Inova Alexandria Hospital Virtual Maternity Tour
Welcome to Inova Alexandria Hospital!

- Inova Alexandria Hospital is a 318-bed community hospital that offers a full range of healthcare services and has received national recognition for healthcare excellence.

- Inova Alexandria Hospital has been recognized with 5 stars for both Gynecologic Surgery and Maternity Care as measured by Healthgrades, the leading online resource that helps consumers search, evaluate, compare, and connect with physicians and hospitals.

- In 2015, Inova Alexandria Hospital completed participation in the Best Fed Beginnings Program and was awarded the designation of being a Baby Friendly Hospital. The Baby-Friendly Hospital Initiative (BFHI) is a global program that was launched by the WHO and the UNICEF to celebrate hospitals that have created policies and practices that help parents choose how they feed and care for their babies, and specifically, create the best possible environment for successful breastfeeding. As a Baby Friendly Hospital, Inova Alexandria Hospital practices the following guidelines in an effort to create the most successful environment for breastfeeding:
  - Skin-to-skin
  - Rooming in
  - Additional breastfeeding support

- To learn more about Inova Alexandria Hospital’s efforts at achieving Baby Friendly status, click here.
6am–9pm every day—please enter through the visitor entrance.

9pm–6am every day—please enter through the Emergency Department.

Complimentary valet parking is available at the patient entrance.

Complimentary visitor parking is available in the North Howard Street parking lot across the street from the hospital.

Paid visitor parking is available next to the visitor entrance. Visitors must pay the regular fees posted for the paid parking lot.

For more information on public transportation options, click here.

Click here for a map and interactive directions.
Step 1 – Registration

- Depending on time of day, please check-in at the visitor entrance or the emergency department. From this point you will be guided to the second floor Labor & Delivery nurses’ station. Upon presentation, you will be escorted to the Clinical Decision Unit for evaluation or to your private labor, delivery, and recovery room.

- **Online pre-registration is available for your convenience.** You can complete this process two ways:
  1. [Click here](#) to complete your pre-registration form for Inova Alexandria 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 – Clinical Decision Unit

- When you arrive at the Labor & Delivery floor, you will initially be assessed by a nurse in the Clinical Decision Unit. This is often referred to as triage.

- Only one visitor will be allowed to accompany you in triage. Other visitors may wait in the lobby.

- 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.
At Inova Alexandria Hospital, you will spend your entire birthing experience in one comfortable home-like room – your labor, delivery, and recovery suite. Our rooms provide a warm and inviting environment yet come equipped with modern technology to provide a safe and positive birth experience for you and your family.
Labor & Delivery Environment

- 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. In addition to epidural, Inova Alexandria also has nitrous oxide available as a comfort and pain management option.

- There are 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.

- Peanut balls are available, but you are welcome to bring your own. You may also bring your own birthing ball. Both must be cleared by your doctor.

- Each room has a television.

- An electronic fetal monitor will be used intermittently to evaluate your baby’s well-being during your labor and delivery.
Post Labor & Delivery Experience

• Following your labor & 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 & delivery:
  o Skin to skin bonding
  o An overall assessment
  o Erythromycin eye ointment to prevent infection
  o Vitamin K injection to help with blood clotting
  o Wiping the baby with warm blankets
  o Emotional support and guidance for the first breastfeeding experience
  o 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 Alexandria Hospital.
Cesarean Birth

- 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; other visitors may wait in the lobby.

- 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 HealthSource offers a virtual class that takes you step-by-step through a cesarean birth. Registration information is available through the Inova HealthSource 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

Click here to access Preparing to Have Your Baby at Inova Alexandria Hospital. This document contains a packing list and much more!
The safety, security, health, and happiness of your family are of utmost importance to us at Inova Alexandria 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

After your initial post-partum recovery, you will be moved to a private room in 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.

Your support person may stay overnight with you.

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.
Transitional Nursery

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.
Once your baby is stable, your baby will receive their first bath in your room.

Mom stays in the hospital for about 24 – 48 hours after a vaginal delivery or 48 – 96 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.
Family Centered Care Unit: Details

• All televisions are equipped with free educational programs 24 hours a day on various aspects of new baby care and adjustment to parenting.

• Each room has a bathroom and shower for your use.

• A sleep chair is provided in the private rooms so your support person may stay overnight with you.

• Dining on Call for mom is available from 6:30 a.m. to 6:30 p.m. Click here for more information about meals and snacks.

• There is a nourishment center which includes snacks for you and your support person.

• Serenity Time is a daily break from 2:00 p.m. to 4:00 p.m. when moms are encouraged to relax and rest without being disturbed by visitors or caregivers.
What to Bring for Recovery

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
- 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

You may also want to access [Preparing to Have Your Baby at Inova Alexandria Hospital](#). This document contains a packing list and much more!
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. Inova Alexandria Hospital has now been designated as a Baby Friendly Hospital. For more information about Baby Friendly, please visit Baby-Friendly USA.
Breastfeeding Support

- **Internationally Board-Certified Lactation Consultants:** A consultant is 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.

- **Inova Alexandria Hospital Lactation Center:** The on-site center provides breast pump rental and sales, bra fittings, and many other breastfeeding products. An inpatient breastfeeding class takes place on our Family Centered Care unit every day at 10am.

