

Frequently Asked Questions

Phone Numbers:
LDRP (337) 531-3645
OB/GYN Clinic (337) 531-3705

When do I pre-register with admissions at the hospital?

At 34 weeks, you will go to the Admissions and Dispositions office located on the first floor of the hospital, room 1120, near entrance A. You will complete the pre-admissions paperwork for your inpatient stay and begin the preliminary work on your new baby's birth certificate and social security card.

What should I bring with me to the hospital?

We have created a helpful and printable document that informs you on what we offer here, as well as comfort items you might want to bring from home. This document is located on the LDRP website under the 'Helpful Links' tab.

I think I may be in labor, what signs should I look for?

Signs and symptoms of true labor...

- Contractions occur at regular times. With your first baby, when contractions are five minutes apart or closer for one hour. If you have had a baby before, when contractions are six to eight minutes apart for one hour.
- Time between contractions becomes shorter.
- Discomfort increases- you have difficulty walking or talking through contractions.
- Contractions are stronger when walking and do not subside when resting.
- Bloody show (discharge).
- Rectal pressure- feeling as if you need to have a bowel movement.

I think I am in labor, what should I do?

If you believe you are in labor, please call LDRP (337)531-3644/3645 to let us know you are on your way. Your support person will be directed to the waiting area and you will be checked in and escorted to a triage room to determine if you are in labor. If you are in labor, you will then be admitted to one of our suites for your delivery and recovery.

*Please note, once you are admitted, your support person will be welcomed to join you in your suite.

I am scheduled for an induction, what should I do?

If you are scheduled for an induction, plan to call LDRP around 5 a.m. the morning of your scheduled induction. This phone call is to ensure the plan is still to induce you and that there is room for you. You will want to arrive around 8 a.m. unless otherwise specified by LDRP staff or an OBGYN provider. Please expect to be settled into your room without your support person initially, while the nurses first assess you. Your support person will be welcomed back shortly after.

I am scheduled for a cesarean section (C-section), what should I do?

If you are scheduled for a C-section, DO NOT eat or drink anything after midnight the night prior to your C-section. Be prepared to arrive at LDRP at 5 a.m. unless otherwise specified by LDRP staff or an OBGYN provider. Follow any guidelines given to you by your OBGYN provider regarding preparation for your procedure.

Other helpful tips we recommend are:

- Eat and drink as usual the day before your scheduled C-section (until midnight).
- Take a relaxing shower using regular soap the night before, but please do not shave any area of your body near your surgical site.

- Discuss your pain management plan with your nurse and OBGYN provider prior to and following delivery.

How many visitors can I have in my labor and delivery?

Visitor policy as of 26 September 2022:

- Triage patients are permitted one (1) visitor at this time. Additional support persons will be asked to wait in the waiting area until it is determined whether or not you are in labor.
- Upon admission to LDRP, patients in active labor are allowed no more than three (3) support persons.
 - o No additional support persons will be allowed during the first two (2) hours immediate postpartum period, giving time for
 - o Children will be allowed in the postpartum period only. Children are not allowed overnight or during active labor stages nor delivery.
- Visitors are to remain in the patient's room or in the designated family waiting area. Visitors will not loiter in the halls.
- All visiting children, to include siblings, must have an adult over the age 18 present. Neither the patient nor the nursing staff will be responsible for the supervision of visiting children.
- Visitors will be asked to leave if they show any signs of infection, infectious diseases, or have had contact with someone who is ill, with diseases including, but not limited to: COVID, Measles, Chicken Pox, Mumps, Rubella, Whooping Cough, Infectious Hepatitis, and Influenza.
- All visitors on the LDRP are asked to respect the privacy of the patient as well as the privacy of other patients on the unit.
- Any visitors that are disruptive to the patient or other patients on the unit will be asked to leave immediately. Security will be called if necessary.
- Patients admitted to the LDRP may request to have no visitors if they so choose. A sign will be posted on the door asking visitors to report to the nurse's station prior to visiting the patient if she has expressed a desire to limit or exclude all visitors.

