

Visiting Hours

11 am—8 pm

From 11 am—8 pm, visitors are encouraged to use the New Women's Center entrance located on the south side of Jersey Community Hospital. All other times, please use Admitting or ER entrances.



Jersey Community Hospital

400 Maple Summit Road
Jerseyville, IL 62052

618-498-8440

www.jch.org



JCH Women's Center

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We at Jersey Community Hospital would like to welcome you to our Women's Center with this informational booklet. We hope this will make your stay more pleasant by giving you information in advance of your admission. If you have any questions, please call us at (618) 498-8440.

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ADMISSION

If you think you are in labor, your water is broken, or you are experiencing bleeding, have someone bring you directly to the OB Department when you get to the hospital. If you are here for a scheduled procedure such as induction, non-stress test, or cesarean, go to Admitting first. The new OB entrance will be open for your convenience from 8:30 a.m. to 7:00 p.m. seven days per week. At other times, go to Admitting or ER entrances.

After coming to the OB Department, you will be observed for a short time, if necessary, to determine if you are in labor. After the decision has been made to admit you, your family will be asked to wait in the Waiting Room during the admission process. If it is determined that you are not in labor, you will be sent home with instructions to return when labor is established.

We ask that you bring no more than four people plus your coach with you during labor and delivery. One or two of these people plus your coach may be present at delivery to support you. OB staff may further limit visitors if necessary.

During the admission process, you will be asked for a brief history which includes information necessary to help us care for you during your stay. Laboratory personnel will take blood and urine samples. Fetal monitoring equipment will be applied to your abdomen to help us watch your baby's heart rate and contractions. You will have an IV started.

You will be asked if you are going to breast feed or bottle feed. If you have a family physician that practices at this hospital, a physician from that office will care for your baby. If you do not have a baby physician here, the on-call physician will care for your baby.



Physicians available for newborn care include:

Cristy Elving, M.D.-Family Practice
David Harmon, M.D. - Family Practice
Timothy Lyons, M.D.-Family Practice
John Palcheff, D.O.-Family Practice
Sonya Schleeper, M.D.-Family Practice
Randall Voigts, D.O.-Family Practice
James Uhles, M.D.-Pediatrics
Vincent Zata, M.D.-Family Practice



Jersey Community Hospital offers web nursery for all newborns.

CLASSES

Breastfeeding:

Individual instruction and videos are offered to expectant mothers who are planning or considering breastfeeding. This will be taught by a Certified Lactation Counselor. Certified Lactation Counselor is available for questions and individual sessions by appointment.



CPR:

This safety program is recommended for all parents, as well as grandparents, and other care givers. Certified CPR instructors will teach basic life support as well as infant and child safety. To register call 618-498-8449.

Prepared Childbirth Class:

There is so much to know about having a baby and with the constantly changing technology, even experienced moms may need a refresher course. We offer Childbirth Education Class that will assist you and complement your doctor's advice. Classes are taught by a trained, certified childbirth educator and provide understanding, support, and information that will take you from pregnancy, through the post-partum period, and help you to adjust to the changes that occur during this special time. Classes are offered each month in either half-day Saturday session, or an evening class may be arranged, and should be taken 4-8 weeks before your due date. Classes are free to those delivering at Jersey Community Hospital or \$30 if delivering elsewhere.

FOR CLASSES CALL:
618-498-8440

All classes are limited.
Please call to register as soon as possible.

LABOR & DELIVERY

We also have four LDRP rooms available where you:

- labor
- deliver
- recover
- complete your post partum stay in the same room without moving from room to room.



Your labor will be closely monitored by the OB staff and pain medications will be given as directed by your physician. You may only have a clear liquid diet during labor. If your water is not broken, we encourage you to be up and walking as much as possible during early labor. If you are not able to be out of bed, we encourage you to change positions frequently, at least every 20-30 minutes. Rocking chairs, music for relaxation, birthing balls, massage oils, showers, and Jacuzzi tubs are available for labor comfort.

CESAREAN SECTION

If you are scheduled for a C-Section or it becomes necessary for your baby to be delivered by C-Section, your doctor will discuss this procedure with you. To prepare you, our staff will have you sign additional forms giving permission for surgery, insert a foley catheter, and an anesthesiologist will discuss anesthesia with you. Your baby's father or labor coach may go to the operating room with you for delivery, with your Doctor's permission and after watching a brief film about C-Section. You will remain on bed rest until your physician orders you to be up. Your IV's and catheter remain, usually 24- hours. Your diet will be advanced slowly according to your recovery. The average length of stay after a C-Section is 2 days.

WHAT TO BRING TO THE HOSPITAL

During labor, if your hair is long, you may want to bring clips or scrunchies. You may also bring cassettes and video tapes, playing cards, books, and suckers.

After delivery, you will need:

- House slippers
- Robe
- 1 or 2 Nightgowns
- Comb/brush
- Toothpaste & Toothbrush
- Shampoo
- Nursing Bra if breastfeeding

You may also bring a hair dryer and clothes for you and the baby to wear when you go home.

POST PARTUM

During the recovery period, your blood pressure, pulse, respirations, height, firmness of the uterus, and the amount of vaginal bleeding will be checked every 15 minutes for approximately 2 hours. In 2-4 hours after delivery and after you have eaten, you will be assisted to the bathroom by our staff. We will give you instruction on the care of your episiotomy at that time. If you have no problem this first time out of bed, you will be allowed to be up on your own as necessary.

At about 9:00 am, after your baby's physician has been here, your baby will be brought to your room and will stay with you for bonding, care and teaching.

If you request Rooming-In, your baby will be brought from the nursery or may remain in your room after delivery, if there is someone with you until recovery period is over. Your baby will be taken or watched by staff while you shower or nap. We encourage everyone to Room-In, especially breastfeeding mothers.



During your post partum period, videos and demonstrations will be provided and you will receive instructions on self and infant care from our staff. Individual breastfeeding instruction is also given at this time.

After your physician discharges you, you may get dressed and then dress your baby. After your baby is dressed, we will take its picture. You must have an approved infant car seat to take the baby home. Average length of stay after a vaginal delivery is 24 to 36 hours.

INFANT CARE

After birth, your baby will be taken to the nursery for weight, measurements, and observation. During this observation period, your baby will receive a shot in the leg to help increase blood clotting, ointment in each eye to prevent infection, and blood sugar will be checked by taking a blood sample from the heel of the foot.



If breastfeeding, your baby will nurse as soon as you are both stable, usually within 30 minutes to 1 hour after birth. If bottle feeding, you or Nursery staff will give your baby the first bottle one to two hours after delivery. Your baby should take a minimum of 1 ounce at each feeding and be burped after each 1/2 ounce.

Your baby will be given a bath 2-4 hours after delivery and then be brought to you when the temperature is stable. Your baby will be given a bath daily during the night shift. If lab work is to be done, it is usually done between 6:00 am and 7:00 am. The baby's physician is usually here between 7:00 am and Noon.

Before discharge, someone from the hospital staff will get birth certificate information. Your baby must also have a blood test that is required by the state called a PKU.

A security monitor is applied to each newborn at delivery with a cord clamp. For security purposes, all OB staff will have picture I.D. badges with first name and title to indicate that they are OB staff. We may at times wear long white lab coats or short lab coats with multicolored prints. If anyone other than properly dressed OB staff or someone that you do not recognize comes to get your baby for any reason, check with OB staff.

Your baby will have a hearing screen before discharge. Children who are identified as having hearing loss and receive intervention prior to 6 months of age have a significantly better receptive language, expressive language, personal-social skills, receptive vocabulary, and speech production.

