



Inova

Loudoun Hospital
Women's Center

Obstetrics Preadmission





Inova Loudoun Hospital Women's Center -The Birthing Inn

Preadmission

To Expectant Parents

Congratulations! The arrival of a new baby is one of life's most exciting events and we are happy that you've chosen The Birthing Inn at Inova Loudoun Hospital to offer you and your family an intimate, personalized birth experience. Whether this is your first baby or an addition to your family, our experienced team of dedicated maternity staff will be ready with the latest technology, the touch of a hand and a reassuring voice.

To make your admission as easy as possible, please read this information to familiarize yourself with the process. Complete the preadmission form located at www.inova.org/obprereg and **return it at least 60 days before your expected delivery date.**

Birth, Parenting and Family Education

The special care offered at The Birthing Inn includes a wide variety of classes to help prepare every family member for the birth of a new baby. Our certified registered nurse instructors will provide you with the support and education you need. Classes are offered for moms, dads, siblings and even grandparents. Breastfeeding education is available and we invite you to visit the Lactation Center and Boutique, featuring breastfeeding supplies and accessories and international board-certified Lactation Consultants available for one-on-one sessions.

For class descriptions, dates and locations, or to register for a class or tour, visit us on the web at www.thebirthinginn.org or call **703-858-6360**. Classes and tours fill up quickly, so register early.

Insurance and Payments

After we receive your preadmission form, we will verify your insurance information and send a letter only to patients who have financial obligations, such as co-payments, deductibles or out-of-pocket expenses. Before your admission, we will request payment in full of any amount not covered by your insurance provider.

Please bring your insurance card with you when admitted to the hospital. You also should contact your insurance company before your hospital admission to determine whether pre-certification is required. Ask your insurance company about length-of-stay and discharge policies. If you are not insured, we request prepayment of the estimated bill before admission.

Check with your insurance company to determine what you need to do to obtain insurance coverage for your baby. Most insurance companies do not automatically enroll newborns.

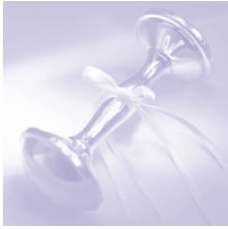
If you have questions about insurance or would like to discuss payment options, call the financial counselor at **703-858-8091**.

Fees

Various healthcare providers such as pediatricians, neonatologists, anesthesiologists, pathologists or radiologists may be involved in the care of you and your baby, if your doctor requests their services. NOTE: These providers will bill you directly and separately from the hospital.

We encourage you to call your health insurance company with any questions you may have about your coverage.

A final statement will be mailed to your home after discharge. In addition to cash and checks, we accept VISA, MasterCard and American Express. If you have any billing questions after you return home, call **703-771-2934**.



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Birth Experience

Important Phone Numbers

Admissions	703-858-6684
Birth Navigator.....	703-858-8936
Classes and Tours	703-858-6360
Lactation Center and Boutique	703-858-8911
Patient Accounts (after discharge)	703-771-2934
Patient Information	703-858-6000
Physician Referral	855-MY-INOVA (694-6682)

Your Baby’s Pediatrician

The Birthing Inn supports the Academy of Pediatrics’ recommendation for your newborn to be seen by a doctor within 24 hours of admission and during the first three to five days of life. Please confirm your baby’s doctor will provide the newborn examination at Inova Loudoun Hospital.

When admitted, bring with you the name of your baby’s doctor, their address and their phone number. If you need help selecting a doctor for your baby, contact Inova Physician Referral at **855-MY-INOVA (694-6682)** or **www.inova.org/doctor**.

How to Apply for a Birth Certificate

All birth certificates come from the Virginia Division of Vital Records. After you give birth, a birth registrar will come to your room to obtain information for your baby’s birth certificate. The hospital must submit this information during your stay at the hospital. You may schedule an appointment prior to your admission to fill out paperwork and consents by calling our birth registrar at 703-858-8937.

The State of Virginia requests that you do not mail the application until a month after the baby’s date of birth. For more information, contact:

Virginia State Department of Health Division of Vital Records and Health Statistics
 PO Box 1000
 Richmond, VA 23218-1000
804-662-6200

How to Apply for a Social Security Card

You can apply for your baby’s Social Security card in the hospital at the same time birth certificate information is collected. It takes approximately four to six weeks to receive the Social Security card in the mail.

