



# You're Expecting

**A Maternity Planning Guide**



[BayCareMaternity.org](https://www.BayCareMaternity.org)



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*Preparing for your baby's birth is exciting. To help make your birth experience personal and special, BayCare encourages you to start planning early for your delivery.*

One way you can make your delivery special is to create a birth plan. With a birth plan, you can outline your choices, including who you want with you during labor, how you want to handle pain management and even the type of music you want to listen to. We encourage you to take time to think about the kind of birth experience you want, so we can do our best to support and respect the decisions you and your health care provider have made. If plans change for medical reasons, you can be sure that our doctors and nurses will provide exceptional care for you and your baby throughout the entire delivery.

The months leading up to your baby's birth can be busy. To help you get a head start on the paperwork, we offer free online registration for all our maternity hospitals. Go to [BayCareMaternity.org](http://BayCareMaternity.org) and click on "Maternity Preregistration" to complete the required forms for admission to the BayCare hospital of your choice. You can do this as early as 90 days before your expected due date.





## Chapter One | The Big Announcement

Being pregnant can be one of the most important experiences of a woman's life. Not only are you excited to welcome a new baby, but parents-to-be also receive a lot of new information and must prepare for a growing family. Sometimes this can feel overwhelming, but don't worry! We've delivered thousands of babies and can help you navigate the journey every step of the way.

For example, establishing a good relationship with an obstetrician (OB) early in your pregnancy is highly recommended. They'll help you with important matters such as nutrition, exercise and standard testing. They'll also tell you the different ways your baby's growth and development will be measured up until birth. If you don't have an OB, or you're looking to switch health care providers, call 1-800-BayCare (1-800-229-2273) for a referral, or search our physician list at [BayCareMaternity.org](http://BayCareMaternity.org).

*BayCare has many expert doctors. If you need a doctor for you or your baby, call 1-800-BayCare (1-800-229-2273) for a referral, or go to [BayCareMaternity.org](http://BayCareMaternity.org).*



## Choosing Your Baby's Doctor

You need to choose a doctor for your baby before they're born. It's important to make that choice based on the qualifications or experience you want most. The American Academy of Pediatrics has provided helpful questions to ask as you interview possible pediatricians.

- What hospital would be used if your child needed to be admitted?
- Can you get to the doctor's office easily? Is it accessible by car or public transportation? Is it close to work, home or daycare?
- Will their office hours work for you? For example, you may need evening or weekend hours if you're a working parent.
- What's the pediatrician's policy on taking and returning phone calls? Is there a nurse in the office who answers routine questions?
- Is this a group practice with other pediatricians? Do they cover for each other? Who handles phone calls when the office is closed or during vacations?
- Do the doctor and the office team seem courteous, attentive and patient, or did you feel rushed?
- How are visits for acute illnesses handled? Can you make an appointment on short notice if your child needs to see the pediatrician because of a sore throat, for example?
- Do the doctor and nurses communicate clearly, using words and phrases you understand (not medical jargon) to explain illnesses and treatments? Does the doctor make an effort to answer all your questions?
- What are the fees for sick visits, routine exams and immunizations? What's the office policy for processing insurance forms? In which managed care programs does the doctor participate?
- Will the doctor coordinate care among other doctors or specialists, should your child ever need it?

*More tips from the American Academy of Pediatrics are available at [HealthyChildren.org](https://www.healthychildren.org).*

## Important Milestones

Some parents like to keep a record of important dates during their pregnancy, such as these:

Milestone	Date
When I learned I was expecting	_____
Our first doctor visit	_____
Our first ultrasound	_____
Heard my baby's heartbeat	_____
Learned my baby's gender	_____
When I went into labor	_____

