



VIRTUAL MATERNITY TOUR

Welcome to Inova Fairfax Hospital!



- Inova's flagship hospital
- A nationally recognized regional medical center serving the Washington, D.C., metro area
- Consistently ranked among the top hospitals in the United States
- Recently named one of the nation's "50 Best" hospitals by HealthGrades, an independent healthcare-ratings organization
- The first hospital in the Washington, D.C., metro area to receive the prestigious Magnet™ designation for nursing excellence

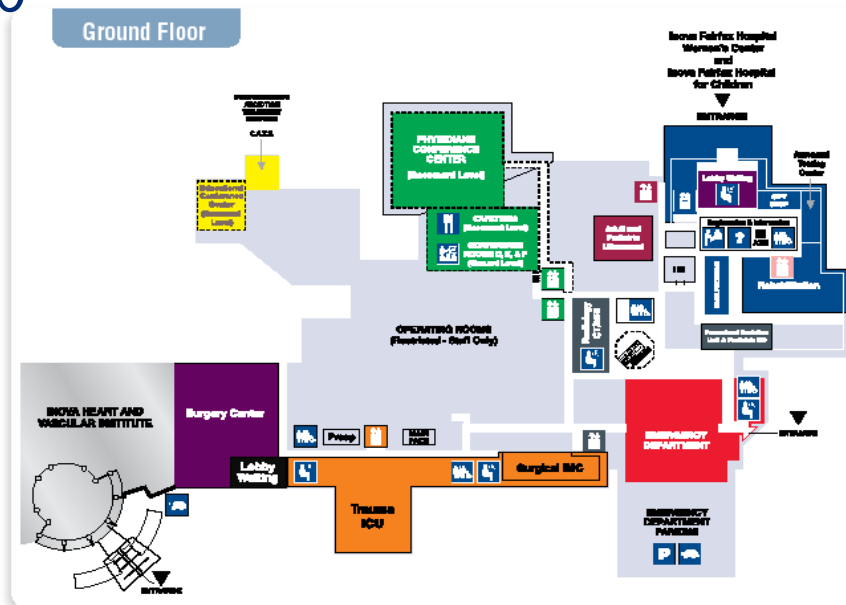
[Click here](#) to read more about the recognition earned by Inova Fairfax Hospital

[Click here](#) to learn more about Magnet™ status

Arrival & Parking – Campus Map

- Use the blue entrance to access the campus; park in the blue garage.
- There is a driveway in front of the entrance to the Women’s Center where you can be dropped off.
- There is a \$5 parking fee per trip. The parking attendant accepts cash and checks.
- Multi-trip parking passes are available through the parking attendant at a discounted rate. The Baby & Me Amenities Program also offers parking benefits.

[Click here](#) to access the campus map online



Step 1 – Registration



Your first stop will be at the desk in the lobby of the Women's Center. From this point, you will be guided to the maternity floors.

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
- When you pre-register on-line, you can also pre-pay for Baby & Me, a program that provides you preference for a private room, in addition to other benefits
- Your pre-registration information should be submitted at least 60 days before your expected delivery date.



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

Step 2 – Triage Assessment

- Most moms will start in the third-floor triage area, where the nurse will assess your labor
- Only 1 visitor is allowed to accompany you in triage. Other visitors may wait in the lobby.
- If you are considered to be in active labor, you will be admitted to the hospital for delivery
- If your labor is not progressing very quickly, you may have the opportunity to walk around or go back home to rest
- If you are expecting to deliver by C-section, our team will welcome you in the pre-operative assessment suite.

Step 3 – 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 are available for pushing upon request.
- You're welcome to 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.
- Baby Line is a direct phone line from your LDR suite to the waiting area where you can talk with family or friends waiting for news on your progress.

Labor Room Procedures

- We strive to keep you and your family together during your stay at Inova Fairfax 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
- Inova Fairfax Hospital is a collection site for the National Cord Blood Program. Participation is free. Please talk to your doctor if you are interested in participating.

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.
- Only 1 support person is allowed to accompany you during a C-section; other visitors may wait in the lobby.
- 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 Family-Centered Care unit.



