

A person wearing a white lab coat is holding two small, cream-colored knitted socks. The person's hands are in the foreground, and the background is a blurred white lab coat. The socks are held together, and the person's fingers are visible. The socks have a small, embroidered logo on the side.

# Welcome

Congratulations on your pregnancy! Inova Loudoun Hospital is honored that you have chosen us to care for you and your growing family.

We recently opened our North Patient Tower, which features a brand new Labor and Delivery unit, Postpartum Care unit and an expanded Neonatal Intensive Care unit (NICU) for our tiniest patients needing specialized medical attention.

In preparation for your upcoming delivery, please review the following important information included in this handout.

**#worththewait**

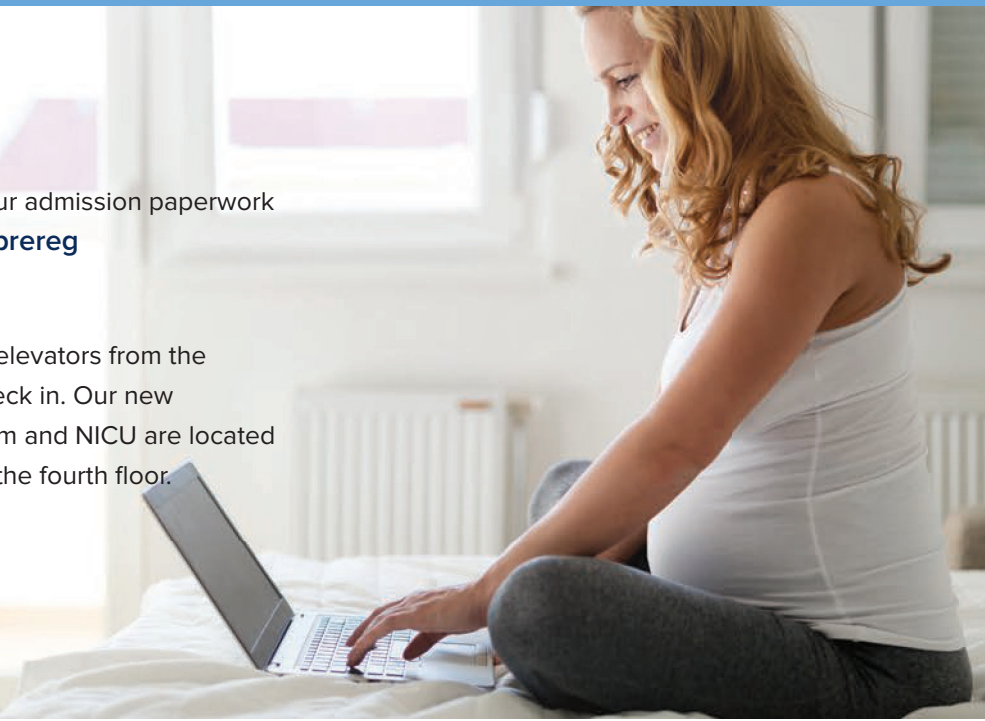
## OB Registration and Check In

### OB Registration

For your convenience, you can complete your admission paperwork online prior to your arrival at [inova.org/OBprereg](https://inova.org/OBprereg)

### Check In

Once at the hospital, please take the visitor elevators from the North Tower lobby to the second floor to check in. Our new Labor and Delivery unit, OB Emergency Room and NICU are located on this level. Postpartum Care is located on the fourth floor.



## COVID-19 Safety Measures

To protect you and your family from COVID-19 and other illnesses, we have modified our visitation policy, effective immediately. These measures follow recommendations from the U.S. Centers for Disease Control (CDC). Inova has implemented the following enhanced visitor restrictions for all women's areas:

- One dedicated visitor will have 24/7 visitation access in the Labor and Delivery and Postpartum Care units. He or she is welcome to stay with the patient for the duration of her stay. Additional visitors will not be allowed at this time.
- The support person must be at least 18 years of age.
- No children, including siblings, are allowed to visit.
- Any support person who is sick, has traveled to a high-risk area or has been in direct contact with a confirmed case of COVID-19 must stay home.
- Doulas will be permitted in addition to the one visitor for COVID-19 negative patients.

