

Inova Women's Hospital Virtual Maternity Tour

Welcome to Inova Women's Hospital!



- Welcome to Inova Women's Hospital at the Inova Fairfax Medical Campus!
- Inova Fairfax Hospital, Inova's flagship hospital, is a nationally recognized regional medical center serving the Washington, DC, metro area.
- Inova is consistently ranked among the top healthcare providers in the United States, this year ranking 13th nationwide in gynecology by *U.S. News and World Report*.
- [Click here](#) to learn more about Inova's awards and recognitions.





In January 2016, Inova Fairfax completed the largest building project in Inova history, which included the 12-story replacement tower for Inova Women's Hospital and Inova Children's Hospital, as well as a new parking garage and improved campus access to go with these facilities.

Our address: 3300 Gallows Rd, Falls Church, VA 22042 [Get Directions](#)

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.

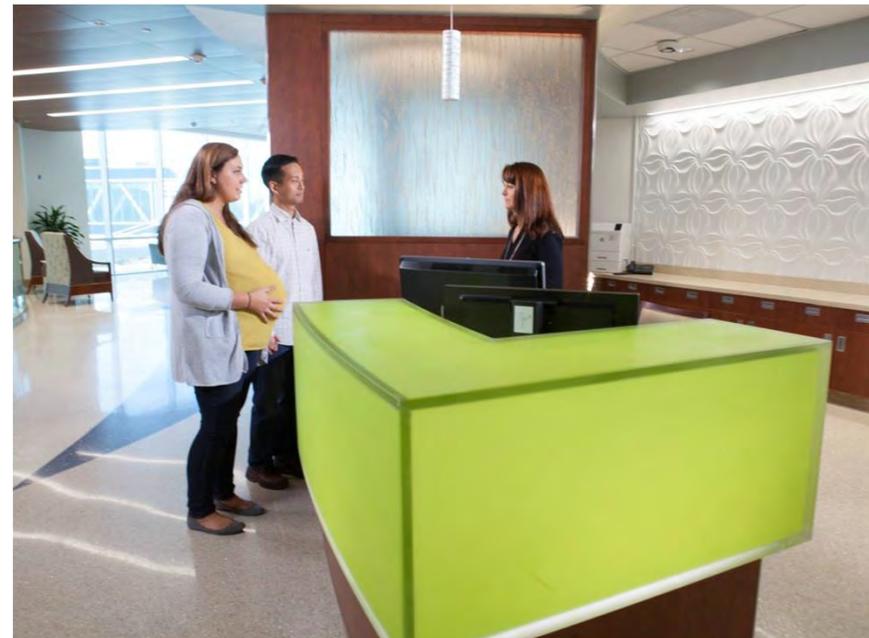
Where to enter?

- When you arrive, there is a patient drop-off area in front of the entrance to the Women's Hospital where patients and visitors can be dropped off.
- Park in the Green Garage across from the Women's and Children's Hospital entrance. There is a \$5 parking fee per trip.
- Enter through the Women's and Children's Hospital entrance. Check in at the registration desk just inside the lobby doors and from there you will be directed to Triage or to Labor & Delivery.
- Use the emergency room for any non-pregnancy issues or in case of an emergency.

Step 1 – Registration



- Your first stop will be to check in at the Women’s registration desk on the Ground floor. From this point you will be guided to either Triage or the Labor & Delivery floor.
- **Pre-registering** will make the registration process go much quicker! You can complete this process two ways:
 1. [Click here](#) to complete your pre-registration form for Inova Fairfax Hospital online. The online form should be submitted **between 20 and 28 weeks** of pregnancy.
 2. Ask your obstetrician for a paper pre-registration form.



Step 2 – Triage Assessment



- If your doctor has instructed you to go directly to Labor & Delivery, you may follow those instructions. If you have not spoken with your doctor or arrive at the hospital for a labor check, you will check in at the Ground Floor registration desk and then be escorted to Triage (also on the Ground Floor).
- Only one adult support partner 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 on the First Floor.
- 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, located on the first floor at the C-section registration desk. (Across from the skywalk entrance.)

