



Inova Alexandria Hospital Virtual Maternity Tour

Welcome to Inova Alexandria Hospital!



At a Glance

- 318-bed community hospital with [national recognition for healthcare excellence](#).
- [Baby Friendly™](#) Birth Facility designation awarded by the Baby Friendly Hospital Initiative funded by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF)
- Women's Care Excellence Awards
 - Labor and Delivery Excellence Award™ – 2019
 - Obstetrics and Gynecology Excellence Award™ – 2019
- Pathway to Excellence® designation in Nursing



Please enter through the Patient Entrance/Outpatient Registration.

- Complimentary visitor parking is available in the North Howard St. parking lot across the street from the hospital.
- Paid visitor parking is available next to the visitor entrance. Visitors must pay the regular fees posted for the paid parking lot.
- For more information on public transportation options, [click here](#).



Our Safety Measures - Part I

- Inova has been preparing for COVID-19 for months and continues to review, revise and implement all infection prevention and control measures established by the CDC and state/local health agencies to provide care in the safest of environments.
- All clinical care providers wear a surgical mask when caring for patients.
- All Inova team members participate in twice daily symptom and temperature checks.
- Clinical care providers use social distancing and technology to help minimize close contact.
- Care areas are cleaned after each patient contact with CDC approved and recommended cleaners.

Our Safety Measures – Part II

- We screen all patients at registration/check-in or by phone prior to their entry at our facilities.
- Potential COVID-19 patients are given face masks and placed into isolation immediately.
- Patients with infectious diseases remain isolated in their room at all times. Treatment comes to them.
- Equipment used to care for these patients is not shared with any other patient.
- Our team members treat respiratory viruses and infectious diseases every day while keeping our patients, visitors and themselves safe.

Please pre-register **after your first OB visit and before 28 weeks of pregnancy** one of two ways:

1. [Click here](#) to complete your pre-registration form online.
 - After you pre-register, you will receive an invitation to join **Zoom Through Pregnancy**, an interactive FREE webinar series that brings Inova's pregnancy experts to you through Zoom. Or you may join now, by clicking [here](#).

2. Ask your obstetrician for a paper pre-registration form.



Registration

- When you arrive, please check in at the Patient/Outpatient Registration Entrance. You will be guided to the second floor Labor & Delivery nurses' station. From here, you will be escorted to the Clinical Decision Unit for evaluation or to your private labor, delivery, and recovery room.

- At the Clinical Decision Unit, often referred to as triage, you will be evaluated by a nurse.
- **Only one support person** will be allowed to accompany you in triage.
- If you are considered to be in active labor, you will be admitted to a private labor, delivery, and recovery suite. If your labor is not progressing very quickly, you may have the opportunity to walk around or go back home to rest, as determined by the medical staff.
- If you are expecting to deliver by C-section, our team will admit you to the pre-operative assessment suite.





- At Inova Alexandria Hospital, you will spend your birthing experience in one comfortable and private room. This will be your labor, delivery and recovery suite prior to being transferred to the post-partum Family Centered Care Unit.
- Our rooms provide a warm and inviting environment yet come equipped with modern technology to provide a safe and positive birth experience for you and your family.

- Our compassionate, highly trained care team includes certified nurses, technicians, and physicians who will assist you in managing 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 labor, delivery, and recovery rooms for those desiring a natural, non-medicated delivery. Squatting bars are available for pushing upon request.
- Peanut balls are available, but you are welcome to bring your own. You may also bring your own birthing ball. Both must be approved by your doctor.
- An electronic fetal monitor will be used to evaluate your baby's well-being during your labor and delivery at a frequency ordered by your provider.

- Following your labor & delivery experience, our goal is to meet your unique expectations. We seek to provide a personalized experience by fostering an immediate introduction to your baby.
- You may also expect the following after labor & delivery:
 - Skin-to-skin bonding
 - An overall assessment
 - Erythromycin eye ointment to prevent infection
 - Vitamin K injection for the baby to help with blood clotting
 - Wiping the baby with warm blankets
 - Emotional support and guidance for the first breastfeeding experience
 - Baby's footprints are completed



- After delivery your newborn will stay in the labor and delivery room to recover with you for 1-2 hours after your delivery. After this period, you and your newborn will travel together to a room on our Family Centered Care Unit for your postpartum stay.
- We respect that this is your special time with your new baby. We strive to keep you and your family together during your stay at Inova Alexandria Hospital.

- 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.
- After your C-section you will go to the Post-Anesthesia Care Unit (PACU), which 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 (FCC) unit for the rest of your stay.
- Inova Well offers a virtual e-class that takes you step-by-step through a cesarean birth. Class information is available through the [Inova Well Childbirth Education](#) program.



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/sandals
- 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
- Photo ID



You will also need to pack a separate bag for your recovery stay.

- The safety, security, health, and happiness of your family are of utmost importance to us at Inova Alexandria Hospital.
- We have a special newborn-protection system in place that we will review with you after admission. You will receive full instructions about how we secure the safety of your newborn baby.
- All staff members will wear a photo ID badge.
- The Labor and Delivery unit and Family Centered Care unit are secure units and the entrances are monitored.



- Right after your baby's delivery, your baby will receive identification bands with the same medical record number—these go on the wrists and ankles.
- Both you and your partner will receive a band with the same medical record number as your baby.
- Upon transfer to the Family Centered Care Unit, both mom and the baby's bands will be verified.
- A small security sensor will be attached to the baby that will sound an alarm if the baby is taken beyond designated areas. This sensor will be removed just before discharge.