- All visitors are screened for symptoms and body temperature before entering any facility.

These are some of our current safety measures in addition to limited visitation:

1. Clinical care providers use social distancing and technology to help minimize close contact.
2. All clinical care providers wear a surgical mask when caring for patients.
3. All Inova team members participate in twice daily symptom and temperature checks.
4. Care areas are cleaned after each patient contact with CDC approved and recommended cleaners.
5. Patients with infectious diseases remain isolated in their room at all times. Treatment comes to them.
6. The equipment used to care for these patients is not shared with any other patient.

**For the most current information regarding COVID-19 visitor restrictions, please visit [inova.org/covid19](https://inova.org/covid19)**

## OB Emergency Room

Our OB Emergency Room treats pregnant women 20 weeks and beyond who come to the hospital with OB-related complaints, such as abdominal pain or bleeding.

- If you are experiencing these concerns **before 20 weeks**, please report to the main Emergency Room.
- If you are experiencing any of these concerns **past 20 weeks**, please proceed to the second floor to check in.
- **Always call your provider as well.**



## Parking and Hospital Access

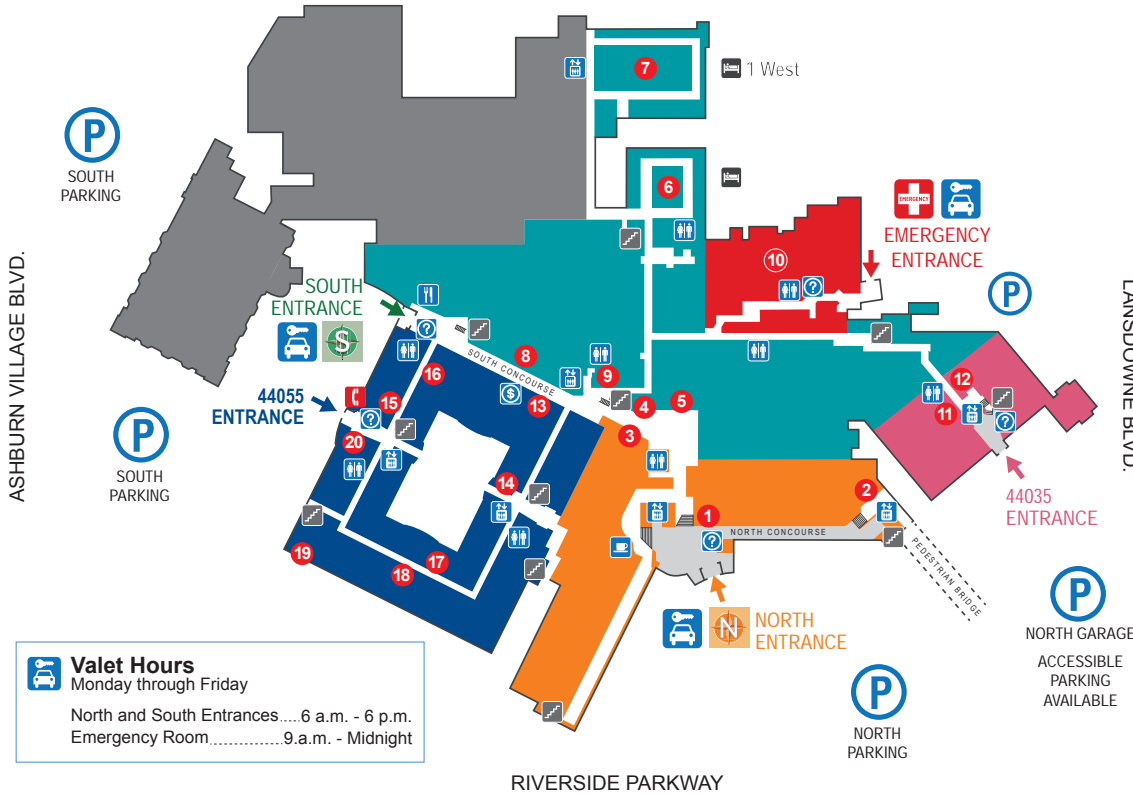
For nearest parking and access to the North Tower, please park in the Parking Garage or the North Parking Lot directly in front of the building. If you choose to park in the garage, the pedestrian bridge on the third level provides direct access into the building. Once inside, take the elevators to the ground level and proceed to the lobby.

