The pediatrician examines your baby within 24 hours of the birth.
- If your pediatrician does not visit Inova Alexandria Hospital, your baby will be examined by one of the physicians on staff. You will take your baby to your own pediatrician a day or two after discharge.
- An in-house pediatrician and on-call neonatologist are available 24 hours a day, seven days a week.
- Your doctor, not the in-house pediatrician, will perform the circumcision if requested.

[Click here](#) to search for a Pediatrician



Going Home

- There is a birth certificate office and registrar in the hospital to help you with paperwork for your baby. There is a \$12 fee for the application, payable by check or money order.
- Make sure your car seat is properly installed before arriving at the hospital. Hospital staff cannot help with installation. It is recommended that you have your car seat installation inspected by a trained technician. A car seat is a requirement for discharge.
- An appointment with a Pediatrician is a requirement for discharge.

[Click here](#) for more information about car seats.

[Click here](#) to search for a Pediatrician.

Support at Home – New Moms Groups

Weekly New Moms Groups are a great resource for parents adjusting to their new role. An experienced maternal-infant health educator facilitates an informal discussion with new moms. Meeting times for each group vary.



Please call **1-855-My-Inova** (toll free) for details!

Why should you visit New Moms?

- Meet other new moms and babies
- Get support from an experienced maternal-infant health educator
- No registration required
- Free parking and attendance
- Babies are welcome!

The full New Moms Group schedule:

- Monday, Franconia area
- Tues, Inova Alexandria Hospital
- Wed, Inova Fair Oaks Hospital
- Thurs, Fairfax-Merrifield area

Additional Resources

- [Click here](#) for more information about Childbirth Services at Inova Alexandria Hospital
- [Click here](#) for Inova Alexandria Hospital Visitor Resources
- [Click here](#) for more information about Childbirth Classes
- [Click here](#) to download *Preparing for Birth at Inova Alexandria Hospital Women's Center* which includes helpful information about birth certificates, what to bring and what to expect at your delivery
- [Click here](#) for Inova Online Health Information & Library Services
- [Click here](#) for the Inova Health Video Library
- [Click here](#) to sign up for the Baby & Me newsletter, a free weekly parenting e-newsletter designed to guide you through pregnancy, labor and delivery and the first year of baby's life

