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NuHealth[™]
Together through life.
**Nassau University
Medical Center**

Victor F. Politi, MD, FACP, FACEP President/CEO
Michael B. Mirotznik, Esq. Chairman, Board of Directors



Modern health care is changing by the minute. At NuHealth, we're changing to meet the demands of a dynamic and diverse community, where the need for top-quality, yet affordable, healthcare services has never been greater.

The newly opened Maternity and Newborn Center at Nassau University Medical Center is a shining example of our ongoing commitment to bringing a spectrum of world-class health care to all of Nassau County's residents— from the newborn to our senior citizens, for our families and for our workers, for those who can afford it and for those who cannot.

Begin by familiarizing yourself with our new Maternity and Newborn Center, equipped with an expanded range of services, many advanced technologies, renowned clinical expertise, and an abundance of patient amenities.

Victor F. Politi, MD, FACP, FACEP
President/Chief Executive Officer

Only an environment this warm and welcoming could enhance the miracle of childbirth.

NUMC's state-of-the-art Maternity and Newborn Center has transformed the birthing experience with its perfect blend of cutting-edge medicine and relaxed hospitality. Expectant parents are drawn to this inviting setting, with its private labor and delivery suites, modern hydro-birthing rooms for low-risk mothers, and comfortably spacious postpartum suite. Best of all, delivery is assisted and monitored by an incredible NUMC team of OB/GYN physicians, nurses and midwives. In a calm, relaxed atmosphere, newborns are gently introduced to life in complete comfort and safety.

For our highly skilled obstetrics group, birth is often only the midpoint in this wonderfully intricate process. Quite often the process begins with fertility enhancement, proceeds through pregnancy and prenatal care, and— once the baby is born— continues with pediatric health care. At NUMC, our seamless, integrated approach has always guided prospective and new parents through its compassion, understanding and professionalism. Our advanced Maternity and Newborn Center simply allows them to complete their journey in total comfort, and with the utmost confidence.

For a private tour of our new Maternity and Newborn Center, call (516) 296-2487.



Every Family Is Unique

Every family is unique. Babies may be born every day, but it's not every day that your family welcomes a new member. At NuHealth, we believe every mother and newborn deserve outstanding personalized care during this special time. In addition to addressing any medical developments that may arise, our birthing teams are trained to anticipate your questions and concerns. This is an exciting, fascinating and, at times, challenging period for you and your family as your newborn rearranges your family's routines. If you're a first-time mother you'll likely have many questions about your own physiological changes and the safety and well-being of your infant.

At NuHealth, we know the most successful births are those in which the mother and family are well-informed about what to expect. Our birthing teams are available to anticipate your and your baby's needs.



This guide is designed to help you and your family prepare for your pregnancy and delivery, as well as provide you with essential contact information and hospital registration procedures, so that you can spend less time wondering what happens next and more time focusing on staying happy and healthy during this exhilarating and wondrous time.

Planning for Your Newborn

To ensure that you and your family's birthing experience is safe and successful, NuHealth offers a series of childbirth and new-parent education programs. We encourage you to take advantage of all the resources we offer. Our programs are offered in many languages to meet your needs.



Centering Pregnancy Program — These informal group sessions offer essential pregnancy information. Participants are grouped at the same gestational stages to ensure they're able to relate to each other's experiences. Facilitated by highly experienced and licensed registered nurses and OB providers, these sessions encourage participants to take charge of their pregnancies, and help them gain a sense of well-being as they build new friendships and create healthy support systems. The program wraps up with a celebration of your pregnancy in the form of a group baby shower.

Lamaze Classes — Childbirth-preparation classes in using Lamaze Healthy Birth Practices are offered on a rotating basis. This highly recommended preparation program introduces new parents to physical and psychological training for a safe pregnancy, and teaches specialized breathing techniques for active childbirth.

Infant Care and Breast-feeding — General instructional demonstrations in infant care are offered free of charge to all new mothers after delivery. NuHealth's registered maternity nurses are specially trained in lactation consultation, and are well versed in helping new mothers to nurse their babies.