**Please note:** For patient safety, the North Tower main entrance will be locked nightly from 9 p.m. to 5 a.m. *If you are arriving between these hours, you may still enter at the North Entrance. Please call Labor and Delivery upon arrival at 703.858.6340.* Take a look at the campus maps on pages 3 and 4 for further clarification.



# First Floor

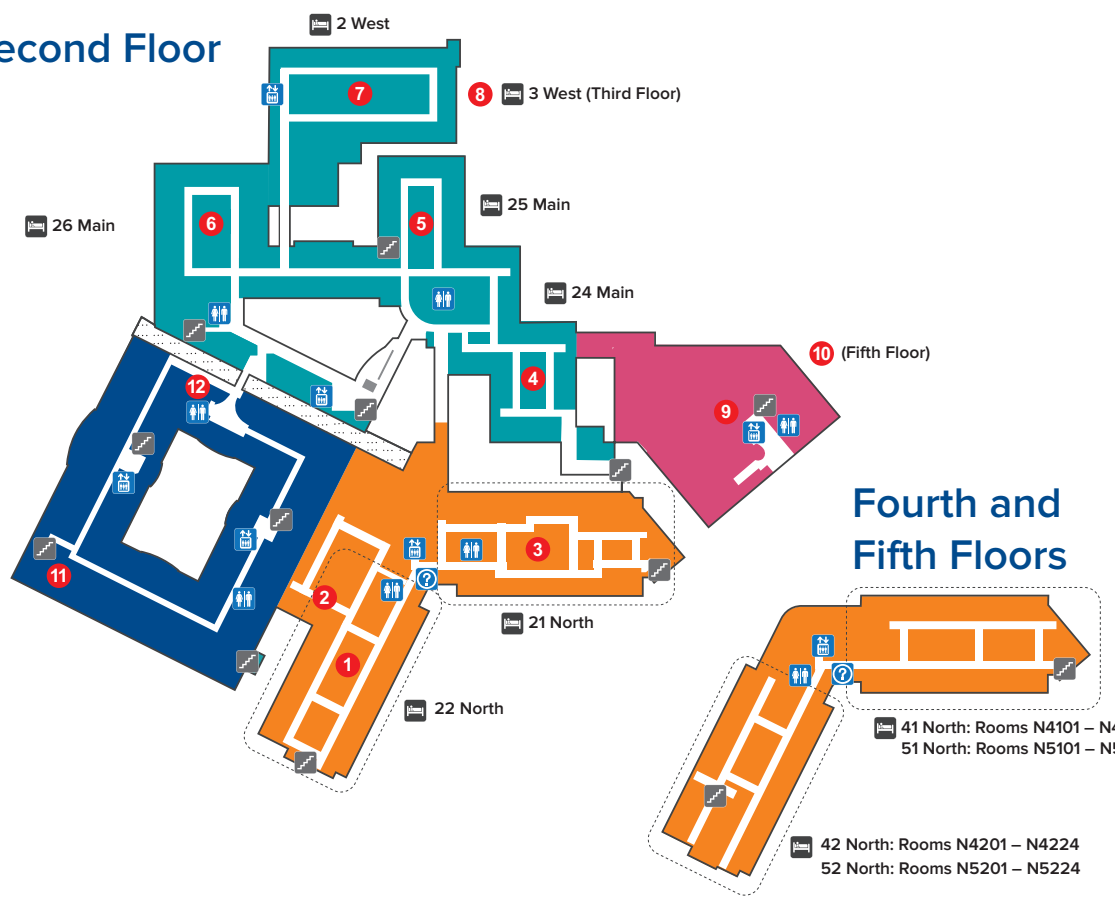
ROUTE 7



- Information
- Restroom
- Elevator
- Riverside Café
- Market Coffee
- ATM
- Emergency Phone
- Stairs
- 1 Gift Shop
- 2 Cardiac and Pulmonary Rehab.
- 3 Hospital Lab Services
- 4 Cashier
- 5 Diagnostic Imaging
- 6 Future Surgical Trauma ICU
- 7 1 West: Rooms W101 – W114
- 8 Hospital Surgical Services
- 9 Registration
- 10 Emergency Room
- 11 Inova Heart and Vascular Institute
- 12 Radiation Oncology
- 13 Chapel
- 14 Antenatal Testing Center
- 15 Breast Center
- 16 Conference (Education) Center
- 17 Lactation Center and Boutique
- 18 Natural Birth Center Classroom
- 19 Natural Birth Center Entrance
- 20 Wound Healing Center

**Valet Hours**  
Monday through Friday  
North and South Entrances..... 6 a.m. - 6 p.m.  
Emergency Room..... 9 a.m. - Midnight

# Second Floor



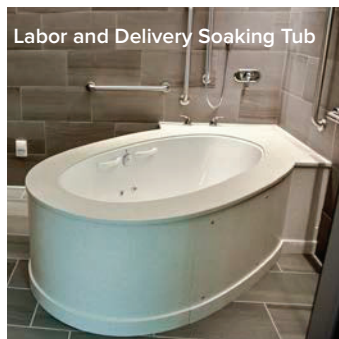
- Information
- Restroom
- Elevator
- Emergency Phone
- Stairs
- 1 22 North: Labor and Delivery Rooms N2201 – N2216
- 2 22 North: OB Emergency Dept.
- 3 21 North: NICU Rooms N2101 – N2116
- 4 24 Main: Rooms M205 – M230
- 5 25 Main: Rooms M231 – M245
- 6 26 Main: Rooms M247 – M274
- 7 Intensive Care Unit (ICU)
- 8 3 West: Rooms W301 – W314
- 9 Loudoun Ambulatory Surgery Center
- 10 Outpatient Rehabilitation – Fifth Floor
- 11 Inova Cares Clinic for Women
- 12 Hospital Administration



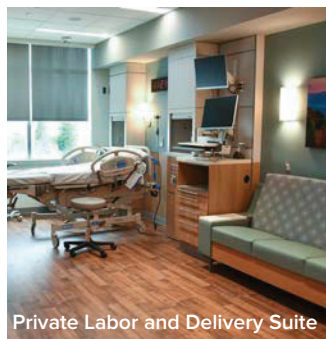
