Life Begins at New York Methodist Hospital
Since the 1880s, New York Methodist Hospital has shared the joys of childbirth with tens of thousands of Brooklyn families.

Today, the tradition continues with the Birthing Center and the Mother-Baby Unit. Both promote the family-centered birth experience most desired today.

Each of our birthing rooms allows you to experience labor, delivery and recovery in one spacious, tastefully appointed room. After recovery, you are transported via private elevator to the beautiful Mother-Baby Unit, where you will spend the balance of your Hospital stay.

To have a baby is surely the most pleasant reason for going to a hospital. The people of New York Methodist Hospital work hard to make the occasion even more memorable for the parents of more than 5,000 babies born here each year.
The spacious, well-appointed birthing rooms allow you to enjoy the comforts of home. These rooms feature polished mahogany furniture, remote control televisions concealed in attractive armoires and gleaming private bathrooms with a whirlpool bath or a tile shower.

...with the best reassurance any hospital can offer.

Should the need arise, the high tech medical equipment and the health care specialists essential for administering emergency treatment to you and your baby are instantly accessible at the Birthing Center.
The NYM Birthing Center is designed to allow patients to experience a family-centered birth experience in a safe, comfortable and beautiful environment, while receiving the highest quality care.
**Tours**
The Hospital offers tours of the Birthing Center and the Mother-Baby Unit. Tours commence at the information booth in the Carrington Pavilion. For more information, or to register for a tour, please call 866.NY.BIRTH (866.692.4784).

**Classes**
To help you prepare for delivery, New York Methodist Hospital offers a variety of childbirth classes. Most are given for a nominal fee. For further information or to register for any classes, please call 866.NY.BIRTH (866.692.4784).

**Prepared Childbirth Course**
New York Methodist Hospital supports and encourages preparation for childbirth. The Hospital’s four-week prepared childbirth class includes relaxation techniques, explanations of the physiology of pregnancy and childbirth, types of anesthesia available and infant care. It is designed for both the expectant mother and her birth coach.

**Breastfeeding Class**
Offered to women in their seventh, eighth or ninth month of pregnancy, this class covers anatomy of the breast, benefits of breastfeeding, nutrition and other topics of interest to the breastfeeding mother.
Prenatal Services

A full range of prenatal services is available, including amniocentesis, chorionic villus sampling, non-stress test, contraction stress test, biophysical profile, ultrasonography, fetal echocardiogram, genetic counseling and dietary counseling.

Registered nurses conduct prepared childbirth classes at New York Methodist.
HAVING YOUR BABY

When you think you are in labor, call your physician or midwife. Follow his or her instructions for admission to the Hospital.

Admission
Upon your arrival at the Hospital, you should proceed to the Labor and Delivery Triage area located on the fourth floor of the Carrington Pavilion, inside the Birthing Center. Your doctor or midwife will be notified that you are here. You will be examined to determine whether or not you are in labor. If so, you will be admitted to the Hospital.

Labor, Delivery & Recovery
Unless you are having a planned cesarean delivery, you will be shown to one of the birthing rooms where you will be able to experience the entire process — labor, delivery and recovery — in one comfortable, spacious and beautifully decorated room. Each room has a gleaming private bathroom (some with whirlpool bath), a remote control television, rocking chairs and other amenities. The size of the room allows you to have visitors during labor. Within minutes, the home-like room can be transformed into a state-of-the-art delivery room, as all equipment needed to deliver your baby emerges from cabinets, drawers and even the ceiling! Obstetric anesthesia services are available 24-hours a day.
Cesarean Delivery

New York Methodist has two 24-hour operating rooms located within the obstetrics unit used exclusively for operative deliveries. The expectant father/labor coach may be permitted in the operating room to provide additional emotional support to the awake mother at the discretion of both the anesthesiologist and the obstetrician. When general anesthesia is required or the mother is not awake, the father/labor coach will usually be asked to leave the operating room.

Our spacious rooms combine the comforts of home with the technology of a hospital.
After delivery, mothers are encouraged to bond with their baby. The newborn’s first hour is an ideal time to breastfeed because the baby is usually alert and ready to practice. A certified lactation consultant is often available to assist mothers with the first feed.