## Contact Information for Delivering Hospitals

- Mease Countryside Hospital: (727) 725-6821
- Morton Plant Hospital: (727) 462-7749
- St. Joseph's Women's Hospital: (813) 872-3932
- St. Joseph's Hospital-North: (813) 872-3932
- St. Joseph's Hospital-South: (813) 302-8734
- South Florida Baptist Hospital: (813) 757-8343
- Winter Haven Women's Hospital (863) 294-7068





## Chapter Two | As Your Baby Grows

Your obstetrician will advise you on the best activities and behaviors throughout your pregnancy. Then, using diagnostic tests such as an ultrasound, your health care provider will check on your baby at different stages during your pregnancy. Ultrasounds are painless and are a great opportunity to see your baby sleeping, moving and rolling around. As your baby grows, you may also see moving arms and legs and even thumb-sucking. Taking these “sneak peek” photos home gives you something to enjoy as you wait for your baby to arrive, and it’s a meaningful keepsake to remind you of this special time.

### Pregnancy Ultrasound at BayCare

From the moment you discover that you’re pregnant, the health and safety of your child will be the only thing on your mind. Thanks to ultrasound technology, you won’t have to wait nine months to see your baby. At BayCare, we offer a wide range of maternity services, including pregnancy ultrasounds, during various stages of your pregnancy. Using high-frequency sound waves to produce an image of your baby developing in the uterus, your health care provider will monitor multiple things, including the due date, growth, position and if you’re expecting more than one baby.

### What to Expect

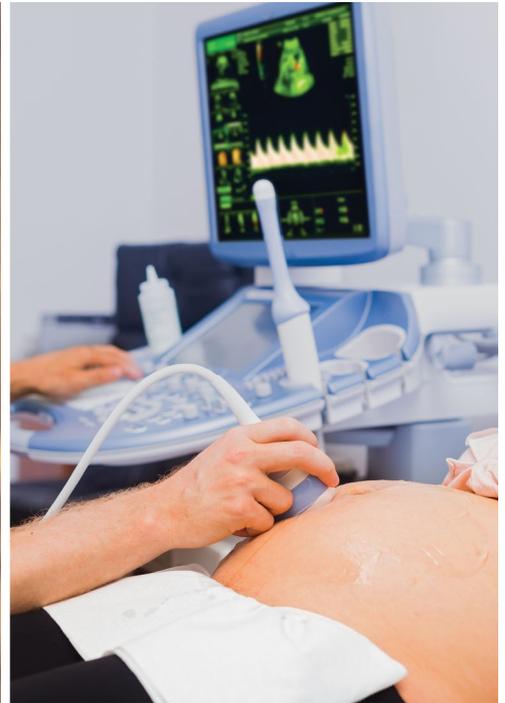
There are two types of ultrasound: Abdominal and transvaginal. The most common image you’ll see is two-dimensional, which gives a flat picture of your baby. Ultrasound images appear best when the mother has a full bladder, so you may be asked to drink a few glasses of water an hour before the test.

The abdominal ultrasound is the most common and will be the primary method of looking at your baby throughout your pregnancy. The technician or nurse performing the test will spread a clear gel on your belly while moving a handheld probe over the area. The probe will transmit sound waves and create an image on the monitor.

A transvaginal ultrasound is typically done only once or twice during the early stages of pregnancy when a sharper image is needed. A small, long transducer wand is inserted into the vagina and moved internally to perform the ultrasound. Just like the abdominal ultrasound, this method also uses sound waves to produce a 2-D image.

*As your baby grows,  
you have to take very  
good care of yourself  
since everything you do  
to your body impacts the  
growth and development  
of your baby.*





### 3-D and 4-D Ultrasound

Typically, your health care provider can learn important information using a traditional ultrasound. But if more detail is needed, a 3-D ultrasound can be performed. Your technician or nurse uses a special ultrasound machine to produce a 3-D image to measure the width, height and depth of your baby, as well as the placenta. 4-D ultrasounds are similar to the three-dimensional image, except your baby's movements can be seen in real-time. These images often have a golden color, which helps show shadows and highlights.