The Birthing Inn Check-In Desk



Private Postpartum Care Suite



Labor and Delivery Soaking Tub



Private Labor and Delivery Suite

## Labor and Delivery

The new North Tower features 12 spa-like labor and delivery suites, each designed with designated patient, family and infant receiving areas.

Large labor soaking tubs are equipped with light therapy and overhead radiant heating to enhance relaxation. Wireless waterproof fetal monitors are available for comfort and convenience. Bluetooth wireless speakers and controls will further support your personalized birth plan. If you are interested in using nitrous oxide for your delivery, please speak with your provider prior to your arrival.

After you deliver, your baby will be placed directly on your chest for some quality skin-to-skin time. These first few hours of snuggling allow you and your baby get to know one another and yield important health benefits.

If you are delivering via C-section, you will first be admitted to one of 10 private preparation and recovery rooms. Following your procedure, you will be returned to your private room with your baby for a period of monitoring and recovery before transitioning to the Postpartum Care unit.

The North Tower currently features three C-section suites, each equipped with Bluetooth wireless speakers and controls. In the near future, we will add two additional suites.

## Postpartum Care

Approximately two hours after delivery, you will be escorted to one of 24 private postpartum care rooms on the fourth floor. Here, you will practice “rooming-in,” which means you and your baby will remain together during your stay. This is a wonderful time to connect with your new baby and better prepares you for the transition home.