Within two hours of birth, your baby will be transferred to the newborn nursery so that the baby’s general condition can be assessed by the pediatrician. All newborns receive a prophylactic treatment of erythromycin antibiotic ointment to both eyes to prevent infection, and a vitamin K injection to protect against HDN, a serious bleeding problem. The nurse will return to tell you the weight and length of your baby.

You may remain in the birthing room until you are transferred — via private elevator — to the Mother-Baby Unit. In the case of cesarean birth, you will be monitored in the recovery room before going to the Mother-Baby Unit. The father/labor coach may visit with you in the recovery room.
After the baby is born, the new family can bond in the birthing room.

Cord Blood Program

At the request of parents who make prior arrangements, blood from the umbilical cord can be collected by your obstetrician or midwife following the birth. This procedure does not interfere with the birthing experience. The blood is sealed in a special package and the patient arranges to have it sent to a public or private bank for storage. Cord blood is a rich source of stem cells and can often be used in place of bone marrow for transplants. Families with a history of leukemia or other diseases may wish to speak to their doctor or midwife about this program.

To comply with New York State Department of Health regulations, all prospective mothers are required to undergo HIV counseling and testing. If a woman in labor does not have an HIV test result in her record and refuses testing during labor, her newborn will be tested for HIV immediately following birth.
**MOTHER-BABY UNIT**

While you adjust to motherhood, your baby will be adjusting to life outside the womb.

After you arrive in the Mother-Baby Unit via private elevator, your baby will be brought to you at your request. You may have your baby stay in your room for as long as you wish. If you are breastfeeding, we encourage you to have your baby “room in” with you. You may also choose to leave your baby in our fully staffed Newborn Nursery at any time, especially if you need some uninterrupted sleep. We are flexible and will be pleased to care for your baby in your room or in the Newborn Nursery. Whichever option you choose, one nurse will care for both you and your baby. The nurse is also available to answer any questions you may have.

The Hospital’s comprehensive breastfeeding program offers one-on-one consultation with certified, full time lactation consultants, daily postnatal breastfeeding classes held on the Mother-Baby Unit and a breastfeeding support group.

Hearing tests are routinely performed on all newborns at the Hospital. Detecting a hearing impairment within the first few months of life can help prevent delays during a child’s development. Your baby will also receive other state-mandated screening tests before being discharged.
Safety
All newborns wear an electronic bracelet that is attached to a sensor similar to those found on clothing in department stores. If someone attempts to leave with a baby, the main door on the floor and the door to all the stairwells lock, and alarms are sounded. Identification wristbands are also issued to all fathers.

Observation Nursery
Should your baby require additional observation, the Newborn Nursery has a designated observation area. Your pediatrician will inform you of your baby’s plan of care while in the nursery. Provisions will be made for you to hold and feed your baby. If you are not able to visit your baby, the father or your designated father-surrogate may visit. Our staff will answer your questions, provide encouragement and support, and inform you of other guidelines pertaining to this special area of our Newborn Nursery.

The Hospital encourages a family-centered environment. General visitors and siblings are invited to visit from 10 a.m. to 8 p.m., and fathers from 10 a.m. to 10 p.m.

Please limit the number of visitors to no more than four at a time in order to create a healthier and safer environment for your child. It is important that all individuals wash their hands prior to handling the baby.
If the need arises, your baby will be placed in the Neonatal Intensive Care Unit (NICU), which is designated a Level III nursery, meaning that it is staffed and equipped to handle complex medical needs. Board-certified neonatologists, pediatricians and specially trained registered nurses are on duty in the NICU 24-hours a day.

Parents are encouraged to visit, touch and help care for their babies while in the NICU.

In your baby’s best interest, we must limit NICU visits to parents and grandparents only. The number and length of visits will be determined by the condition of your infant and the amount of activity in the nursery.

Before entering the NICU, parents must thoroughly wash their hands and put on a gown, which should be tied snugly.

For mothers of babies in the NICU, a specially trained lactation consultant is available to provide ongoing assistance and support with breast pumping and breastfeeding.