The number of ultrasounds allowed will depend on your insurance company. Call our imaging locations to check on which ultrasounds are available. For more information on insurance coverage, check with your insurance company. For a physician referral, call 1-800-BayCare (1-800-229-2273) or go to [BayCareMaternity.org](http://BayCareMaternity.org).

### Ultrasound by Trimester

Ultrasounds are typically performed at various times during your pregnancy.

#### First Trimester: First 14 Weeks

- Approximate due date
- Identify fetus and placental structures
- Examine uterus and pelvic anatomy

#### Second Trimester: 14–26 Weeks

- Assist in prenatal tests
- Check the amount of amniotic fluid
- Observe fetal behavior and anatomy (determine gender, if possible)
- Measure cervix length

#### Third Trimester: 26–40 Weeks

- Monitor fetal growth
- Assess the placenta
- Check amniotic fluid
- Determine fetal position



*Preregister online:  
[BayCareMaternity.org](http://BayCareMaternity.org)*

## **Building Your Nest**

Bringing a new baby home requires a lot of preparation. You'll need plenty of diapers, blankets, clothing, a safe place for your baby to sleep and everything you need to feed your baby. At first, many parents don't want to be alone with a newborn because their baby's needs seem overwhelming. Both parents are usually a little sleep-deprived and excited, all at once. So, anything you can prepare before going into labor will be helpful when you get home from the hospital with your newborn. You might also consider having a support person nearby to help with cooking, cleaning and caring for other children.

Getting everything ready for your baby's arrival can be fun and educational as you learn to assemble cribs, swings, strollers and play centers. Parents are encouraged to take prenatal classes that help prepare for parenthood, take a tour of the hospital of their choice and preregister before their delivery day. All these resources are available online at [BayCareMaternity.org](http://BayCareMaternity.org).

And of course, family and friends will want to celebrate with you. Some celebrations to consider are pregnancy announcements, a gender reveal party and baby showers, to help you get all the supplies you'll need. Great resources are available to help you think about fun and useful items you'd like to have for your baby and their nursery.

## **Getting Ready for Your Baby**

This checklist will help you stay on course as you get closer to the big day.

### **First Trimester**

- Announce the upcoming event to family and friends.
- Stop smoking, drinking alcohol and taking any medications not prescribed by your doctor.
- Contact your insurance company and ask if you need a precertification or authorization number.
- Consider starting a pregnancy diary and photo album of you and your expanding shape each month.
- Take prenatal vitamins with folic acid.
- Start drinking lots of water.
- Begin reading about pregnancy.
- Choose a doctor and schedule your first prenatal appointment. For a referral to an obstetrician, call 1-800-BayCare (1-800-229-2273), or use our online physician finder at [BayCareMaternity.org](http://BayCareMaternity.org).

## Second Trimester

- Preregister for your chosen hospital at [BayCareMaternity.org](https://www.baycarematernity.org).
- Check with your employer about maternity and family leave benefits.
- Register for prenatal classes at [BayCareMaternity.org](https://www.baycarematernity.org).
- Start thinking about baby names. You'll need to fill out your baby's birth certificate in the hospital.
- Start reading and singing to your baby.
- If you'll be returning to work, begin to think about childcare plans.
- Clean the house, update fire extinguishers and test smoke and carbon monoxide detectors.
- Choose a pediatrician for your baby and schedule an appointment. For a physician referral, call 1-800-BayCare (1-800-229-2273), or use our online physician finder at [BayCareMaternity.org](https://www.baycarematernity.org).

## Third Trimester

- If you're considering a tubal ligation, discuss this with your obstetrician around week 30.
- If you're considering circumcision, get more information from your obstetrician.
- Discuss an advance directive with your physician and family members.
- Shop for baby care items.
- Start packing your overnight hospital bag.
- Plan how you'll get to the hospital, whether night or day, and take a practice trip.
- Learn to use your infant car seat. By law, you must have a car seat installed in your vehicle when you and your baby leave the hospital.
- If you have other children, prepare them for the birth and consider our Big Brother, Big Sister class.
- Prepare and freeze some meals.





