



## Your Birth Experience: Second Trimester

Women's Hospital



**GREENVILLE  
HEALTH SYSTEM**



# Congratulations! You have reached an important milestone in your pregnancy journey. As you continue on this exciting journey, some important plans need to be made for the arrival of your baby.

To help alleviate your stress later on, you will find that taking a few minutes to pre-register now will mean one less thing to handle when it's time to deliver. Although you plan for a 40-week pregnancy, your baby might decide to arrive earlier than you anticipated.

Now also is a good time to begin thinking about your birthing experience. At Women's Hospital of Greenville Health System (GHS), we want this experience to be everything you want it to be. We recommend that you spend time thinking about your birth plan. You will find an example of a birth plan in this material, or one can be found on our website—[ghs.org/stork](http://ghs.org/stork).

Experts at GHS offer classes to help moms, dads, guardians and siblings prepare for the birth of a new baby. You will find a listing of prenatal classes along with other important information inside this packet.

Our physicians and staff are honored to be part of your journey, and we are all committed to making your baby's birth a joyous and memorable event.

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Greenville Health System



**We offer three convenient ways to pre-register: in person, by mail or through the Internet ([ghs.org/obpreadmit](http://ghs.org/obpreadmit)). A form and business reply envelope are included in this packet.**

### **Pre-registration at Greenville Memorial Hospital**

Patients who plan to deliver their baby at Greenville Memorial Hospital (GMH), where GHS Women's Hospital is located, are encouraged to pre-register. Doing so lets you complete the necessary forms in advance of your upcoming stay. That way, your visit can be less stressful and give you and your family more time to relax and bond with the baby.

Pre-registration is important for us as well. It gives our business office time to create an account number and enter your insurance information. We can call the insurance company to confirm your benefits and then notify you as to the projected cost. This estimate allows the insurance carrier to pay before you deliver or when you go home. (Plus, some insurance companies require an authorization number.) Taking care of these details ahead of time helps us—and you—avoid scrambling for information and helps avoid problems.

If you have any questions about pre-registration, please call our OB patient accounts team member at (864) 454-2294.





## Birth Plan

A birth plan is a list of personal preferences for your birth experience. You may have specific wishes regarding pain management during labor and/or the delivery or care of your baby. The birth plan is a way to communicate your wishes to your healthcare team.

These items generally are covered in a birth plan:

- What are your wishes during a normal labor and delivery?
- How do you prefer your baby to be treated immediately after delivery and in the first few days of life?
- What are your wishes in the case of unexpected events?

Below are some examples of preferences to consider:

- Atmosphere during labor: Do you want music? low lighting? DVD players and TVs are available in all rooms.
- Pain management during labor: Do you prefer non-medicinal methods such as massage, meditation, shower/water therapy, walking around the room with frequent position changes? Or do you prefer IV pain medication or an epidural?
- Umbilical cord cutting: Which person do you want to cut the umbilical cord? As long as your baby is stable, do you want the umbilical cord cut immediately or do you want to wait a few minutes?
- Circumcision: If your baby is a boy, do you want him circumcised?

At Women's Hospital of Greenville Health System, we want your birth experience to be everything you want it to be.

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## **Prenatal Education Classes at Greenville Memorial Hospital**

Women's Hospital offers a variety of classes for expectant and new parents. Please register by your fifth month of pregnancy for the greatest selection of class dates and times. Classes should be completed four to six weeks before your due date. Pre-registration is required.

### ***Prepared Childbirth Classes***

Call for dates and times • \$70/family

Taught by nurses, this class helps expectant parents understand the entire birth process, including how to cope with third-trimester discomfort, know when you are in labor, identify the stages of labor, practice breathing and relaxation techniques, learn options for pain relief and care for yourself postpartum. The class is offered as an all-day retreat.

### ***Prepared Childbirth Refresher***

Call (864) 455-8449 for information • \$35/family

This DVD series is for expectant parents who have taken "Prepared Childbirth" within the past two years. It can be completed in your own home and on your own schedule.

### ***Breastfeeding Class***

Call for dates and times • \$20/family

Taught by a certified lactation consultant, this class prepares couples for the breastfeeding experience and offers practical solutions for common problems.

### ***Breastfeeding Support***

First and third Thursday monthly • Noon-3 p.m. • St. Michael Lutheran Church (2617 Augusta St.) • Free  
Second Thursday monthly • Noon-3 p.m. • Greenville Midwifery Care (35 Medical Ridge Drive) • Free  
Fourth Thursday monthly • Noon-3 p.m. • GHS OB/GYN Center (1120 Grove Road) • Free  
Share experiences with other moms and learn about breastfeeding in the real world.