If you have any questions about your baby, please do not hesitate to talk with the nurse or doctor. At certain times, the nursery can be especially busy; we may have to ask you to call back or wait a while if procedures are being performed or when the doctors are on rounds. You may call us directly at 718.780.3727 or 3728.

Every family with a baby in NICU will have an opportunity to meet with a social worker.
The NICU is staffed by neonatologists, pediatricians and registered nurses.

Isolation Protocol

Should you require isolation protocol, your baby will be kept in the nursery and fed by our staff. The baby’s father (or designated father-surrogate) may be allowed to hold and feed the baby during daytime feeding hours. As soon as isolation protocol is discontinued by your physician, routine floor procedures will be initiated for you and your baby.
LEAVING THE HOSPITAL

Going home from the Hospital with your new baby is tremendously exciting.

Ask your doctor or midwife when he or she expects you to leave the Hospital and begin to plan for your discharge as soon as possible.

Discharge time is 11 a.m. The night before your discharge, it will be helpful to send home any flowers, gifts and clothing you will not need the next day.

The Hospital provides free parking (for up to two hours) for all friends and family members picking up patients before 12 noon. We cannot offer free parking if you leave the Hospital after 12 noon. Family and friends picking up inpatients can park in the Hospital Parking Garage on Sixth Street and Seventh Avenue. Prior to leaving the Hospital, stop by the security desk in the Miner Pavilion (across the street from the garage) and present your discharge instructions and parking ticket. The security supervisor on duty will validate the parking ticket.

We suggest you plan to go home wearing something comfortable; keep in mind that you may not yet be able to fit into the same clothes you did before you were pregnant.

You will receive instructions from your physician and the nursing staff with regard to feeding times.

After you dress your baby, a staff member will take him or her to the main lobby. Discharge can be a busy time; we suggest that siblings and grandparents wait at home. Please make sure that you use an approved infant car seat when taking your baby home.
Note: If your baby will be staying in the nursery after your discharge, we request that you do not remove your ID band until you are able to take your baby home. The staff will make every effort to keep you informed of your baby’s progress.

Special Requests
If you have a special request concerning any aspect of your birthing plan, we ask that you contact one of the nurse managers. Your questions will be answered and, if possible, your request will be granted. However, no exceptions to our policies will be made without prior consent from your doctor or one of the nurse managers.

While at the Hospital, you may be visited by a volunteer who will ask if you would like to have your baby’s picture taken. If you wish to have the picture taken, you will be given a permission form to sign and a brochure from which to choose the size and number of photos you want to order. The volunteer will return to take your order and will mail it to Hospital Baby Portraits, the company that processes our film. You will not be asked for any money at this time. The photos will be delivered C.O.D. to your mailing address. If you order from this company, you will be contacted by Walker Studios when your child is about three months old, unless you ask not to receive this call. No other photographer or studio will be given your name by the Hospital. If you receive a call from any other studio or individual claiming that the Hospital gave them your name, it is not true. We urge you not to let these people into your home or give them money.
NEW YORK METHODIST HOSPITAL

is a 612-bed voluntary, acute-care teaching facility located in Brooklyn’s Park Slope neighborhood. The Hospital provides services to over 30,000 inpatients each year and an additional 350,000 outpatients visits and services are logged annually. Founded in 1881, New York Methodist is affiliated with the Weill Medical College of Cornell University and is a member of the NewYork-Presbyterian Healthcare System.
**IMPORTANT PHONE NUMBERS**

Hospital General Information 718.780.3000
Childbirth Education Services 866.NY.BIRTH (866.692.4784)
NYM Women’s Health Associates 718.246.8500
Department of Obstetrics and Gynecology 718.780.3272
The Birthing Center 718.780.3731
Mother-Baby Unit 718.780.3838
Neonatal Intensive Care Unit 718.780.3727
Admitting Department 718.780.3214
Social Work Department 718.780.5533
Patient Representative 718.780.3375
Development Department 718.780.5342
Gift Shop 718.780.3366
Physician Referral Line 718.499.CARE (718.499.2273)