## Chapter Three | Preparing for the Big Day

Parents have a lot to learn with a baby on the way. Mom has to learn how to deliver a baby, dad must learn ways to support mom throughout pregnancy, and both must learn when to go to the doctor and how to make your house safe for the baby. At BayCare, we offer classes at which nurses and counselors will teach you everything from diaper changing and swaddling to feeding cues and baby baths.

### Education and Support

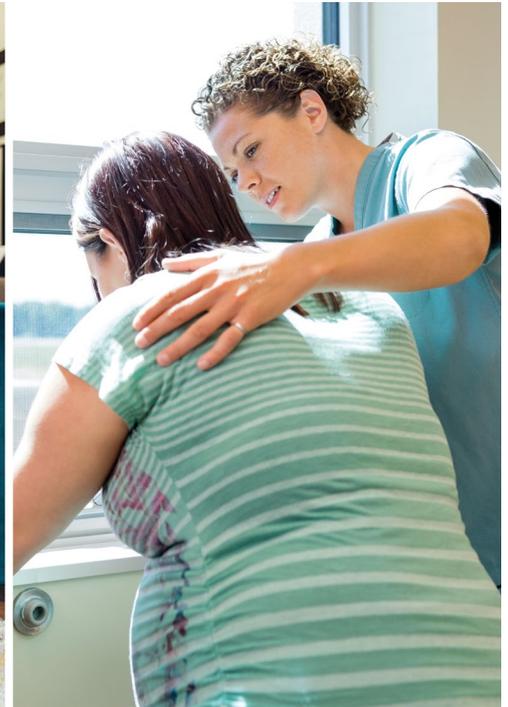
BayCare wants you to have the information you need during pregnancy. We offer education and support programs that focus on pregnancy, childbirth and parenting. Professional nurses, certified childbirth educators and certified lactation consultants lead these programs. Some classes are available online. You can register by calling the BayCare Customer Service Center at 1-800-BayCare (1-800-229-2273) or by going to [BayCareMaternity.org](http://BayCareMaternity.org) and selecting “Classes and Events.”

**Understanding Childbirth Class:** Learn about labor, including other moms’ birth stories, creating a birth plan and tips on how partners can help provide comfort.

**Understanding Newborns:** This class provides essential information about bathing, feeding and diapering your newborn, and when to call the doctor.

**Understanding Breastfeeding:** Learn about the breastfeeding essentials including breast care, feeding cues and when to call for help.





## Healthy Start and Social Services

Healthy Start services are available to all pregnant women and families with babies younger than age 1. The program offers help with:

- Having a healthy pregnancy
- Caring for your baby
- Healthy eating
- Family planning
- Smoking cessation
- Infant parenting
- Breastfeeding
- Friendly support

Contact your hospital's Care Coordination department (Social Services) for assistance with community referrals in your county:

- **Mease Countryside Hospital:**  
(727) 725-6796
- **Morton Plant Hospital:**  
(727) 462-7050
- **St. Joseph's Women's Hospital:**  
(813) 872-3915
- **St. Joseph's Hospital-North:**  
(813) 443-7207
- **St. Joseph's Hospital-South:**  
(813) 302-8440
- **South Florida Baptist Hospital:**  
(813) 757-8307
- **Winter Haven Women's Hospital:**  
(863) 294-7010,  
extension 6335 or 6307



## Hospital Admission

There's so much to do before your baby's birth, including preregistering for your hospital admission. For your convenience, you can preregister in one of the following ways:

- Online at [BayCareMaternity.org](http://BayCareMaternity.org). Click the link to “Online Preregistration” and choose the BayCare hospital where you and your doctor plan to deliver.
- By phone or in person at the admitting office of your hospital:
  - Mease Countryside Hospital: (727) 725-6930
  - Morton Plant Hospital: (727) 462-7060
  - St. Joseph's Women's Hospital: (813) 872-2959
  - St. Joseph's Hospital-North: (813) 443-7170
  - St. Joseph's Hospital-South: (813) 302-8100
  - South Florida Baptist Hospital: (813) 757-1264
  - Winter Haven Women's Hospital: (863) 294-7031

If your insurance company requires a precertification or authorization number before your hospitalization, contact your insurance company as soon as possible. Give any authorization numbers to the admitting office when you preregister.

## What to Bring to the Hospital

Pack your bags at least one month before your due date. Bring your copayment or deductible with you in whatever form of payment you choose (credit card, check, cash). Leave jewelry and other valuables at home. When packing, consider the following items.

### For You During Labor:

- Favorite pillow
- Focal point item (favorite picture, stuffed animal)
- Music
- Water-soluble lip balm
- Warm socks
- Entertainment (books, playing cards, iPad, crafts)

### For Your Coach:

- A watch with a second hand for timing contractions, or a stopwatch feature on a cell phone
- Insurance card and forms
- Camera
- Change for the vending machines or snacks from home
- Change of clothes
- Cell phone, charger and list of important phone numbers
- Personal care items (toothbrush, toothpaste, hairbrush)
- Entertainment (books, iPad)

### For Your Hospital Stay:

(Also see the “Medications” section below)

- Two maternity nightgowns or nursing gowns, along with nursing bras, nursing blouses, nursing pads and lanolin ointment
- Robe and slippers
- Undergarments and sanitary napkins
- Toiletries (toothbrush, toothpaste, brush, comb, shampoo, makeup, witch hazel)
- Contact lens case, glasses and case (if applicable)
- Loose-fitting clothes to wear home (or early maternity clothes)
- Your camera

### For Your Baby:

- Clothing for photoshoot
- Several pairs of pajamas or onesies
- Going-home outfit (sleeper, booties) appropriate for the weather
- Receiving blankets
- Diapers and wipes
- A federally approved car seat must be installed before hospital discharge, as required by Florida law.

### Medications

BayCare policies don't allow bringing medications with you to the hospital. However, if medication is required during your stay, your doctor will prescribe it for you.





## Chapter Four | Baby's Birthday

Having a baby is a big responsibility and parents need to make many decisions before their baby arrives. You'll find our BayCare hospitals are family-friendly facilities that support your choices for birthing options and the care of your baby. Your baby's birth will be a very special day in your life. Our goal is to make this day as calm, safe and memorable as possible.

### Your Birthing Options

Our private labor/delivery/recovery rooms feature soft, soothing colors to create a warm and calming environment to help you feel comfortable throughout your labor and recovery. You'll also find state-of-the-art technology, including fetal monitoring and a birthing bed equipped with the best features to ease the delivery process.

Talk with your health care provider about your birth plans. As you prepare for delivery, you may want to use different methods of easing labor. Some ideas include:

#### Walking, rocking, dancing:

- Takes advantage of gravity
- Decreases contraction pain
- Increases power of contractions
- May relieve back pain
- Encourages baby's movement through pelvis

#### Hydrotherapy:

- Reduces pain and anxiety
- Speeds up labor
- Decreases use of vacuum and forceps
- Decreases tearing

#### Music therapy:

- Lessens anxiety caused by pain
- Creates a peaceful environment for mom and birthing team

#### Yoga:

- May shorten the duration of labor
- Minimizes pain by increasing the ability to cope with labor

#### Aromatherapy:

- Promotes relaxation and decreases pain
- Options include lavender, peppermint and orange



*At BayCare, our delivery rooms were built with your and your baby's safety and comfort in mind.*



## **Pain Control**

Pain control options are available for you during labor. Discuss these options with your health care provider to help determine which choice is best for you. Be sure to understand the risks and benefits of each choice before deciding.