Note: If you do not complete the process for your baby’s social security card in the hospital, it can take 12 weeks or longer to get one through the social security office.

For more information, contact Social Security Administration at **1-800-772-1213**.



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Special Services

Our unique, family-oriented services offer the best in maternity care and comfort, while catering to all of your needs. Features include:

- A separate, stand-alone building, with state-of-the-art security system
- All-private, home-like, spacious labor-delivery-recovery suites featuring relaxing labor soaking tubs – unique in Northern Virginia – and a comfortable sleep chair for your labor coach
- Wireless fetal monitoring to give you complete mobility while in labor
- Pain management and anesthesia available at all times
- Dedicated operating rooms for cesarean births
- All-private post-partum rooms with comfortable accommodations for family and friends, including an in-room sleep chair
- Family-centered couplet care to enhance bonding with your newborn
- A nearby nursery to care for your newborn while you rest and recuperate, if desired
- A Level IIIA NICU featuring highly specialized neonatal and pediatric care just footsteps away
- A professional photographer and free personal Web site to capture your baby's first moments and share them with loved ones
- Alternative menu items and special meals for mothers with dietary restrictions
- A Lactation Center and Boutique, featuring Certified Lactation Consultants available for one-on-one sessions
- A dinner basket at discharge with everything you need for a convenient, delicious pasta meal and dessert your first night home
- A gift for your newborn
- Free support groups, including a new mom's group and breastfeeding drop-in group
- Family education classes
- Convenient location, easy access and free parking
- Dedicated waiting areas, full-service cafeteria, wireless Internet access, and a gift shop – all for the convenience of your family and friends

FREE weekly e-newsletter *Baby and me*® offering hospital-specific information each week, tailored to your week of pregnancy or the age of your newborn. Visit inova.org/babyandme to subscribe today!



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Important Information

Checklist

You and your family deserve excellent care and customer service, which is what you can expect at The Birthing Inn. To ensure a smooth transition from your healthcare provider to The Birthing Inn, we have provided the following checklist:

- Pre-register early at www.inova.org/obprereg
 - Consider taking a tour and childbirth class whether this is your first or last baby as classes help you prepare for labor and birth and are considered a key component of prenatal care. Classes and tours are extremely popular and fill up quickly. Register early to obtain the best schedule for your family!
 - Contact our birth registrar at 703-858-8937 to schedule an appointment to answer any questions or help completing the attached birth certificate form, social security form, consent and picture information **within one month** of your due date.
 - Choose a pediatrician **PRIOR** to delivery so we may ensure your baby's records are forwarded in a timely manner.
 - Have your car seat installed one month before your expected delivery date.
 - You can expect to stay for two days for a vaginal delivery and three days for a cesarean section. However, please check with your health insurance provider for information specific to your health care coverage. In addition, your healthcare provider may determine your actual length of stay.
- Sign up for our FREE weekly e-newsletter *Baby and me*[®] to receive hospital-specific information each week, tailored to your week of pregnancy or the age of your newborn. Visit www.inova.org/babyandme to subscribe today!

What to Bring

When you arrive at the hospital, you should bring:

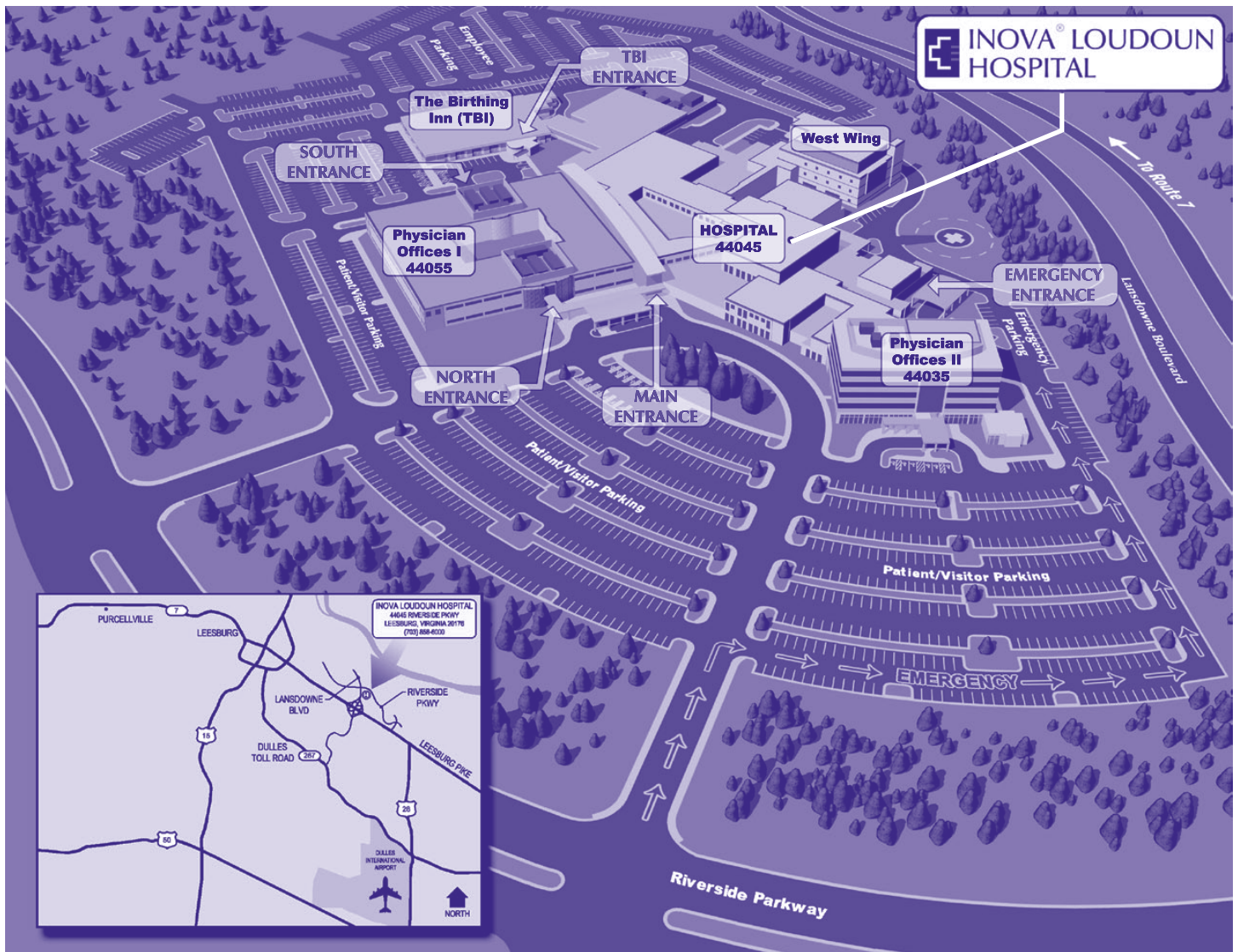
- Your insurance card
- Your photo ID
- The name and phone number of your baby's pediatrician

Other optional items to bring that may make your stay more comfortable include:

- Extra pillows
- A robe
- Comfortable nightgown or pajamas
- Socks or slippers
- Underwear and nursing bra
- Toiletries, such as shampoo, brush, deodorant, toothbrush, toothpaste, cosmetics, etc.
- MP3, CD or cassette player with music
- Magazines or books
- Clothing for your baby
- Loose clothing for you to wear home from the hospital

Arriving at the Hospital

Enter the hospital's main parking lot entrance and follow the directional signs marked "The Birthing Inn." The Birthing Inn is a secure and dedicated maternity building separate from the hospital. Upon entering through The Birthing Inn entrance, simply use the intercom to allow the staff to open the door for you.



Directions

From Leesburg and points west:

Take Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked "The Birthing Inn."

From Tysons Corner and points east:

Take Route 7 West. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked "The Birthing Inn."

From Dulles South and points south:

Take Loudoun County Parkway. Turn left onto Evergreen Mills Road. Turn right onto Belmont Ridge Road. Turn right onto Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked "The Birthing Inn."

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

www.thebirthinginn.org
www.inova.org/ilh