### ***Siblings Class***

First Thursday monthly • 6:30-8 p.m. • \$20/family

This class prepares children ages 3 through 8 for the birth of your baby.

### ***OB Tour***

Call for dates and times • Free

Join us for a walking tour of The Family Birthplace and of Family Beginnings. Learn what to bring to the hospital and what to expect during your stay.

### ***Friends and Family CPR***

Call for dates and times • \$30/person

Taught by a certified CPR instructor, this class uses American Heart Association guidelines to teach you how to reduce hazards in your child's environment and trains you to perform CPR on an infant. Women in their third trimester should not take this class. Note: This class is for educational purposes only. It is not a certification class.



**Breastfeeding Helpline  
455-BABY (2229).**

## **Lactation Consultants and Breastfeeding Information**

At Greenville Memorial Hospital, we have 12 certified lactation consultants who can see you during your stay. Lactation consultants are available daily from 8:00 a.m. to 4:30 p.m. with some extended coverage into evening hours. In addition to our lactation consultants, all nurses on the sixth floor have received extra breastfeeding training to help our patients.

### ***A lactation consultant is a healthcare professional who has ...***

- Highly specialized, advanced training in breastfeeding management
- Many years of professional, clinical experience working with mothers and babies
- Undergone rigorous training and testing to become certified by the International Board of Lactation Consultant Examiners

### ***A lactation consultant can perform the following services:***

- Provide mothers with the latest information on breastfeeding management
- Evaluate breastfeeding problems and offer practical solutions
- Teach techniques to make breastfeeding comfortable and successful
- Offer help with latch-on, positioning, proper use of breast pumps and other aspects of breastfeeding
- Give special assistance to mothers with premature babies, multiples or special-needs babies and help mothers who are returning to work

Our comprehensive lactation program supports breastfeeding mothers both during their hospital stay and after they go home. A certified lactation consultant likely will see you in the hospital before you are discharged.

After you go home, the Breastfeeding Helpline, (864) 455-BABY (2229), is available to help you with questions or concerns, including questions about renting or purchasing a breast pump. A lactation consultant will return your call. These consultants also offer outpatient consults by appointment. Breast pumps are available for rent or purchase through the Women's Hospital. In addition, other breastfeeding supplies are available for purchase, such as nursing bras and camisoles.

**Visit our Women's Boutique located on the 6th floor, right outside of Family Beginnings, or on the 1st floor lobby near the Hospitality Shop.**

## **“Baby Friendly” Hospital Designation**

A “Baby Friendly” hospital is one that promotes breastfeeding as the sole source of nutrition for all infants for at least the first six months of life. In July 2014, GMH became Baby-Friendly designated—and is committed to educate not only our patients but also our staff about the benefits of breastfeeding. This education also includes teaching and practicing rooming-in and skin-to-skin contact with newborns and mothers.

Rooming-in means that the baby stays with the mother in her room for the entire hospital stay; the newborn nursery no longer is used to house newborns because the best place for a newborn is with his or her mother.

“Skin-to-skin” is the practice of placing the infant directly on the new mother’s chest within five minutes of birth; it promotes breastfeeding and helps to maintain the newborn’s temperature and glucose level. Skin-to-skin also is a priceless opportunity to begin bonding with your newborn, and it can be practiced at any time to help calm and comfort the newborn, even after discharge from the hospital.

### ***Early Initiation, Timing and Continuation of Breastfeeding***

Practicing skin-to-skin within five minutes of delivery of the baby promotes early initiation of breastfeeding. Babies who are breastfed soon after delivery are more likely to succeed, even if the first breastfeeding is only for a few minutes. Babies are usually very alert and responsive to breastfeeding for the first few hours after birth.

Our staff—including nurses and lactation consultants—are specially trained to assist you with breastfeeding. Babies will provide mothers with “hunger cues,” including lip-smacking, placing hands to mouth, sucking motions and crying, to indicate when the time has come to breastfeed. Watching for these cues—instead of watching the clock—will allow a new mother to know when her newborn is hungry. This alert to feeding also is known as “baby-led feeding,” and is one of the greatest benefits of rooming-in.

Exclusive breastfeeding is recommended for at least the first six months of a baby’s life. Breastfeeding is about supply and demand; therefore, supplementing baby’s nutrition with formula will decrease breast milk supply. The less a new mother breastfeeds (or expresses milk from her breasts), the less milk she will produce.