### **Water Birth**

Water birth is a wonderful choice for those seeking a natural, unmedicated birth. Laboring in warm water has been clinically shown to decrease pain and increase confidence and ease of movement. In addition, studies indicate that there's no increased risk to mom or baby during a water birth. Only available at certain hospitals.

### **Nitrous Oxide**

Nitrous oxide is a great option for someone who wants an unmedicated delivery before receiving an epidural or those who can't get an epidural due to a medical condition or very fast labor. Nitrous oxide is safe for you and your baby. It works quickly and can decrease your anxiety.

### **IV Medications**

Medications given intravenously (IV) may help decrease pain and allow rest between contractions; however, they won't completely relieve pain.

### **Epidurals**

Anesthesia teams are available in the hospital around the clock for those who want an epidural. The benefits of an epidural include better overall pain relief and easing pain while repairing tears. If a cesarean section (C-section) is needed, sufficient anesthesia will be required.

### **Position Changes**

Moving during labor has been shown to decrease pain, tearing and episiotomies, the need for C-sections and the length of labor. Be sure to follow your health care provider's instructions to make your delivery easier.



### **Family-Centered Cesarean Birth**

We encourage immediate bonding with your baby. To help with bonding following a cesarean delivery, we:

- Provide a clear drape that allows you to witness the birth
- Keep the baby visible to you at all times
- Encourage skin-to-skin contact following the birth while in the operating room
- Allow support person/significant other to trim the umbilical cord at the baby warmer

### **Placental Tissue Donation**

As you start a new life with your family, consider giving the gift of your placenta to help others have a better life. If you're delivering your baby via planned cesarean section at Mease Countryside Hospital, Morton Plant Hospital or St. Joseph's Women's Hospital, after giving consent, you can donate your placenta with complete confidentiality. The placental tissue will be used for research to develop treatments that may promote rapid tissue healing for burns and other types of wounds. Healing is a long process for burn patients who suffer through months of skin grafting without a guarantee of success. Scientists are beginning to use placental stem cells, usually discarded after birth, to accelerate healing through cutting-edge research. If you'd like more information about donating your placental tissue, call the St. Joseph's Hospital Comprehensive Research Institute at (813) 443-3026.

## Keeping You and Your Baby Safe

Research has shown that the best way to prevent medical errors is for patients and families to actively participate in their health care. These tips can help you understand the type of care you and your baby are receiving:

- Make sure every health care team member who cares for you and your baby checks your name bands.
- Ask us any questions you may have about your care or the care of your baby. Discuss your concerns.
- Ask your doctors about the results of tests done on you or your baby.
- Let us help you out of bed until we know you're steady on your feet. We don't want you to fall.
- Give us complete and correct information about your health history, personal habits (such as alcohol use or smoking) and diet.
- Make sure we know what medications you take, including those ordered by a doctor, and what you take on your own (such as aspirin or cold remedies). Be sure to include vitamins, herbs and dietary supplements.
- Ask what each medication is for, if it's new to you, or if you don't know what it is. Understand the possible side effects of the medication. Let us know if you think you're having a side effect.
- Find out why a test or treatment is needed and how it may help you or your baby.
- Ask health care members if they've washed their hands before providing care to you or your baby. Good handwashing is the best way to prevent the spread of germs.
- Be sure you know what to expect when you and your baby go home and know what to report to your doctors.



## Family Bonding

Our mother/baby rooms are warm, comfortable and quiet, providing just the right atmosphere for you to bond as a family. Staying close to your baby is beneficial to both you and your little one. It also has a positive effect on a baby's brain development and helps regulate body rhythms. Parents appreciate having their babies share a room with them. At BayCare, we encourage parents to establish immediate bonding with their newborn. Skin-to-skin contact following birth and extending into the baby's first three months can have lasting benefits for both of you. Kangaroo or skin-to-skin care begins following the birth of your baby when the newborn is placed on your bare chest. Direct skin contact can help your baby breathe easier, normalize their heart rate and oxygen levels, and support brain development. The same goes for dads/partners as well. For mom, skin-to-skin time helps produce milk, and it boosts the release of hormones that increase feelings of happiness. It also helps promote the healing process and can reduce colic.