Perinatal Mood and Anxiety Disorder — To meet the needs of the almost 15 to 20 percent of new mothers who suffer from postpartum depression within the first year of giving birth, NuHealth has developed the first hospital-based, bilingual support group in Nassau County. The departments of OB/GYN, nursing, pediatrics and psychiatry have collaborated and worked as a team to ensure the safety and well-being of our mothers and babies through a confidential peer support group, facilitated by an RN who is a perinatal depression survivor. Symptoms of postpartum depression include exhaustion, decreased energy, anxiety/panic attacks, sleeping too much or too little, loss of appetite, loss of interest or happiness, feeling detached from the baby, fear of being alone with the baby, negative or scary thoughts, and excessive worry, especially about the baby's health.

Please call (516) 296-2204 for further information.

If You Are HIV-Positive — Your doctor can test your baby and provide special medical care. Taking special medicine while you are pregnant will reduce your baby's chance of being infected with HIV. It's particularly important that you maintain your strength and overall health during your pregnancy.





NuHealth's Commitment to Excellence

2011–2012 Healthgrades Maternity Care Excellence Award

NUMC is a past recipient of the Maternity Care Excellence Award, which recognizes hospitals that provide consistent high-quality care for women and their babies during pregnancy, delivery and the first few days after delivery. These five-star rated hospitals are among the top 10 percent in the nation. Women who choose to deliver their babies at hospitals with a Healthgrades five-star rating in maternity care have a 62 percent lower chance of experiencing complications during childbirth, compared to women who deliver at one-star hospitals.

2012–2014 Gynecological Surgery Excellence Award

NUMC is a recipient of the Healthgrades Gynecologic Surgery Excellence Award™ for three years in a row. This award recognizes hospitals for superior outcomes in surgeries that treat diseases and conditions of the female reproductive system.



NUMC has Long Island's lowest Caesarean-section rate.

NuHealth Safe Birthing Center

Designed as a self-contained and streamlined childbirth center, the Safe Birthing facility at NUMC brings together the most comprehensive array of diagnostic, delivery and recovery services in the region. Cutting-edge diagnostic and testing capabilities include ultrasound, a nonstress testing lab, and Level II sonograms. In addition, NUMC's highly secure labor and delivery area features seven cozy and comfortable birthing rooms, as well as the only hospital-based water-birthing suite on Long Island.

Mitigating Risks

High-risk pregnancies are identified at the earliest stages so that every precaution is taken—assuring that the very best comprehensive care will be administered should the need arise.

NuHealth's Maternal-Fetal Medicine (MFM) team is committed to giving every pregnancy, including those that are high risk, the best outcome possible. Difficult pregnancies can result from a broad scope of medical and surgical complications. Women with a history of pregnancy-related problems, such as repeated miscarriage or premature labor, fall into this category. Older women, or expectant mothers with chronic health issues that may include high blood pressure or diabetes, are also prime candidates for delivery complications. Our board-certified MFM specialists quickly determine and assess risks, diagnose complications and manage each case with strategic precision. Early diagnosis affords critical advantages that allow us to intervene medically, or surgically, before birth, giving every baby the best chance for a healthy delivery.

NuHealth's team of neonatologists, geneticists and diagnostic-imaging experts are highly skilled and well equipped—employing the most advanced testing and technologies for the detection of genetic and other fetal abnormalities. Three- and 4-D ultrasounds; amino infusion and reduction; early Down Syndrome screening; cell-free fetal-DNA testing; genetic amniocentesis; genetic counseling; intrauterine fetal transfusion; and Doppler screening are just some of the cutting-edge techniques that assure safer deliveries and healthier patients. These exceptional diagnosticians, obstetricians and pediatric surgeons are your assurance that your well-being and your newborn's arrival are cradled in some of the best hands on earth.

Ideally, every newborn's arrival is smooth and uncomplicated. But childbirth has inherent risks. That's why sub-specialists in high-risk obstetrics are on hand to provide immediate consultation under NuHealth's Perinatal Diagnostic Unit (PDU). Our Level 3 Neonatal Intensive Care Unit (NICU) is well-equipped to handle any complications. It's reassuring to know that, if your baby needs intensive care, the specialized team of NICU doctors and nurses is ready to respond with the most advanced technologies and techniques available—providing your baby with around-the-clock observation and critical care.

