

# Women's Services

## Welcoming Your New Baby

We are pleased that you have chosen Santa Barbara Cottage Hospital for your baby's birth! The following information will be helpful to you during your stay.

### **VISITING**

- Visitors must be healthy. Anyone with a cold or flu should not visit in the hospital.
- For the safety and privacy of our families, we ask that visitors wait in the waiting room, patio or cafeteria.
- Please ask visitors not to bring latex balloons into the hospital.
- At any time, our medical staff may decrease the number of visitors for the mother or baby's safety.

### **BIRTH CENTER (LABOR AND DELIVERY)**

- In the Birth Center, visiting hours are 24/7. You may welcome up to three people in your room at one time.
- Your children may visit during labor and delivery. For their safety, please ensure that there is a dedicated adult, in addition to you and your support person, to care for them at all times. If you would like your child to witness the birth, please speak to your doctor ahead of time for their approval.

### **MOTHER-INFANT CARE (POSTPARTUM AND NURSERY)**

- Visiting hours are between 8am and 9pm. Your security banded support person may visit anytime when you are in a private room.
- In Mother Infant Care (MIC), you may have up to two visitors at one time. Support person, grandparents, and your children do not count as your two visitors.
- All children who visit, other than the siblings of the infant, must be 14 years of age or older. Please notify your family and friends ahead of time so they can arrange for their children to be cared for when they come to visit.
- The majority of our postpartum rooms are private. If you have a private room for your postpartum stay, you may have one adult support person stay overnight. When private rooms are full, we make every effort to transfer you to one as soon as possible. If you are not in a private room, all visitors follow the 8am to 9pm visiting hours.

## SAFETY MEASURES FOR YOU AND YOUR BABY

At Cottage Health, safety is a top priority. We have guidelines to maintain a safe and healthy environment for our patients.

**Smoke-Free.** All Cottage facilities and grounds are smoke-free. Use of tobacco products by all persons is not allowed anywhere within 20 feet of an entrance or parking lot.

**Screening.** All visitors are screened at hospital entrances and given a badge.

**Identification Bands.** Your baby will wear three identification bands that will identify him/her as your child while at the hospital. Two bands will match the identification band assigned to you and your support person. The third band is a monitoring device that will be placed on your baby's ankle to allow us to monitor the location of your baby within the Mother Infant Care area at all times.

**Security.** All exits from the Birth Center and Mother Infant Care are equipped with a security system and are video-monitored. How you can help:

- Please keep your baby in hospital clothes (t-shirt and diaper) until discharge.
- If you leave the room or plan to go to sleep, notify your nurse.
- Do not give your baby, or any information about your baby, to anyone without a Santa Barbara Cottage Hospital photo ID badge.
- Babies should only be moved outside your room in their bassinet.
- If you have any questions or concerns, turn your call light on and ask to speak with your nurse.

## SPECIAL REQUESTS OR NEEDS

Please let us know if you have any special concerns or needs so we can help you meet them.

### ➤ RELEASE OF INFORMATION

We are unable to give out any personal information to visitors, no matter what the relationship is of the person requesting the information. When your family and friends call for updates, please have them ask for you by last name, so we can transfer them to your room and you can provide the information.

### ➤ IN-ROOM DINING

Meals are ordered through room service. We're proud to offer locally sourced food and most dietary preferences can be accommodated. Family and visitors are welcome to get their food in our nearby cafeteria, deli, or café.