### ***Pain Relief During Labor***

The Family Birthplace at GMH offers a wide range of pain relief options for laboring women, including both medical and non-medical methods such as massage (which involves the Care Partner in the labor process), epidural and hydrotherapy. We also offer birthing balls, squatting bars and mobile fetal monitors for laboring women who want to walk during labor. Discuss your wishes with your providers. We strive to make the labor process as comfortable as possible.

Baby-Friendly designation promotes and supports breastfeeding, skin-to-skin contact and rooming-in.

For car seat inspection locations or to make an appointment online, go to [ghschildrens.org/kohls](https://ghschildrens.org/kohls). Safety checks are by appointment only.

### **What if I still have questions?**

Call (864) 454-1100 to speak with the Special Project Coordinator for Kohl's "On the Way" Child Passenger Safety Program.



## **Car Seat Safety**

Before the first ride home, Safe Kids™ Upstate, led by Greenville Health System, encourages you to act on the following questions:

### ***What is the best car seat for my child?***

- It fits the child birth (or a starting weight of 4 pounds) to 40 pounds.
- It fits the car/truck/van. Try the seat in the vehicle before buying it.
- The back of the front seat does not touch the back of the infant carrier or convertible seat.
- Best practice is to purchase a new car seat. You must know the history of the car seat, and it must be less than six years from the manufacture date. All stickers must be intact and readable.
- If the car seat has been in a crash—even a minor fender bender—it is not recommended to use that seat.

### ***Where is the safest position to place my child in the back seat?***

- First, check the owner's manual of your car/truck/van for guidance.
- Second, if there are two drivers and one is taller than the other, make sure the seat back of the front seat does not touch the back of the car seat.
- As a parent, you make the final call unless the car or car seat manual gives very specific directions. Best practice is to follow the owner's manual.

### ***When should I install my infant car seat?***

- Install it no later than the seventh month of pregnancy. Babies don't always arrive when scheduled, and we want you to be ready!
- If the seat is purchased well before the baby arrives and does not fit the car, you will have time to make adjustments.
- Purchasing the seat by the early part of the third trimester will give you time to have a prenatal car seat inspection.

### ***What is a car seat inspection?***

Safe Kids Upstate has trained certified technicians who can inspect your installed car seat at any of the six inspection stations. They will help you make any corrections so that the seat is ready for your new precious cargo. These technicians continue their training to stay current on all advancements and recalls of car seats.

Safe Kids Upstate has six Child Safety Seat Inspection Stations in Greenville, Pickens and Oconee counties. All inspections are by appointment. Slots fill quickly, so we urge you to make your appointment early in the third trimester. We also have translators available on request. Please call (864) 454-1100 for Greenville County (English) or (864) 454-1187 (Spanish), and (864) 885-7390 for Oconee and Pickens counties. For locations or to make an appointment online, go to [ghschildrens.org/kohls](https://ghschildrens.org/kohls).

## Baby Registry Items

Our goal is to make sure that you are as prepared for your new addition as possible. Below is a list of items that you might find helpful to have for your baby before he or she arrives.

### *Nursery*

- Crib/bassinet/pack-n-play
- Crib mattress
- Fitted crib sheets
- Receiving blankets
- Changing table
- Changing pads and cover
- Dresser/chest for clothing
- Hamper
- Rocking chair
- Baby monitor

### *Clothing*

- Going-home outfit
- One-piece body suits
- Sleeping gowns
- Footed rompers
- Baby laundry detergent
- Baby hangers

For colder weather, your baby may need these items:

- Lightweight cotton sweaters
- Socks and booties
- Hats

### *Baby Care*

- First-aid supplies
- Thermometer
- Baby brush and comb
- Nail clippers
- Nasal aspirator
- Rubbing alcohol
- Cotton swabs

### *Baby Essentials*

#### *Changing*

- Diapers
- Diaper bag
- Diaper pail and liners
- Diaper ointment
- Diaper wipes
- Travel wipes pack

#### *Bathing*

- Infant tub
- Foam tub insert
- Hooded towels (2-4)
- Baby washcloths (6-8)
- Baby shampoo
- Thermometer for water
- Tub spout cover

#### *Traveling*

- Car seat
- Stroller
- Sunshade for car
- Mirror for car



This exciting time is filled with great expectations and many questions. We are dedicated to meeting your expectations.