Specialized Nurses — Experienced caregivers are trained in neonatal resuscitation, advanced cardiac life support and fetal monitoring.

High-Quality Safe Birthing Center — NuHealth birth rates are regionally recognized by HANYS Data Report as better than others in the area and in the entire state:

- Lowest Caesarean Delivery Rate
- Lower Preterm Birth Rate
- Lower Birth Trauma Rate
- Lower Obstetric Trauma Rate
- Lower NICU Admission Rate
- Highest Vaginal Birth Rate After Caesarean
- Lower Episiotomy and Perineal Laceration Rate
- Zero Caesarean Delivery Surgical Site Infection in 2013

NuHealth physicians are consistently ranked by Castle Connolly and the Consumers' Research Council of America as among the best in the state. Dr. Chaur-Dong Hsu, Chairman of OB/GYN at NUMC, has been recognized in the 2005–2014 Best Doctors in America database.

Midwife-Supervised Hydro-Birthing Suite

For more than a decade, hundreds of new mothers have been giving birth in naturally soothing birthing tubs at NUMC's Birthing Center. NUMC is the only hospital in all of Manhattan, Queens and Long Island to offer hydro-birthing as a natural alternative for low-risk mothers.

Under the guidance and support of a highly trained NUMC midwife, these women have chosen the natural benefits of aquatic labor and birth. Many feel that, by easing the stress of childbirth in a water environment, the experience is emotionally and clinically advantageous for both mother and child.

This birth option is planned well in advance, follows strict guidelines and excludes women with high blood pressure, uncontrolled diabetes or a history of C-section deliveries.

Most important, a midwife-led birth gives a woman a welcome measure of control— the freedom to move, eat, bathe— or do whatever else might help her during labor and birth. The role of a midwife is to monitor labor, guiding and supporting the birthing woman safely through the birth process. Of course, partners are encouraged to actively participate. And, in the rare case where medical care for you or your baby is needed, your midwife has a well-conceived plan for collaboration with obstetricians, pediatricians and other specialists.



Financial Preparations

Preparing for a successful pregnancy and delivery includes making preparations to ensure the smooth registration, delivery of health and insurance services, and discharge of you and your newborn. NuHealth understands that handling the financial obligations of your pregnancy may not always be simple. In an effort to relieve some of the burden, we'll automatically bill your insurance company on your behalf.



The New York State **“Birthday Rule”** requires that, if you and the baby’s father have joint family coverage, your baby’s bill will be paid by the insurance of the parent whose birth month falls first on the calendar, regardless of the birth year. Insurance coverage doesn’t pay for private duty nurses or personal conveniences, such as telephone or television services.



Insurance Steps

- Inform your insurance company that you’re pregnant, and verify your maternity and well-baby benefits.
- Review with your insurance company your precertification requirements, so that your bill is paid without complications.
- Most carriers require an expectant mother to precertify her admission, and obtain authorization for both her and her baby.
- Call your insurance company immediately following delivery in order to avoid financial penalties.
- Enroll your new baby in your insurance plan. Since insurance companies have a cutoff for enrollment, you don’t want to miss this deadline.
- If you are enrolled in an HMO, you’ll be required to present a written referral/authorization.
- If you qualify for Medicaid, apply for Unborn Medicaid and receive a number from your caseworker prior to your due date.
- New health plans must now cover certain preventive services without additional charges for separate testing. Every insurance company is different. It’s important to contact your insurer to find out what coverage you have.
- Starting in 2014, essential health benefits such as pregnancy and newborn care, as well as vision and dental care for children, will be covered in all new individual, small business and exchange plans.
- Starting in 2014, job-based health plans and new individual plans can’t deny or exclude anyone, or charge more for a preexisting condition, including pregnancy or a disability.
- In 2014, if your income is less than \$88,000 for a family of four and your job doesn’t offer affordable coverage, you may be eligible for tax credits to help pay for insurance.



