



# **Inova Fair Oaks Hospital Virtual Maternity Tour**

Welcome to Inova Fair Oaks Hospital!



**3600 Joseph Siewick Dr  
Fairfax, VA 22033**





- ANCC Magnet® Designation since 2009
- CMS 5 star since inception of rating system
- Leapfrog Group Straight A Safety Grade since 2012
- Accredited as a nationally recognized breast care provider by the National Accreditation Program for Breast Centers

[Learn more](#) about Inova Fair Oaks Hospital's awards and recognitions.

## **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.



# Arrival and Parking



**All parking is free at Inova Fair Oaks Hospital for patients and visitors.**

- Specially designated parking for patients and visitors using the Emergency Department.
- Large parking garage for all patients and visitors.

**6 a.m. – 8 p.m., Monday – Friday Arrivals:**

- Enter through the main hospital entrance. Go to Labor & Delivery on the 3rd floor to complete the registration process and be assessed.

**8 p.m. – 6 a.m., Every Day and Weekend Arrivals:**

- Enter through the Main Entrance first door and stop to use the phone that calls directly to security. Identify yourself as an OB patient going to Labor & Delivery.
- A team member will greet you for screening and escort you to Labor & Delivery, or provide alternate instructions.
- If you are in considerable pain and threatening to deliver imminently do not use this entrance, go directly to the Emergency Room entrance.

# Step 1 – Registration

- Your first stop will be to check in at the Labor & Delivery registration desk on the ***third floor*** to be assessed.
- **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.





- When you arrive to the Labor and Delivery floor, you will initially be assessed by a nurse in the triage area.
- 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.
- 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.

- 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 to evaluate your baby's well-being during your labor and delivery at a frequency ordered by your provider.

- 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
- 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 Fair Oaks 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.



- 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 Fair Oaks Hospital.



- 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 Get Well network offers 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.
- There is a nourishment center which includes snacks for you and your support person.
- Our specialized “dining on call” provides you the option of ordering when you desire from our special menu from 6:30 a.m. – 6:30 p.m.
- Serenity Time is a daily break from 2 - 4 p.m. when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.



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).



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.





- Inova Fair Oaks Offers all private rooms in our Level III Neonatal Intensive Care Unit (NICU). The NICU has been recently renovated and is fully equipped for infants with specialized needs.
- Our highly trained NICU team of board certified neonatologists, pediatricians, neonatal nurses, physical, occupation and speech language, therapists, case managers, dietician and lactation consultants will support you in the care of your newborn and help you prepare for the day of discharge.
- Our NICU Family Support Coordinator can guide you through the NICU journey, provide education, and alleviate concerns.

- 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 Fair Oaks 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 Nursery.





- The decision to breast or formula feed your new baby is a personal choice. We want all new parents to be aware of the health benefits of exclusive breastfeeding for both mothers and newborns.
- Pasteurized donor breast milk is available for supplementation upon providers order.



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 Services and Lactation Boutique:

- Private lactation consultations for mothers and infants of any age are available Monday through Friday by appointment.
- Telephone support, nursing bra fittings and breastfeeding supplies are available Monday through Friday 10 a.m. to 4 p.m. and Saturday 10 a.m. to 2 p.m.
- For all lactation needs, call 703-391-3908.



### **Inova Well Breastfeeding Class**

[Sign up](#) for an online class prior to your delivery to prepare for a successful and rewarding breastfeeding experience.

- 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 Caring Bridge websites are available to families to stay connected with loved ones and friends during your hospital stay. [Click here](#) to learn more.



- 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 Fair Oaks Hospital Birthing Center.
- [Click here](#) for more information about Inova Childbirth Education Classes.
- [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.
- Stay connected on [Facebook](#)



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!***