- The CNOIC and/or charge nurse may seek to limit or modify visitation due to patient's needs, unit census, or safety.

What are the visiting hours on labor and delivery?

Visiting hours are 8am to 8pm. All visitors must sign-in at the nurse's station desk. LDRP will also have quiet-time (Snuggle and Snooze) hours from 3pm-5pm, where lights will be dimmed and visitors are discouraged, to allow bonding and rest for the mother and baby.

Please refer to the visitation policy for any further questions or feel free to give us a call (337) 537-3645/3644.

What should I plan ahead of my pending labor and delivery time?

- You should be sure to visit the Admissions office at 34 weeks of your pregnancy to pre-register for your stay with us.
- Visit the BJACH LDRP website page and watch the virtual tour videos to learn more about the unit and your stay with us.
- Make child care arrangements for when your labor begins (back-up plans can be helpful).
- Remember to coordinate available transportation for trips to and from the hospital.

What are my options for pain management?

You will be provided a wide range of options for pain management. These include breathing techniques and positions changes, IV medication, and also epidural analgesia. The route you take for pain management will depend on your preparation for the labor, the baby, how far along you are in your labor, the mother's health, and the decision you and your health care team agree on.

Do I have to have an intravenous infusion (IV) or saline lock?

An IV or saline lock is generally used during the labor process as a way to give you hydration, medications, and provides a route to access your venous system in an emergency.

Can I walk around while I am in labor?

Many patients choose to walk around the halls or their room and use our birth balls while they are in labor. As long as your baby is doing well and you haven't received any medications that could interfere with walking, your physician may order for you to walk around if you desire. And many times, walking around can be very comfortable to women during the early part of labor. You may also see our wireless fetal monitors on the unit soon, allowing you to move throughout your labor a little easier.

What is Pitocin?

Pitocin is a medication which is a synthetic form of the hormone your body already produces to stimulate uterine contractions. Pitocin is sometimes ordered by your physician to induce or augment a labor. Pitocin may also be used in the prevention of postpartum hemorrhage after the delivery of your baby. Your nurse and physician will discuss administration of Pitocin before using it in your medical care.

How soon can I go home after delivery?

Each patient is unique, so discuss your discharge plan with your doctor and your infant's doctor (pediatrician).

As a general guide:

- Birthing persons with a first child will go home in 48 hours.

- Birthing persons who have had more than one child will be discharged after at least 24 hours.
- Cesarean section patients typically go home in 48-72 hours.
- Infants are generally discharged in 48 hours and ALWAYS with a parent.

Do you have a nursery?

At BJACH, we promote the special bond that develops between parents and their new baby within the first few days of a newborn's life. We encourage 'rooming in' during your stay to help foster this relationship. Did you know that your baby can recognize your heartbeat, voice and smell? This means that your bundle of joy will be more at ease being around you than the unfamiliar scents of a nursery.

What does 'rooming in' mean?

When rooming-in, healthy newborns stay with their mothers in their recovery rooms instead of spending time in the nursery. This not only gives moms a chance to spend more time with their babies, developing confidence and learning your baby's unique cues, but it can also improve outcomes with your breastfeeding journey – should you choose to breastfeed.

I saw one doctor yesterday evening but I saw another doctor this morning. Who is overseeing my care?

We are a teaching facility so your care is being managed by a team of doctors who collaborate with other services to ensure your needs are met.

Who do I call if I have a question about my health once I'm home from the hospital?

Before you and your baby are discharged, the LDRP staff will coordinate and schedule your first well baby check appointments (48-hour and two-week appointments) with the BJACH primary and pediatric care teams.

If you have any issues associated with postpartum, please contact your OB-GYN provider up until six weeks after delivery. Beyond six weeks, please contact your primary care manager for your healthcare needs.