Types of Payment NuHealth Accepts

- Cash
- Credit Cards w/government ID
- Checks w/government ID

Cashier

- Location: Ground Floor
- Days: Monday through Friday
- Hours of Operation: 8:00 a.m. — 4:00 p.m.



Physician Bills

If your obstetrician requests a neonatologist or neonatal nurse practitioner to be present in the delivery room, you will receive a separate bill for his or her services. Should your infant require admission to the Neonatal Intensive Care Unit (NICU), or the neonatal group consults with your pediatrician or the physician-in-charge in the NICU, you will receive a separate bill. Consultations with other specialists, and anesthesia services, will also be billed separately.

Prenatal Care Assistance Program (PCAP): (516) 572-3383

Additional Information: (516) 572-5939

Assistance Programs

Nassau County Department of Health — Women, Infants and Children (WIC) Administration Office: (516) 227-9453

- Federally funded by New York State
- Provides nutritious foods, nutrition counseling, and education

Eligibility Criteria

- You must be a pregnant, postpartum or breast-feeding woman or a child under the age of five
- You must live in New York State
- You must qualify financially



Qualifying pregnant women can receive WIC assistance for six weeks after their babies are born. Infants and children may receive WIC assistance until they turn five.

Breast-feeding mothers may receive WIC assistance until their baby’s first birthday. A breast-feeding mother’s nutritional status, health needs and income are reviewed every six months from certification to ensure that she meets the eligibility criteria.

Mothers who choose not to breast-feed their babies or women whose pregnancy did not result in a live birth may be eligible for up to six months of assistance postpartum.

State Children’s Health Insurance Program (SCHIP)

- Provides health insurance to children who come from low-income families, do not qualify for Medicaid and have no health insurance.
- Children of many uninsured, low-income parents are eligible for Medicaid or SCHIP and do not know it.

If you don’t have health insurance or need financial information, please call the Financial Counseling office at (516) 572-6800.

Step One: A Healthy Pregnancy

Healthy lifestyle choices are the first step in ensuring a healthy pregnancy. It's essential during your pregnancy that you eat right, stay hydrated and get plenty of rest to make sure the health of your baby is the best it can be. Staying active during your pregnancy is key to a quick and successful delivery and recovery. Maintain your general health and a light exercise routine such as walking to keep your lungs clear and limbs strong.

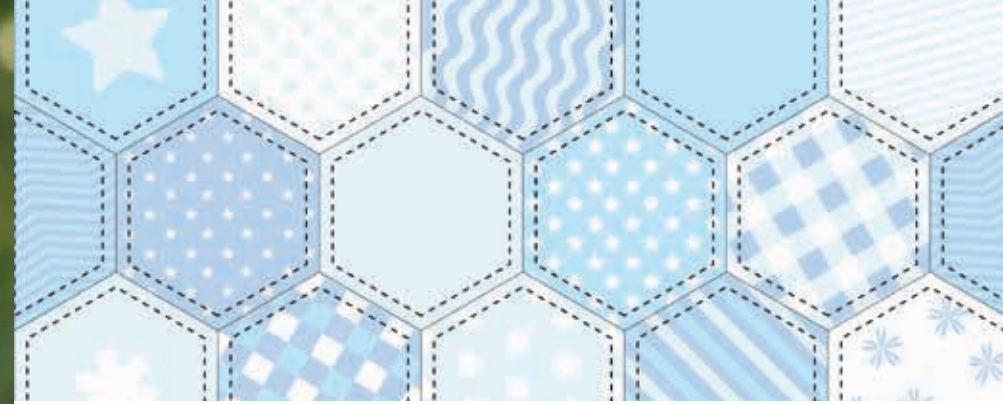
Nutrition Tips

- Check the nutrition-facts panel on food labels to guide your purchases. Look for foods with high daily values in dietary fiber, calcium, iron, vitamin C and vitamin A.
- Drink approximately 12 cups (8 fluid ounces each) of water; caffeine-free, low-sugar beverages; or 100-percent fruit juice in the course of your day.



