

**Inova Women's Hospital
at Inova Fairfax Medical
Campus
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 region.
- Inova is consistently ranked among the top healthcare providers in the United States, this year ranking 9th 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 Medical Campus completed the largest building project in Inova's 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-recommended cleaners.

Our Safety Measures – Part II

- We screen all patients and visitors upon entry to the hospital.
- All patients and visitors are required to wear a mask while in the hospital.
- Patients with infectious diseases remain isolated in their room at all times, and 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.

- When you arrive, there is a patient drop-off area in front of the entrance to Inova Women's Hospital where patients can be dropped off. This entrance is closed at night.
- Park in the Green Garage across from the entrance to Inova Women's Hospital and Inova Children's Hospital. There is a \$5 parking fee per trip.



Where should I enter?

- For Scheduled C-section patient:
 - From the Green Garage, take the elevator to level 2 and enter the hospital via the skywalk that connects to the first floor lobby. The registration desk will be in front of you as you enter the hospital.
- For Patients told to go Directly to Labor & Delivery by their Doctor:
 - From the Green Garage, take the elevator to level 2 and enter the hospital via the skywalk that connects to the first floor lobby. Turn right as you enter the hospital and walk to the Labor & Delivery desk on your left.
- For All Other Patients:
 - From the Green Garage, take the elevator to level 2 and enter the hospital via the skywalk that connects to the first floor lobby. At the end of the skywalk, take the elevators down to the Ground Floor registration desk.

- 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 Triage or the Labor & Delivery floor.
- **Preregistering** will make the registration process go much more quickly. You can complete this process two ways:
 1. [Click here](#) to complete your preregistration form for Inova Fairfax Hospital online **after your first OB visit and before 28 weeks of pregnancy**.
 - 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 register now, by clicking [here](#).
 2. Ask your obstetrician for a paper preregistration form.



- 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 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.



- 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 postpartum Family-Centered Care Unit.
- Our suites provide a warm and inviting environment 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.
- There are large, personal bathrooms with showers in each of the labor, delivery and recovery rooms for those desiring a nonmedicated 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 comfortable temperature.
- 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 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 the baby to help with blood clotting
 - Warm blankets for the baby
 - Emotional support and guidance for the first breastfeeding experience
- After delivery, your newborn will stay in the labor and delivery room to recover with you for one to two hours. 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 & 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.
- One to two hours after a vaginal delivery or a C-section, you and baby will travel together to a room on our Family-Centered Care 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](#).



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 Women's 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 & 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 postpartum 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' signs of hunger (called “feeding cues”).



- 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 a 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. Keeping your baby with you around the clock will promote bonding, help you get to know your baby, and make you better prepared to take care of your baby at home.
- Whatever method you choose for feeding your baby, rooming in helps you 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 a first bath in your room or in the nursery, based on your recovery and your preference.
- You should plan to stay in the hospital for about 24 – 48 hours after a vaginal delivery or 48 – 72 hours after a cesarean section. How long you will stay in the hospital depends on your 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.



- 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” service 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 to 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 pairs 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 are held at the Women's Boutique and can be scheduled prior to discharge. Call 703-776-MILK (6455) to schedule an appointment.
- **Women's Boutique:** Staffed by knowledgeable consultants who can provide information on electric breast pumps, bra fittings and other breastfeeding products. Call 703-776-4402.
 - *Boutique temporarily closed (March 2020).*