Step 3 – Labor & Delivery

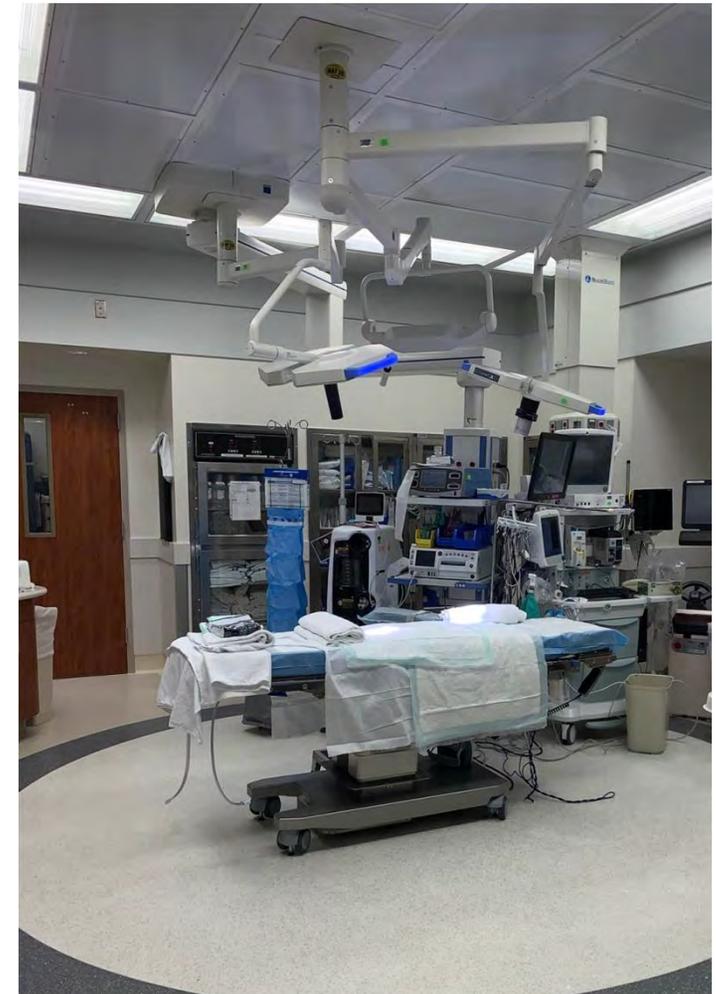


- At Inova Women’s Hospital, you will spend your birthing experience in one comfortable and private room. This will be your labor, delivery and recovery suite prior to being transferred to the post-partum Family Centered Care Unit.
- Our suites provide a warm and inviting environment while equipped with 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 large, personal 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.
- You are welcome to bring a peanut or birthing ball to assist with labor (if cleared by your doctor).
- Each room has a television and wireless internet. Each room also has a thermostat so that you can keep the room at a temperature that is comfortable for you.
- An electronic fetal monitor will be used intermittently to evaluate your baby's well-being during your labor and delivery.

- Following your labor and delivery experience, our goal is to meet your unique expectations. We seek to provide a personalized, once-in-a-lifetime experience by fostering an immediate introduction to your baby.
- You may also expect the following after labor and delivery:
 - Skin-to-skin bonding
 - An overall assessment
 - Erythromycin eye ointment to prevent infection
 - Vitamin K injection for your 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 one to two 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 Women's 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.
- Only one support person is allowed to accompany you during a C-section
- 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.
- 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](#).



What to Bring for Labor & Delivery



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
- Eyeglasses or contact lenses
- Pediatrician's business card
- Socks
- Lip balm
- Hair ties
- Insurance card
- Photo ID

You will also need to pack a separate bag for your recovery stay.
Please see slide 22 for a list of necessary items.

Through the Amenity Services Program, [amenity packages](#) and a la carte items are available upon request to enhance your stay.

- The safety, security, health, and happiness of your family are of utmost importance to us at Inova Fairfax 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.



Step 4 – Family Centered Care Unit Assessment



- After your initial post-partum recovery, you will be moved to our Family Centered Care unit for the remainder of your stay.
- Experienced, specially-trained maternity nurses will be caring for your newborn and will teach you about baby care.
- Our rooming-in practice keeps babies and their families together, promoting bonding and recognizing babies feeding “cues” or signs that they are hungry.



- The Family Centered Care Unit offers private recovery rooms with soft, soothing colors, subdued lighting, and comfortable furnishings with state-of-the-art equipment.
- One adult support person may stay overnight with you. This must be the same person throughout your stay.
- It is encouraged for your newborn to room-in with you 24 hours/day. Since our goal is minimal separation of mother and baby, we encourage you to keep your newborn with you at all times, even during the night. By keeping your baby with you around the clock, bonding is promoted, you will get to know your baby right away, and you will be better prepared to take care of your baby at home.
- 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.

- Once stable, your baby will receive their first bath in your room or in the nursery, based on mom's recovery and your preference.
- 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'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.

- 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.



Family Centered Care Unit: Details



- The Newborn Education Channel and Tiger System offer free programs 24 hours a day on various aspects of new baby care and adjustment to parenting.
- Each room has a private bathroom and shower for your use.
- A sleep sofa is provided in your private room so your support person may stay overnight with you.
- Our specialized “dining on call” provides you the option of ordering when you desire from our special menu from 6:30 a.m. - 7:30 p.m.
- Serenity Time is a daily break from 3 - 5 p.m. when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.



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 pair of underwear
- Installed infant car seat
- A \$12 check or money order made out to ‘State Health Department’ for a birth certificate.