Foods to Limit or Avoid

- Beverages: Alcohol, drinks with excessive caffeine, some herbal teas.
- Meat, Fish and Poultry: Raw or uncooked meat; fish with high mercury levels; albacore (white) tuna; hot dogs; and luncheon meats or other deli meats, unless they are heated until steaming hot.
- Dairy Products: Raw or unpasteurized milk, soft-serve yogurt, soft cheese.



Your Hospital Stay

To simplify admission at the time of delivery, we suggest that you obtain all admitting and insurance forms, and fill them out early in your pregnancy.



When you arrive at the hospital, go directly to the Maternity and Newborn Center on the third floor, and sign in with the receptionist or press the bell on the Labor and Delivery door. The triage nurse in Labor and Delivery will be notified of your arrival.

If you are in early labor, you may be encouraged to walk around for several hours, remaining close to the hospital and returning for reexamination and reevaluation. If you are in active labor, you'll be admitted and asked to complete additional documents.

Safety

To ensure your and your baby's safety, you, your baby and your significant other will be given identification (ID) bands to wear until you and your baby are discharged. If you are released from the hospital before your baby, please bring your ID band back with you when your infant is discharged. Your ID band will be checked each time your baby is brought to you from the nursery.



Never leave your baby alone or unsupervised in your room.



Planning for Your Stay

Bring your belongings in an overnight travel bag and keep your belongings in the car until after you have been admitted.

Please bring only these essential items:

- Personal toiletry items
- Nightclothes, bathrobe, socks, slippers, undergarments
- Eyeglasses
- Maternity or nursing bra
- List of current medications
- List of important phone numbers (contacts)
- Only enough cash for newspapers and sundries
- Loose-fitting clothes to wear home
- Extra pillows
- Books or magazines
- Relaxing music on your CD player or ipod
- This guide for reference

Please do not bring:

- Electrical appliances
- Jewelry and other valuables

If you are planning to breast-feed, these items are recommended:

- Nursing gowns and nursing bras
- Breast pads and nursing pads
- Breast pump and other lactation supplies

For your baby:

- Receiving blanket
- Clothes to wear home, and socks, booties and mittens
- Car seat for day of discharge

The hospital does not assume responsibility for loss of valuables, money or other personal property during your stay. If you are unable to send your valuables home, put your name and phone number on them and ask that they be placed in the hospital safe.

When You're Admitted

Routine blood tests will be conducted. When you're admitted to Labor and Delivery, an intravenous line may be inserted in your arm if your physician/midwife requests one.

Fetal monitoring, viewed through a computerized system, will be used to monitor you and your baby to make certain you're both tolerating the labor process. If you're not medicated and your physician/midwife chooses intermittent fetal monitoring, you're free to walk about.

The Delivery

Be sure to discuss delivery options with your physician prior to your delivery day. Should an unanticipated need arise for special care during delivery, a neonatal specialist will join your care team.



Pain Management

- Pain medication is ordered every three hours on an "as needed" basis. You'll be asked to rate your pain on a scale of one to ten. Please don't wait until you're in severe pain to request medication.

Visitors

- The father or your significant other and your labor support person/doula are permitted to stay with you during the labor process.
- Only one person is permitted in the operating room at the request of the mother and the discretion of the physician.

Privacy

- To ensure your privacy and provide you with prime bonding time with your new baby, the staff will monitor your room. We recommend that you limit your visitors so you get adequate rest.