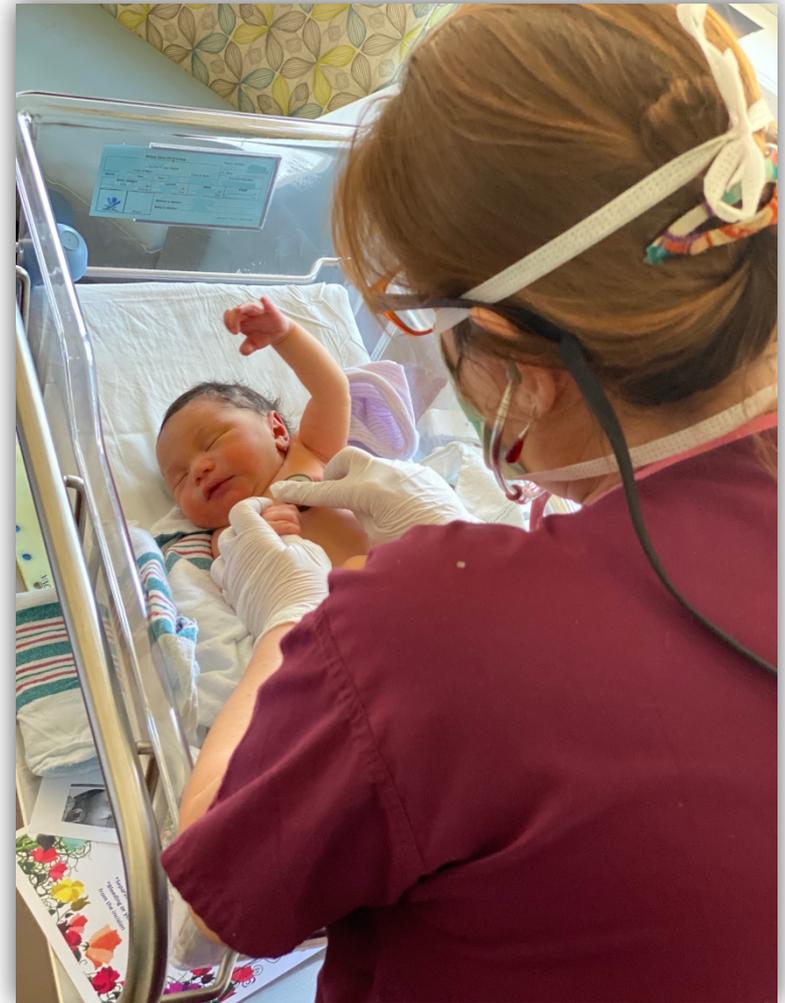


- Inova Children's Hospital on the Inova Fairfax Medical Campus has Northern Virginia's only Level IV NICU.
- Our Level IV NICU is fully equipped to care for the most fragile infants with specialized needs and infants born before 28 weeks gestation.
- Inova Children's Hospital's NICU has been nationally recognized for quality of care 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 who want to stay connected with loved ones and friends during a 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 Women's 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.



- 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



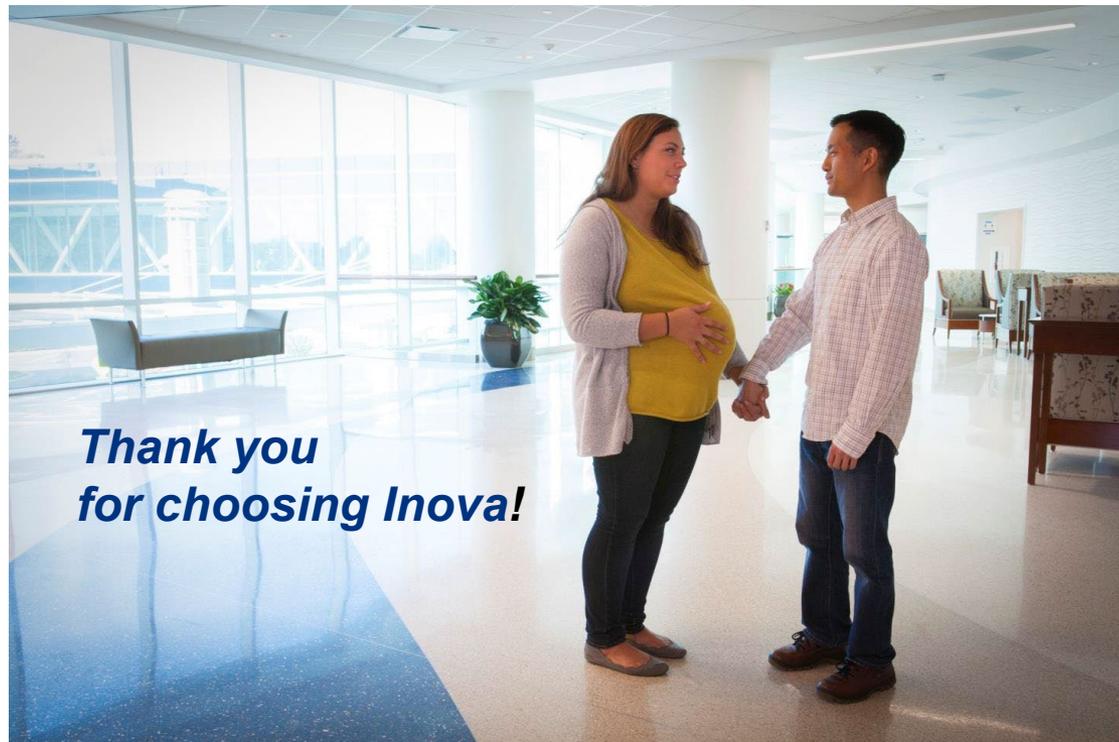
- An appointment with a Pediatrician is a requirement for discharge.

If you're struggling with 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 Women's Hospital.
- [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](#) to sign up for MyChart.
- [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 by mail, text or email – please let us know about your experience with us.



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