



# Inova

## Fairfax Hospital Women's Center

### Overview of Services



**INOVA® FAIRFAX HOSPITAL  
WOMEN'S CENTER**



## Inova Fairfax Hospital Women's Center

At Inova Fairfax Hospital Women's Center, our commitment to women's health is demonstrated in everything we do. Women count on our Center — the region's most comprehensive women's hospital — to provide medical expertise and unparalleled care in a comfortable, compassionate setting.



We also are an award-winning hospital. Independent healthcare-ratings organization HealthGrades™ has named Inova Fairfax Hospital to its prestigious "America's 50 Best Hospitals" list for the last two years — the only hospital in the greater Washington, DC, area (including Baltimore) to earn that distinction — while for more than a decade *U.S. News & World Report* has recognized us as one of "America's Best Hospitals." Each year, our gynecology subspecialties are consistently rated above any other hospital in the Washington region.

## Childbirth

The obstetrics program at Inova Fairfax Hospital Women's Center is ranked among the top five in volume in the nation, with more than 11,000 babies delivered annually. Our highly trained team of nurses and board-certified physicians specialize in obstetrics, high-risk pregnancy and high-risk newborn care. With a strong emphasis on family-centered care, we provide expectant mothers and their families with individualized attention in a comfortable atmosphere. Our commitment is to provide you and your growing family with excellent care.

Inova Fairfax Hospital Women's Center childbirth services include:

- In-house obstetricians, available 24/7
- 22 labor, delivery and recovery suites
- 38-bed high-risk pregnancy inpatient unit — one of the largest in the country
- 89 postpartum family-centered care beds
- Dedicated operating rooms for cesarean births, along with a post-anesthesia care unit, designed so mothers and newborns remain together
- Pain management and anesthesia available at all times



- Nearby nurseries to care for your newborn while you rest and recuperate
- The James G. Sites Antenatal Testing Center — the first outpatient testing center in Northern Virginia, staffed by maternal-fetal specialists caring for pregnant women who are at risk for maternal, fetal or obstetric complications
- 75-bed Level III B Neonatal Intensive Care Unit (NICU) staffed by board-certified neonatologists and equipped for high-risk infants requiring specialized care
- Air and ground transport of critically ill, pregnant and postpartum women within a 200-mile radius of the Center

## Excellent Amenities

- A professional photographer to capture your baby's first moments and a free personal Web site to share them with loved ones
- Alternative menu selections for mothers with dietary restrictions
- Dedicated family waiting areas, a full-service cafeteria and two cafés, free Wi-Fi and three gift shops — all for the convenience of your family and friends



- *Baby and me*® — an electronic newsletter designed to guide expectant parents through pregnancy and the first year of your baby's life
- CarePages<sup>SM</sup> — a free social networking Web site for patients, families and friends to stay connected, share photos, and learn and connect with others about healthcare issues



## Support Programs

Inova Fairfax Hospital Women's Center offers the following programs:

- *Childbirth Tours and Education Classes* — instructs parents where to go and how to care for the whole family before, during and after delivery
- *Breastfeeding Center* — certified lactation consultants offer consultations to help support successful breastfeeding. Breast pumps and breastfeeding devices are available for purchase in our Center.
- *Breastfeeding Moms Group* — discusses new mom topics and concerns, including breastfeeding
- *Perinatal Concerns Program* — helps women cope with complex and emotional issues during pregnancy
- *Beginning Steps Program* — connecting first-time parents with community resources

To learn more about having a baby at Inova Fairfax Hospital Women's Center or to take a virtual tour, visit [inova.org/ifhwc](https://www.inova.org/ifhwc).

## Gynecologic Surgery

Inova Fairfax Hospital Women's Center has the largest and most respected gynecologic surgery program in the region. We were the first hospital in the area to perform many of the minimally invasive procedures that are improving outcomes among females while minimizing the effects of these procedures on our patients' quality of life.

Here are just some of the reasons our program is ranked among the nation's Top 50 hospitals for gynecology by *U.S. News & World Report*:

- Nationally recognized, fellowship-trained physicians in urogynecology and gynecologic oncology and a dedicated gynecologic oncology nurse practitioner
- Minimally-invasive advanced laparoscopic and hysteroscopic pelvic and cancer surgical procedures as well as traditional surgery options
- Specialized gynecologic surgical teams focused on the personal treatment and care of women
- Operating and recovery rooms designed exclusively for gynecologic procedures and a dedicated post-anesthesia care unit for gynecologic surgery patients
- Dedicated women's inpatient unit with skilled nursing teams recognized for their high patient-satisfaction scores



- State-of-the-art technology including the daVinci® Surgical System and bladder scanners/mini-ultrasounds, which help reduce the need for catheterizations — part of our portfolio of services for urogynecology, oncology and hysterectomy procedures
- Pre-surgical orientations and tours — offering women a chance to meet the nursing team, tour the operating room and gynecology unit and learn what to expect before, during and after gynecologic surgery
- Access to the latest in clinical research through our physician participation in Gynecological Oncology Group protocols and ongoing studies with the American Urogynecologic Society
- Our Center is the major teaching affiliate for the largest gynecologic oncology and urogynecology fellowship programs in the region

## Breast Health

Inova remains committed to providing the most advanced technology for diagnostic and treatment services to optimize breast health. Inova offers user-friendly diagnostic breast imaging services throughout Northern Virginia as well as access to the Inova Breast Care Institute — a multi-disciplinary group of surgeons, medical and surgical oncologists, patient navigators and support staff that provides breast cancer care to women throughout the region. When it comes to breast health, you deserve a warm and compassionate environment as much as our expertise.





As a not-for-profit hospital, Inova Fairfax Hospital Women's Center relies on philanthropic contributions from corporations, foundations and individuals to provide world-class women's healthcare, close to home.

For more information about our comprehensive women's hospital, to find a physician or to determine ways to give, visit **[inova.org/ifhwc](https://www.inova.org/ifhwc)**.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.



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