Breast-feeding

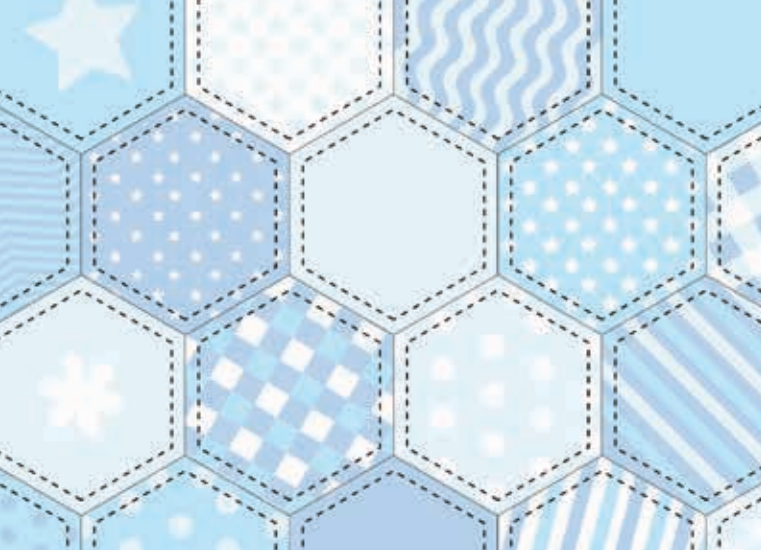
- We encourage mothers who wish to breast-feed to begin doing so immediately after delivery. It will benefit your baby and help you to relax.
- Breast-feeding your baby can be rewarding for you and healthy for your baby. We suggest breast-feeding on demand every two-to-three hours during the first weeks of life.
- If you plan to breast-feed, the staff will encourage and support you. Our goal is to help you incorporate breast-feeding into your daily routine.
- Formula will only be given to your baby upon parental request.
- A pacifier will only be given to your infant upon request.

Maternity/Postpartum

- Meals and snacks will be offered throughout the day. We have selections to accommodate dietary needs for vegetarians and diabetics.
- NuHealth offers 24-hour rooming-in privileges so your baby can stay with you.
- You and your spouse/significant other may go to the nursery at any time.

Infection Control

- We follow all infection control guidelines. Please keep your room neat and clean. We ask that you hang your clothes in the closet, and keep the surface of the bed table clear for your meal tray.
- Be courteous of our housekeeping staff when they enter your room to dust or mop the floor.



Care for Your Newborn

When your baby is born, your pediatrician will be notified so that he or she can examine the infant and supervise all in-hospital medical care.

If your pediatrician doesn't have privileges at NUMC, one of NuHealth's pediatricians will care for your baby in the nursery. If you need a pediatrician, call (516) 572-6355. A complete physical assessment will be performed in the nursery. Your baby will receive its first bath and soon after be placed in an open crib.

The baby's father or your significant other may go to the nursery to visit the baby while you're recovering from delivery.

Visiting Policies

This is an exciting time for you and for your family, whose support is critical to your well-being. We encourage family members to be mindful that the new mom and newborn need rest, and to follow visiting-hour regulations.

Photography

Photographs of your newborn may be taken in the delivery room, as well as in the postpartum units. Video cameras are not permitted in the delivery suite, but may be used in the privacy of your postpartum room. Video cameras may not be used in the Newborn Nursery or the Neonatal Intensive Care Unit (NICU).

Sibling Policy

- Only your children are permitted under the sibling policy.
- All parents are responsible for ensuring that older siblings are in good health, do not have rashes, diarrhea, colds or infections, and have up-to-date immunizations prior to visiting with their new brother or sister.
- Parents must notify their nurse if a child has been exposed to a childhood disease, such as chickenpox or measles.
- All siblings must be accompanied by either their father, mother or grandparent.



Safety

- All staff caring for your infant will be wearing a pink badge.
- All infants will receive a security tag placed with the umbilical cord clamp.
- Keep all ID bracelets on the infant at all times while in the hospital.
- Your newborn infant must be placed in the bassinet on his or her back while you're sleeping.
- The infant is not to be left alone at any time.
- Please bring the infant to the newborn nursery for supervision if you're going to take a shower.
- An announcement will be made when meals are being served. Please place your infant in the bassinet at that time.
- When your infant is discharged from the hospital, it must travel in a car seat on the ride home. Leave the base in the car and bring in the rest of the seat so the baby can be properly transferred at the time of discharge.
- Please read the safety manual given to you during admission to ensure that you've taken every precaution.

Visiting Hours: Fathers— 10:00 a.m. — 10:00 p.m. • All others— 12:00 a.m. — 8:00 p.m.



You and Your Baby

Our nurses are specially trained to care for you and your baby. Feel free to ask questions about your recovery, or the care and feeding of your newborn.