Each postpartum care room is equipped with high-tech amenities including Bluetooth wireless speakers and controls, built-in charging stations for mobile devices, and lighting and window shades that can be controlled from the bed. Expandable couches allow for comfortable overnight accommodations for your family. The typical length of stay for vaginal births is two days, and three days for C-sections.

## Neonatal Intensive Care Unit (NICU)

Inova Loudoun Hospital's brand new, expanded Level III NICU is Loudoun County's highest level NICU. It provides around-the-clock observation and care for premature and sick infants as young as 28 weeks. The facility is staffed 24/7 by board-certified neonatologists – the same group of physicians who also provide care at Inova Children's and Inova Fair Oaks hospitals.

### Private NICU Rooms



Our NICU can accommodate up to 24 infants and includes 14 private rooms with overnight accommodations for parents – two of which are designed specifically for families with multiples.

Each private room is equipped with Bluetooth wireless speaker and controls, milk refrigerators and warmers.

Cushioned floors help to reduce noise and promote a quiet, healing atmosphere. Electronic glass tinting on the doors allows for privacy and reduces infection risk. And, overhead lighting that adjusts to match the color of the natural light throughout the day helps our smallest patients adjust to normal light patterns.

## Meals

Dining on Demand is available daily from 6:30 a.m. to 6:30 p.m. This service allows you to order meals and snacks from a menu throughout the day when desired, rather than preordering in the morning and having a set delivery time.

Please note that Dining on Demand is a service exclusively for patients. Family members and visitors are encouraged to visit the Riverside Café or one of our many vending areas throughout the hospital. Market Coffee Café will open in the North Tower lobby on Monday, April 27.

## Questions

If you have any questions prior to your delivery, please contact our Birth Navigator, Marie Tolliver, at [marie.tolliver@inova.org](mailto:marie.tolliver@inova.org) or 703.858.8936.

### NICU Pods



Our two NICU Pods were designed for infants who need constant observation. Each pod can accommodate up to four infants and is continuously staffed by two nurses. The wall height allows for family privacy and

increased parental interaction, while maximizing space and access for medical care. NICU Pods do not allow for overnight parental accommodations.

### NICU Family Resource Room

During their stay, NICU families will have access to a private family resource room, which includes locker space for personal belongings, a refrigerator, microwave and computer workstations. Parent meals will also be delivered to this space.

### NICU Family Transition Room

The night before discharge, parents and infants can spend the night in our Family Transition Room. This safe and supportive space features a queen-size bed, private bathroom and call button for nurse assistance if needed.

## Support Services

- During your stay with us, **lactation consultations** will be offered.
- You can also ask us about **our newborn photographer and maternal massages**.

## Additional Resources

**Suggested Packing List:** For your convenience, we've included a suggested packing checklist on the following page.

*We look forward to seeing you soon. Thank you for giving us the privilege to provide world-class care to you and your growing family.*

# Hospital Bag Checklist

## What to Pack

- Birth plan
- Breath strips or mints for nausea
- Camera, video camera, charged batteries, charger and memory card
- Cell phone and charger
- Change for vending machines
- Check or money order made payable to "State Health Department" for the birth certificate (\$12 per copy)
- Credit card or cash for meals
- Glasses or contact lenses, glasses case and eye solutions
- Going home outfit for you and baby, including a baby hat, booties and mittens
- Hair band or clips
- Hair brush or comb
- Hard candies or lollipops for dry mouth
- Installed car seat
- Insurance card
- Labor ball
- Lip balm or moisturizer
- Music and entertainment: iPod, CD player and CDs, DVDs
- Notepad and pen or pencil
- Nursing bra or sports bra
- Nursing pillow
- Photo ID
- Receiving blanket for baby when going home
- Snacks for support person  
(*You may bring a cooler if needed.*)
- Toiletries such as toothpaste, toothbrush, deodorant, shampoo and conditioner

## Optional Items, If You Desire

- Bathing suit for you and your support person for the tub or shower
- Diaper cream
- Maternity underwear
- Night gown, bathrobe and slippers
- Pacifier for baby
- Pillows and blankets for comfort
- Stem cell collection kit