- **Newborn Latch Clinic:** A weekly outpatient session, facilitated by a lactation consultant, is offered where you can share your experiences and address latch concerns with other breastfeeding moms. To make an appointment, or for more information, call: 703.504.PUMP (7867).
  - Fee - $25 per session
  - Available for babies up to 21 days old

- **New Moms Support Group:** Drop in to our weekly New Moms Support Group when you are ready to meet new friends and talk about the challenges and joys of being a new mom. Groups are facilitated by an experienced Childbirth Educator. There is no fee to attend or registration requirements. Visit the [Inova HealthSource Childbirth Education](https://www.inova.org) webpage for locations and more information.

- **Inova HealthSource Breastfeeding Class:** Attend a class prior to your delivery to prepare for a successful and rewarding breastfeeding experience. View the online schedule [here](https://www.inova.org).
Inova Alexandria Hospital has a Level III Neonatal Intensive Care Unit (NICU) that is fully equipped to care for infants with specialized needs.

If needed, our excellent NICU staff will support you in the care of your newborn and help you prepare for the day of discharge.

Inova Alexandria Hospital offers parents the opportunity to take an active participation role in their baby’s patient care rounds. A parents’ discharging class is also offered. Talk with your nurse to sign-up to participate in one of your baby’s rounds or to take the discharge class.

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 about CaringBridge.

Click here to learn more about NICU services at Inova Alexandria Hospital.
The Brock Family Antenatal Testing Center

- The Brock Family Antenatal Testing Center located at Inova Alexandria Hospital is a nationally recognized perinatal diagnostic center specializing in high-risk pregnancies.

- The Inova Brock Family Antenatal Testing Center provides specialized care for pregnancies that are at risk for maternal, fetal, or obstetric complications.

- Our maternal-fetal medicine specialists, known as perinatologists, work as a team with our staff of expert perinatal nurses to assist obstetricians or nurse-midwives by offering specialized services and compassionate care to mothers and their unborn babies, from pre-pregnancy counseling through delivery.

For more information about the Inova Brock Family Antenatal Testing Center, call 703-504-7868.
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 in the Transitional Nursery.
We recognize the importance of having visitors during your stay to celebrate your joyous occasion. Inova offers open visiting hours to its patients, meaning there are no specific times family and friends can visit. Our patient-centered philosophy states that the patient determines who visits and when they visit. We believe surrounding our patients with the people who matter most is important to the healing process.

Current guidelines within this open visitation policy are:

- Patients may have up to 5 visitors at a time – a significant other plus 4 others.

- Mothers are encouraged to take advantage of Serenity Hours between 2 p.m. and 4 p.m. During this time, we ask all visitors and hospital staff to allow our patients uninterrupted time to rest or to bond with their newborn.

- No children under the age of 12, other than siblings of a newborn, may visit. Children must be supervised by an adult other than the patient. Only one adult visitor may sleep in the room.
During periods of increased flu-like illness at Inova Alexandria Hospital, the hospital institutes temporary changes to their visitation policy.

The temporary measures include:

- No visitors under the age of 16, including siblings of the baby.
- No visitors with any symptoms of influenza-like illness.
- Visitors will be limited to two persons.
- Visitors will be limited to spouses/significant others, parents, grandparents, other immediate family member responsible for care, or other designated caregiver.
- Visitors may be issued masks for use while visiting, and asked to wash hands frequently.
- **A patient care companion is allowed to stay with the patient 24/7.**
- Patients, friends, and families should call the information desk at 703-504-3009 to confirm the visitation policy at the time of their stay.
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. Click here to search for a Pediatrician.

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. In the near future, you may receive a survey in the mail, or by email—please let us know about your experience with us!
Weekly New Moms Groups are a great resource for parents adjusting to their new role. An experienced maternal-infant health educator facilitates an informal discussion with new moms. Please call 703-698-2441 or visit the [Inova HealthSource Childbirth Education](#) page for details!

Why should you visit New Moms?
- Meet other new moms and babies
- Get support from an experienced maternal-infant health educator
- No registration required
- Free parking and attendance
- Babies are welcome!

### New Moms Groups

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<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>12:00pm–1:30pm</td>
<td>Inova HealthPlex-Franconia/Springfield</td>
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<tr>
<td></td>
<td></td>
<td>6355 Walker Lane, Alexandria, VA, Classroom 1-105</td>
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<tr>
<td>Wednesdays</td>
<td>11:00am–12:30pm</td>
<td>Inova Fair Oaks Hospital Campus, Cancer Center Building</td>
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<tr>
<td></td>
<td></td>
<td>3580 Joseph Siewick Drive, Conference Room C</td>
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<tr>
<td>Thursdays</td>
<td>11:00am–12:30pm</td>
<td>Inova HealthSource</td>
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<tr>
<td></td>
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<td>2700 Prosperity Avenue, Suite 100, Fairfax, VA, Classroom 7/Fitness Room</td>
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### Working New Moms Group

<table>
<thead>
<tr>
<th>2nd Saturday of Every Month</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td></td>
<td>10:00am–11:30am</td>
<td>Inova HealthSource</td>
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<tr>
<td></td>
<td></td>
<td>2700 Prosperity Ave, Suite 100, Fairfax, VA, Classroom 7/Fitness Room</td>
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Additional Resources

- Click here for more information about the Inova Alexandria Hospital Birthing Center

- Click here for more information about Inova Childbirth Education Classes

- Click here to download *Preparing for Birth at Inova Alexandria Hospital Women’s Center*, which includes helpful information about birth certificates, what to bring, and what to expect at your delivery

- 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!

Follow us for essential prenatal information, helpful breastfeeding tips, and valuable post partum resources.

Inova HealthSource
Childbirth Education

@InovaChildbirth
THANK YOU!