- Early and prolonged contact between you and your baby allows your newborn to get to know you, respond to your voice and touch, and begin developing feeding and waking patterns.
- During the day shift, the same nurse will be caring for you and your baby.
- At night, babies are taken to the nursery and returned to your room during feeding times.
- Whenever you need to rest, let your nurse know and your baby will be returned to the nursery.

Patient Education

New mothers are in the hospital for a short time, yet there is so much to learn about caring for a new baby. Reading and attending classes prior to your baby's arrival will help ease your transition into parenthood, and make you feel more comfortable and confident. Enhance your parenting skills by taking classes in baby care and breast-feeding, and by watching educational videotapes and our parenting/newborn channel, which features both English and Spanish.

High-Risk Antepartum Care

Most pregnancies and births are wonderfully routine. However, should you need special care, NUMC is well-equipped to handle "high risk" maternity care. The Antepartum Unit is staffed with physicians, physician assistants and nurses specially trained in high-risk obstetrics. They work closely with your obstetrician to ensure that you and your baby receive the most appropriate up-to-date care. All patients have access to antepartum testing. If your physician determines you are "high risk" due to a medical problem, such as elevated blood pressure, diabetes or premature labor, you may be admitted to this unit during your pregnancy.

Mother's Health and Well-Being

- Depression: It's normal to feel overwhelmed and restless after the birth of a child. However, it's not normal for these emotions to last more than two weeks.
- NuHealth urges you to contact your physician if symptoms of insomnia, loss of appetite, increased irritability and anger, severe mood swings, and difficulty bonding with your baby occur.
- Healthy coping options can help get you back on track and feeling good again. Make healthy lifestyle choices by eating healthy foods and taking daily walks.
- Set realistic expectations for you and your baby. Don't be shy or afraid to ask for help if you need it.
- Think positively and be optimistic.
- Avoid isolation, and communicate to your partner, family and friends any concerns or worries that may arise.
- We offer FREE confidential peer support groups; **CIRCLE OF LIGHT — (516) 296-2204**.

Hearing Screening for Your Newborn

- Registered nurses perform universal newborn hearing screening in the nursery before your baby is discharged.
- Nurses use the ALGO 3 Automated Auditory Brainstem Response (AABR) screener, which tests the entire hearing pathway from the outer ear to the brainstem.
- A nurse will provide you with educational materials and results of the screening, as well as answer any questions you have.
- By identifying children with hearing problems at an early age, specialists can begin treatment to maximize the development of normal speech and language. Universal hearing screening is required before an infant is three months old.

Health Standards and Testing

In accordance with New York State law, vitamin K and erythromycin (antibiotic) ointments are mandated to be given to your baby after birth.

Tdap Vaccination — New York State mandates that the Tdap vaccination be offered to all parents, caregivers and adults in close contact with your newborn. This vaccination protects your infant from diphtheria, tetanus and pertussis (whooping cough), which can be deadly.

Circumcision — The decision regarding circumcision should be made before birth or immediately after birth for the baby's well-being and to facilitate discharge procedures.

Hepatitis-B Birth-Dose Program — While your baby is being evaluated in the delivery room, the nurse caring for you and your baby will administer the Hepatitis-B vaccine birth dose. This is a three-vaccine series. The subsequent doses will be administered in your pediatrician's office. You'll be asked to sign a consent form for the vaccine.

Acknowledgement of Paternity — If you're unmarried and wish to establish legal paternity, you and the baby's father must complete the Acknowledgement of Paternity application when completing the Birth Certificate form. The form must be signed by the baby's mother and father in front of two witnesses. The hospital files it with the County Registrar, along with the birth certificate application.

New York State Metabolic Screening — New York State law requires that hospitals perform metabolic screenings on all infants in order to identify any infant who has a rare disease. These tests are performed from one tiny sample of blood obtained by pricking the baby's heel. The sample is usually taken on the day of discharge. Your pediatrician will inform you of the test results ONLY if they reveal a possible problem and further testing is required.

Returning Home: Your obstetrician/nurse-midwife and pediatrician must complete discharge exams and write discharge orders before you and your baby can leave the hospital.