- After your initial post-partum recovery, you will be moved to a private room in our Family Centered Care unit for the remainder of your stay. Experienced, specially-trained maternity nurses will be caring for you and your newborn. Your care team will educate you on self care and how to care for your baby.
- Once your baby is stable, your baby will receive their first bath in your room.
- Our rooming-in practice keeps babies and their families together, promoting bonding and recognizing babies feeding “cues” or signs that they are hungry.
- Mom stays in the hospital for about 24 – 48 hours after a vaginal delivery or 48 – 72 hours after a cesarean section. Total time spent in the hospital is dependent on mom and baby’s recovery.
- Free wireless internet access is provided for your convenience.
- Cell phone use is permitted. There are also local phones in each room and calling cards can be used for long distance calls.

- All televisions are equipped with free educational programs 24 hours a day on various aspects of new baby care and adjustment to parenting.
- Each room has a bathroom and shower for your use.
- A sleep couch is provided in the private rooms so your support person may stay overnight with you.
- Dining on Call for mom is available from 6:30 a.m. to 6:30 p.m. [Click here](#) for more information about meals and snacks.



- There is a nourishment center which includes snacks for you and your support person.
- Quiet Time are daily breaks from 1 to 3 p.m and 1 to 3 a.m when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.

- One adult support person over the age of 18 may stay overnight with you. No one under the age of 12 is allowed to visit except for newborn's siblings.
- Whatever method you choose for feeding your baby, rooming in allows you to recognize feeding cues and learn to identify when your baby is hungry. Learning early feeding cues can help to avoid the stress of a frustrated, crying baby.
- While we encourage rooming-in, the nursery is available 24/7 upon request and as needed.



The nursery is a place for newborns who may need additional monitoring following birth, but whose conditions are not serious enough to require treatment in our neonatal intensive-care unit (NICU). Although we encourage rooming-in with your baby, you may also take advantage of our nursery if you want to rest or shower.



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 for you and your partner who will spend the night
- Nursing bra
- Cosmetics
- Shampoo and conditioner
- Hair dryer (also provided in-room)
- One “going home” outfit for baby
- One loose-fitting “going home” outfit for you



- Several pairs of underwear
- Installed infant car seat
- A \$12 check or money order made out to “State Health Department” for a birth certificate.



- We want all new parents to be aware of the health benefits of exclusive breastfeeding for both mothers and newborns.
- An Internationally Board-Certified Lactation Consultant (IBCLC), is available during your hospital stay to offer one-on-one support. In addition, your Family Centered Care nurses and clinical technicians are specially trained to assist and support breastfeeding.
- Lactation Warm Line: Call **703.504.PUMP (7867)** for lactation support.



- 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.

- All Inova birthing centers have visitation policies and restrictions. Please [check our website](#) often or call 703-504-3009 for current visitation policies as they may change during public health emergencies in the community.
- We encourage you to keep in touch with loved ones during your time in the hospital.
- Free, personalized Caring Bridge websites are available to families to stay connected with loved ones and friends during your hospital stay. [Click here](#) to learn more.



- The [Brock Family Antenatal Testing Center](#) located at Inova Alexandria Hospital is a nationally recognized perinatal diagnostic center specializing in high-risk pregnancies.
- The Inova Brock Family Antenatal Testing Center provides specialized care for pregnancies that are at risk for maternal, fetal, or obstetric complications.
- Our maternal-fetal medicine specialists, known as perinatologists, work as a team with our staff of expert perinatal nurses to assist obstetricians or nurse-midwives by offering specialized services and compassionate care to mothers and their unborn babies, from pre-pregnancy counseling through delivery.



For more information about the Inova Brock Family Antenatal Testing Center, call **703-504-7868**.

- When admitted, bring your pediatrician's (your baby's doctor) name and phone number with you to the hospital. The hospital staff will notify the pediatrician after your baby is born.
- The pediatrician will examine 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. One to two days after discharge you will need to follow up with your own pediatrician.
- Should you desire that your male baby be circumcised, it will be performed by your obstetrician in the Transitional Nursery.



- Once your nurse has received discharge orders or instructions from both your physician and pediatrician, they will review your personalized discharge instructions and written resources.
- Make sure your car seat is properly installed before discharge. Hospital staff cannot help with installation. It is recommended that you have your car seat installation inspected by a trained technician. For more information about car seats, visit:
 - [SaferCar.gov](https://www.safercar.gov)
 - Fairfax County Sheriff's Office



- An appointment with a Pediatrician is a requirement for discharge.

If you're struggling with depression during or after your pregnancy,
please reach out for help.

Call [Inova Behavioral Health Services](#) at 703-289-7560, and press "3" for
women's health, anytime day or night.

- [Click here](#) for more information about Inova Alexandria Hospital Birthing Center.
- [Click here](#) for more information about Inova Childbirth Education 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 pre-register online for your OB admission.
- [Click here](#) for more information about the National Cord Blood Program.

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Keep up with your health and know what's happening in your community.

It is our goal to always meet the needs of both you and your baby. We consider it a privilege to be a part of this special time in your life. We want to know how you feel, who and/or what made your visit great, as well as what opportunities we have to improve our services. After your visit you may receive a survey in the mail, by text or by email—please let us know about your experience with us!

***Thank you
for choosing Inova!***