- All Inova childbirth centers have International Board-Certified Lactation Consultants (IBCLC) available during your hospital stay to offer one-on-one support. In addition, your Family Centered Care nurses are also specially trained to assist and support breastfeeding.
- **Outpatient Lactation Consults:** IBCLC consults are available by appointment for babies of any age, born at any hospital. The cost of a one hour consult is \$75. Consults can be scheduled prior to discharge. The number to schedule an appointment is 703-776-MILK (6455).
- **Women's Boutique:** The on-site center is staffed by a knowledgeable team who can provide information on electric breast pumps, bra fittings, and many other breastfeeding products.
 - *Boutique temporarily closed (March 2020).*
 - Onsite IBCLCs are available to rent breast pumps. Call 703-776-4402.



- Inova Children's Hospital on the Inova Fairfax Medical Campus has Northern Virginia's only Level IV Neonatal Intensive Care Unit (NICU).
- Our Level IV NICU is fully equipped to care for the most fragile infants with specialized needs and infants born before 28 weeks gestation.
- Inova Children's Hospital NICU has been nationally recognized for the quality of care provided and was named among the nation's best hospitals for neonatology by *U.S. News and World Report*.

- All Inova birthing centers have visitation policies and restrictions. Please [check our website](#) often 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 websites from Caring Bridge are available to families to stay connected with loved ones and friends during your hospital stay. [Click here](#) to learn more.

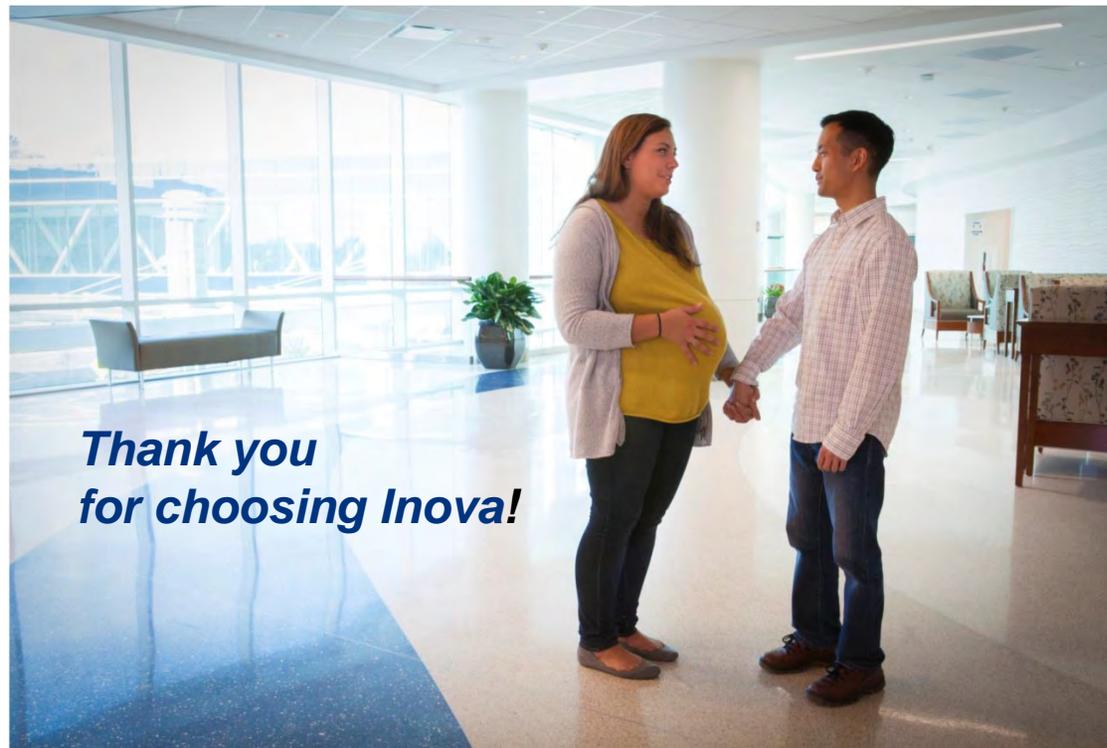


- When admitted, bring your pediatrician's (your baby's doctor) name and phone number with you to the hospital. The hospital staff will notify the pediatrician after your baby is born.
- The pediatrician will examine your baby within 24 hours of the birth.
- If your pediatrician does not visit Inova 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 outside your room.



- There is a birth certificate office and registrar in the hospital to help you with paperwork for your baby. There is a \$12 fee payable by check or money order made out to 'State Health Department' – cash and credit cards are not accepted.
- 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
 - Fairfax County Sheriff's Office
- An appointment with a pediatrician is a requirement for discharge.
- If you're struggling with a perinatal mood disorder, please reach-out for help. Call [INOVA Behavioral Health](tel:703-289-7560) at 703-289-7560 and press "3" for Women's Health.

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, text or email—please let us know about your experience with us!



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