

FEATURE	Inova Loudoun Ladies Board Birthing Inn	Natural Birth Center at Inova Loudoun Hospital
<b>Types of pregnancies suitable for delivery</b>	<ul style="list-style-type: none"> <li>All types</li> </ul>	<ul style="list-style-type: none"> <li>Low risk only – risk factors are continuously being evaluated</li> </ul>
<b>Delivering providers</b>	<ul style="list-style-type: none"> <li>Board certified OB/GYNs &amp; CNMs</li> </ul>	<ul style="list-style-type: none"> <li>Board certified OB/GYNs &amp; CNMs with delivering privileges at both NBC &amp; TBI</li> </ul>
<b>Rooms</b>	<ul style="list-style-type: none"> <li>9 spacious labor room suites</li> </ul>	<ul style="list-style-type: none"> <li>2 suites with home-like setting, queen size bed for delivery, full kitchen &amp; family room</li> </ul>
<b>Length of Stay</b>	<ul style="list-style-type: none"> <li>Minimum 24 hour stay after delivery</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 2 hour stay after delivery then transfer to TBI</li> </ul>
<b>Access to emergency services</b>	<ul style="list-style-type: none"> <li>On-site 24/7 availability:               <ul style="list-style-type: none"> <li>Operating rooms, hospitalists, neonatology, and anesthesia</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>24/7 immediate access or rapid transfer to:               <ul style="list-style-type: none"> <li>Operating rooms, hospitalists, neonatology, and anesthesia</li> </ul> </li> </ul>
<b>Neonatal Intensive Care Unit (NICU)</b>	<ul style="list-style-type: none"> <li>On-site, high level care NICU</li> <li>Level 3A</li> </ul>	<ul style="list-style-type: none"> <li>On-site, high level care NICU</li> <li>Level 3A</li> </ul>
<b>Preparation required prior to birth</b>	<ul style="list-style-type: none"> <li>Childbirth classes advised but not mandatory</li> <li>Pediatrician selected but not an exclusion criteria for delivery</li> </ul>	<ul style="list-style-type: none"> <li>To be completed by 36 weeks:               <ul style="list-style-type: none"> <li>NBC Orientation Class</li> <li>Client Registration</li> </ul> </li> <li>Recommended classes: Childbirth &amp; breastfeeding classes if first un-medicated birth or first time breastfeeding</li> <li>Pre-Delivery Nurse Phone Call at 37 weeks</li> </ul>
<b>Pain management options</b>	<ul style="list-style-type: none"> <li>Un-medicated / natural birth</li> <li>Able to move freely, position changes</li> <li>Hydrotherapy</li> <li>IV medication</li> <li>Epidural if desired</li> </ul>	<ul style="list-style-type: none"> <li>100% un-medicated / natural birth</li> <li>Able to move freely, position changes</li> <li>One-on-one labor support</li> <li>Hydrotherapy</li> <li>Birth sling for position changes</li> <li>Transfer to TBI if epidural desired</li> </ul>
<b>Hydrotherapy for labor</b>	<ul style="list-style-type: none"> <li>Deep soaking tubs</li> </ul>	<ul style="list-style-type: none"> <li>Deep soaking tubs</li> </ul>
<b>Fetal monitoring</b>	<ul style="list-style-type: none"> <li>Intermittent auscultation or</li> <li>Wireless continuous monitoring in all rooms</li> </ul>	<ul style="list-style-type: none"> <li>Intermittent auscultation only</li> </ul>
<b>Hydration</b>	<ul style="list-style-type: none"> <li>Usually limited to clear liquids</li> </ul>	<ul style="list-style-type: none"> <li>Able to eat and drink as tolerated</li> </ul>
<b>Lactation</b>	<ul style="list-style-type: none"> <li>Lactation Consultant (IBCLC) support 7 days/week</li> <li>All staff specially trained in breastfeeding</li> </ul>	<ul style="list-style-type: none"> <li>Lactation Consultant (IBCLC) support 7 days/week</li> <li>All staff specially trained in breastfeeding</li> </ul>
<b>Follow up care required by patient</b>	<ul style="list-style-type: none"> <li>Baby: See pediatrician as indicated</li> <li>Mom: 6-8 week office visit</li> </ul>	<ul style="list-style-type: none"> <li>Baby: See pediatrician as indicated</li> <li>Mom: 6-8 week office visit</li> </ul>