Safety & Security

- The safety, security, health and happiness of your family are of utmost importance to us at Inova Fairfax Hospital
- All staff members will wear a photo ID
- The Labor and Delivery unit and Family-Centered Care 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 attached 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 4 – Family-Centered Care



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

Baby and Me Amenities Program

- This new program was designed to enhance the delivery experience for you and your loved ones while at our hospital.
 - *For Mom*
A toiletries kit providing the care products needed during your hospital stay
 - *For Dad/Support Person*
A voucher for three parking passes for use in the Blue parking garage at Inova Fairfax Hospital and a \$3 meal voucher for use in our cafeteria after delivery
 - *For Baby*
A t-shirt to commemorate being born at Inova Fairfax Hospital Women's Center
 - *For the family*
Preference for a private post-partum room

Baby and Me Amenities Registration

- To participate in the **Baby and Me Amenities Program**
 - You can request and pay for at time of preregistration
 - You can request and pay for during the Hospital Tour
 - You will have the opportunity to request this enhancement in the Labor and Delivery suite following your delivery.
 - You or your family member will be able to purchase the Baby and Me Amenities program at the Patient Registration Desk in the Women's and Children's Lobby or at the Lactation Store. Payment can be made via cash, check or credit card. We accept Visa, MasterCard, Discover and American Express.



Family-Centered Care: Details

- Family-Centered Care offers private rooms available upon request. Every request for a private room has been accommodated for the past two years.
- Your support person may stay overnight if you are in a private room or visit from 10 a.m. - 10 p.m. if you are in a semi-private room.
- Baby may room-in with mom 24 hours/day.
- Mom stays in the hospital for about 1 day after vaginal delivery or 2-3 days after a cesarean section. Total time spent in the hospital is dependent on mom's recovery.

Family-Centered Care: Amenities

- A sleep chair is provided in the private rooms for your partner to spend the night.
- Each room has a bathroom and shower for your use.
- Room service dining for mom is available from 6:30 a.m. to 7:00 p.m.
- There is a nourishment center on each floor to store snacks for your support person or a special treat for you.
- Free wireless Internet access is provided for your convenience.
- Cell phone use is permitted. There are also local phones in each room, enabling you to use a calling card for long-distance calls if you wish.

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

Breastfeeding Support

- Inova Fairfax Hospital has internationally board-certified lactation consultants available to support you.
- Lactation consultants visit with every breastfeeding mother.
- Nurses are also specially trained to assist and support breastfeeding as well.
- A complimentary Breastfeeding Mother's Support Group is held every Thursday from 10-11 am on the 7th floor of the women's hospital.
- A complimentary 30 minute private lactation consultation is available to all patients after discharge, within 10 days of birth.
- Our Lactation Center offers an array of breastfeeding items and accessories, including breast pumps to rent or purchase.

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



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 Fairfax Hospital has a Level III Neonatal Intensive Care Unit (NICU) that is fully equipped to care for infants with specialized needs, including surgery
- 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  CarePages[®]



NICU – Nursery



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

Pediatrician

- Bring the baby's doctor's name (pediatrician) 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 Fairfax 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



Visitation Policy

Inova Fairfax Hospital Women's Center is currently re-evaluating its visitation policy. In the meantime, the following visitation guidelines are in place:

- Patients may have up to 5 visitors at a time – a significant other plus 4 others
Labor/Delivery/Recovery allows up to 5 visitors 24 hours a day, 7 days a week.
- Family Centered Care limits visitation to 11 a.m. to 8:30 p.m.
- Mothers are encouraged to take advantage of Serenity Hours between 2p.m. and 4p.m. During this time we ask all visitors and hospital staff to allow our patients uninterrupted time to rest or bond with their newborn.
- No children under the age of 12 other than siblings of a newborn may visit.
- Patients, friends and families should call the information desk in the Women's Center to confirm the visitation policy 703.776.6000 at the time of their stay.
- We are committed to meeting your family's needs. Please speak with your nurse if you have any special requests or considerations that affect visitation.



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.
- A discharge nurse will meet with you to assess your individual educational preferences and needs. Prior to discharge, she will provide you with personalized discharge instructions as well as written resources.
- 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.



Additional Resources

- [Click here](#) for Inova Online Health Information & Library Services
- [Click here](#) for the Inova Health Video Library
- [Click here](#) for Inova Fairfax Hospital Visitor Resources
- [Click here](#) for more information about Childbirth Classes
- [Click here](#) for more information about the National Cord Blood Program
- [Click here](#) for more information about the James G. Sites Antenatal Testing Center
- [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