Patients who have had a vaginal delivery are usually discharged 48 hours after delivery; patients who have had a Caesarean section are usually discharged 96 hours after delivery. If you wish to be discharged early, consult with your obstetrician and pediatrician.

- When you're ready to leave, you may dress the baby in clothes that were brought from home. Please do not take any hospital clothing or blankets home.
- You'll be escorted to the main entrance in a wheelchair, and be accompanied by a hospital representative.

Car Seat Safety

According to New York State law, **ALL** children who are younger than four or who weigh less than 40 pounds must be secured in a federally approved child safety seat while riding in passenger cars, station wagons, recreational and passenger vans, and pickup trucks operated in the state.

- When purchasing your car seat, make sure it has passed federal safety tests. Look for a label on the seat or shipping box that reads "Meets Federal Standard 213-80" or "Meets Federal Standards."
- Until a child turns two, the infant safety seat **MUST BE IN THE REAR SEAT FACING THE BACK** of the car.

(This protects the baby's lower body from harm in a sudden stop or crash.)

- Familiarize yourself with the use of the car seat before the day of discharge and leave the rear-facing car seat in the car to facilitate a smoother discharge.



Should you experience a delay in receiving your baby's birth certificate, you can contact:

Vital Statistics:
(516) 572-6755

or

Hempstead Town Hall:
(516) 489-5000



IMPORTANT PHONE NUMBERS

Perinatal Diagnostic Unit
(516) 572-3146

Genetic Counseling
(516) 572-3146

Childbirth Classes
(516) 296-7466

Family Planning
(516) 572-6566

Dysplasia
(516) 572-6566

**Maternal Fetal Medicine
(High-Risk Obstetrics)**
(516) 572-3383

Obstetrics
(516) 572-3383

Gynecology
(516) 572-3383

Gynecological Oncology
(516) 572-4670

**Reproductive Endocrinology
and Infertility**
(516) 572-6566

Urogynecology
(516) 572-6566

Pediatrics
(516) 572-6355



Birth Certificate

When you fill out an application for a birth certificate, the New York State Department of Health requests certain information for statistical purposes only. Much of this information you have already included in your preregistration form.

After the birth of your baby, you will complete a "request for birth certificate" information form, including your child's name, which you will give to the nurse before you leave the hospital.

The baby's birth certificate will be filed within five days of the baby's birth, and will be mailed to you within six to eight weeks of the baby's birth date.

Social Security Number

On the "request for birth certificate" information form, there's a section asking if you want the hospital to apply for your baby's Social Security number and requiring your signature.

If you check "yes," the Admitting Department will file the application for you.

After your baby's birth is registered in the Vital Statistics Office in Albany, the information will be sent to Social Security, and you'll receive your baby's Social Security card in approximately four months.

If you check "no," you can go to the nearest Social Security office at your convenience to apply for your child's Social Security number. You'll be asked to provide proof that you're the child's parent or legal guardian, as well as proof of the child's age, identity and citizenship.

General Pediatrics

From conception through childbirth, and as a child matures, the importance of maintaining a close, trusting relationship with a primary care pediatrician cannot be overemphasized. The general practice pediatricians at NUMC are expert diagnosticians. They have to be. After all, children are often unable to accurately describe their symptoms— or even speak at all. That's why a close doctor-patient-parent connection is critical for obtaining accurate patient histories— and for tracking small medical problems before they become big ones.

Typically, your pediatrician's first priority is to encourage healthy habits— precautionary steps that will help your child avoid the need for anything more than routine checkups, and care for typical childhood maladies. Visits for physicals, vaccinations, wellness checkups, screenings, treating illness, and providing basic education allow pediatricians to build a healthy confidence and trust with you and your child as he or she grows older.

Whether your child is seen in our fully equipped, full-spectrum Pediatric Care Center at NUMC, or by a primary care pediatrician in one of our five NuHealth Family Health Centers*, the responsibility for your child's health and well-being is shared and supported by a multi-disciplined team of doctors, nurses and caregivers. You can rest assured that this remarkable group of pediatric specialists, which includes cardiologists, neurologists, endocrinologists, allergists and others, is ready to respond as the need arises.

*The Long Island Federally Qualified Health Center, Inc.