

We Have A Single, Comfortable Room With Your Needs In Mind

Care during your labor and delivery occurs in a state-of-the-art labor suite equipped with advanced technology and safety features and designed to ensure your comfort and privacy. The remainder of your stay is spent in a private, quiet, healing postpartum environment.

- Suites are spacious, each with a private bathroom.
- Each beautifully appointed mother-baby postpartum room features views from top-floor suites.
- Accommodations are available for one support person – any friend or family member you wish – to stay the night.

Whirlpool Tubs

The Labor & Delivery unit includes comfort features such as private delivery and recovery suites and two dedicated rooms with whirlpool tubs to ease back pain during labor.

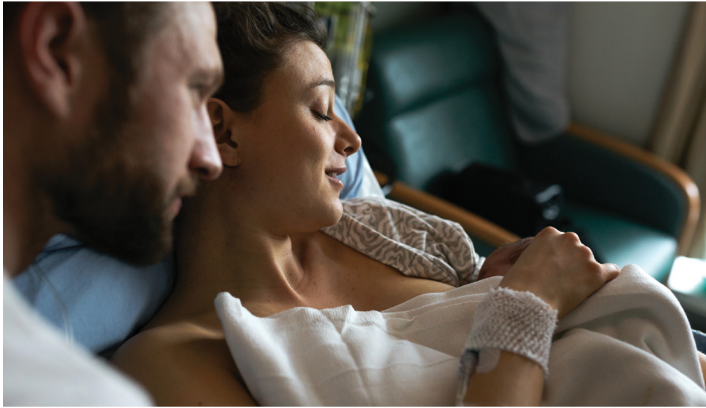
Labor Partners and Visitors

Guests play an important role in the experience of the new mother, both during delivery and after the baby is born. It is our goal to keep a balance of allowing family and friends to visit with our patients while maintaining an atmosphere of privacy and serenity. With this in mind, you are welcome to have up to two people with you during labor and delivery. At times, it may be necessary for the physician to request that only one person accompany you during the birth and subsequent recovery.

Your Options, Your Choices

The team of healthcare professionals at PMC understands that childbirth is a unique experience, and we respect your choices about your delivery.

- We offer a supportive environment for labor, with nurses who provide education about birthing options and pain management to support you throughout your labor and delivery at PMC.
- Your baby is safest and happiest being close to you at all times. We practice rooming in (keeping your baby with you) and will make every effort to perform all newborn care in your room with you nearby; however, babies can be cared for in our Well Baby Nursery should you desire it.



Preparing For Your Cesarean Birth

Congratulations on the upcoming arrival of your baby or babies! If you and your physician have planned for delivery by cesarean section (C-section), this information sheet will assist you in planning your hospital stay. Our staff considers it a privilege to participate in the birth of your baby and looks forward to welcoming you to Princeton Medical Center on your special day.

Your obstetrician's office will give you a prescription for preoperative blood work to be done 24 to72 hours before your surgery. This is very important for your procedure.

You are scheduled for a C-section with Dr. _____ on _____

THE MORNING OF YOUR C-SECTION

- Take a bath or shower prior to coming to the hospital because you won't be able to take one for at least 24 hours after the procedure. Do NOT eat or drink for 8 hours before your surgery as instructed by your provider.
- Remove all nail polish and fake nails. During your operation, the anesthesiologist will place a clip on your finger to monitor the oxygen levels in your blood. Acrylic nails and some nail polishes prevent this probe from working correctly. We strongly advise you to have them removed before your surgery.

MEDICATIONS

Inform your obstetrician of all medications, including herbals and over-the-counter medications, that you take. Some drugs cause bleeding when taken prior to surgery, especially blood thinners and anti-inflammatory medications. If you are taking regular medication or are a diabetic, your obstetrician will give you specific instructions.

WHAT TO WEAR	WHAT NOT TO WEAR
Wear comfortable clothes, glasses instead of contact lenses.	Prior to coming to the hospital we ask that you also remove all jewelry and/or body piercings as they may interfere with operating room (OR) equipment.

ARRIVE AT THE HOSPITAL

Please arrive TWO HOURS prior to your scheduled surgery. Park and enter the hospital through the West Entrance and take the West Elevators to the sixth floor. Once in Labor and Delivery, the secretary will get some information from you and take you to your private room.