# Greenville Memorial Hospital

701 Grove Road  
Greenville, SC 29605-5601  
(864) 455-7000  
[ghs.org/stork](http://ghs.org/stork)



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[ghs.org](http://ghs.org)



# Preadmission Form



**GREENVILLE  
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Please Print

Patient's Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Maiden Name \_\_\_\_\_ Nickname/Preferred Name \_\_\_\_\_ Age \_\_\_\_\_

Birthdate / / SS# \_\_\_\_\_ Race \_\_\_\_\_

Religion \_\_\_\_\_  Married  Single  Widowed  Separated  Divorced

Patient's Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Patient's Mailing Address (if different from above) \_\_\_\_\_

County of Residence \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email (optional) \_\_\_\_\_

Patient's Employer \_\_\_\_\_

Employer's Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work Phone \_\_\_\_\_ Ext. \_\_\_\_\_

Next of Kin (husband, if married) \_\_\_\_\_ Relation to Patient \_\_\_\_\_

Birthdate / / SS# \_\_\_\_\_

His/Her Place of Employment \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Ext. \_\_\_\_\_

Emergency Contact (not living in home) \_\_\_\_\_ Relation to Patient \_\_\_\_\_

His/Her Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Ext. \_\_\_\_\_

Expected Date of Delivery at Greenville Memorial Hospital / /

Type of Delivery:  Scheduled C-section  Traditional Delivery  Traditional Delivery With Tubal Ligation  Trial of Labor—Vaginal Birth After C-section

OB/GYN Provider (name/group) \_\_\_\_\_

Name of Primary Insurance Company \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Subscriber's Name \_\_\_\_\_ Group # \_\_\_\_\_ Policy/ID # \_\_\_\_\_

Name of Secondary Insurance Company \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Subscriber's Name \_\_\_\_\_ Group # \_\_\_\_\_ Policy/ID # \_\_\_\_\_

Medicaid # \_\_\_\_\_ Signature \_\_\_\_\_

Thank you for choosing the services of Women's Hospital of Greenville Health System.  
We look forward to sharing this special time in your life.

**For your convenience, you may submit the preadmission form one of three ways:**

- **Online:** Go to [ghs.org/obpreadmit](https://ghs.org/obpreadmit) to complete the preadmission process.
- **By mail:** Along with this completed form, please include a copy of both sides of your insurance cards for identification and insurance verification. Mail this information in the postage-paid envelope provided.
- **In person:** Please go to our Admissions and Business Office located just inside the Patient Entrance at Greenville Memorial Hospital.

If you have any questions about pre-registration, please call our OB patient accounts team member at **(864) 454-2294**.



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## Sample Birth Plan

For your birth plan to be most effective, you are encouraged to review the plan with your provider before admission to the hospital.

Birth preference for the \_\_\_\_\_ family

Mother's name: \_\_\_\_\_ Partner's name: \_\_\_\_\_

### **Preferences during labor and delivery:**

During labor, I prefer the birthing room to have

- \_\_\_\_\_ Dim lights
- \_\_\_\_\_ Peace and quiet
- \_\_\_\_\_ Music of my choice

I prefer

- \_\_\_\_\_ To move around
- \_\_\_\_\_ To use a birthing ball and/or rocking chair
- \_\_\_\_\_ Moving around is not important to me

I prefer

- \_\_\_\_\_ Intermittent fetal monitoring (we must obtain and document fetal heart tones every 15-30 minutes in labor and every 5-15 minutes during pushing)
- \_\_\_\_\_ Ongoing fetal monitoring using telemetry so I can walk around

For pain relief, I prefer

- \_\_\_\_\_ Non-medicinal options (massage, walking, changing positions, shower, relaxation techniques)
- \_\_\_\_\_ IV pain medications (brand names such as Stadol, Nubain, etc.)
- \_\_\_\_\_ Epidural upon request

During delivery, I prefer

- \_\_\_\_\_ Spontaneous pushing
- \_\_\_\_\_ Directed pushing (pushing at certain times as directed by labor coach/nurse)
- \_\_\_\_\_ To use people for leg support (Care Partner, etc.)
- \_\_\_\_\_ To use foot pedals
- \_\_\_\_\_ To use stirrups
- \_\_\_\_\_ To deliver my baby in the tub (before delivery, a discussion with your midwife is required)

During delivery, I prefer to have the following people present:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Preferences for Baby's Care:**

After delivery, I prefer

- \_\_\_\_\_ Immediate cutting of the umbilical cord
- \_\_\_\_\_ Delayed cutting of the umbilical cord (after it stops pulsating)
- \_\_\_\_\_ My partner (or other family member) to cut the umbilical cord

If my baby is a boy, I prefer

- \_\_\_\_\_ No circumcision
- \_\_\_\_\_ Circumcision

### **Notes:**

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