## Security

BayCare provides advanced security measures for our moms and babies. During their stay, we have a system in place to connect moms and babies from the moment of birth. We also take special care to track visitors' entrances and exits to certain areas in our maternity hospitals. Visitors must know the mother by her first and last name before being allowed entry. Other security measures include:

- Safe, secure mother/baby unit with a 24-hour security system
- Education so that parents know to let only authorized hospital team members with official photo ID badges into their rooms
- Father/Primary support person is welcome to stay with mother 24 hours a day
- Security bands are placed on your baby's ankle to match mom and dad/support person's bands
- Only individuals whose band matches the baby will receive information about the baby or be allowed into the nursery



### Chaplains and Spiritual Care

Your spiritual and emotional well-being is important to us. Each hospital has a chapel where people of all faiths can come for quiet reflection and personal prayer. When needed, chaplains are available to visit, talk and pray with you. If you'd like, we can contact your spiritual advisor. Let us know when you're admitted to our hospital if you'd like us to call your church or synagogue.

### Birth Certificates

We'll help you complete the birth certificate form during your online preregistration. We'll ask you to verify the information on this form during your stay so your baby's birth certificate can be completed and filed before you're discharged. Then, with your permission, we'll process the paperwork for you to apply for a Social Security card for your baby. There's no charge for this service, and the card will be mailed to you approximately 11 weeks after your baby's birth certificate is filed. **The Social Security application can't be processed without a name for your baby.** For more information about applying for a Social Security card for your newborn, call the Social Security Administration at (800) 772-1213.





## Chapter Five | The First Few Days

The first few days with your newborn will be full of new experiences as you learn the difference between hungry cries, wet diaper cries and “hold me” cries. Friends and family will want to visit to see, snuggle and take pictures of your new baby. Your newborn has very little immunity to germs, so handwashing and limited exposure to others will help keep your baby healthy.

### **Breastfeeding**

Breastfeeding and skin-to-skin contact with your baby promotes bonding and attachment. When you breastfeed, your baby receives hormones and antibodies that protect them from illness. This protection is unique and changes to meet your baby’s needs. The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life and to continue through one year or longer as desired. It’s also recommended that you don’t use pacifiers until breastfeeding is well established – usually three to four weeks.



## Breastfeeding Support

If you're struggling with breastfeeding, BayCare has board-certified lactation consultants and counselors to help you in the hospital and when you go home. With a variety of lactation services, we'll help you with the information you need to start and continue breastfeeding successfully. Although we encourage exclusive breastfeeding for optimal health benefits, we know it may be necessary to supplement your baby's feeding. Talk with your health care provider about breastfeeding assistance and how to get a breast pump and supplies. In addition to our lactation consultants, several of our hospitals offer breastfeeding support groups so you can meet with other women for peer support. Call 1-800-BayCare (1-800-229-2273) for more information.

## Neonatal Intensive Care Unit (NICU)

Most babies are born healthy, but if your baby has complications during birth, five of our BayCare hospitals have NICUs:

- Mease Countryside Hospital: Level III
- Morton Plant Hospital: Level II
- St. Joseph's Women's Hospital: Level IV
- St. Joseph's Hospital-South: Level II
- Winter Haven Women's Hospital: Level II

The NICU offers specialized around-the-clock care for sick and premature newborns until they're healthy enough to go home. Depending on your baby's needs, we provide a specialized neonatal transport service to drive or fly your child to a NICU location. To learn more about NICU levels, go to [BayCareMaternity.org](http://BayCareMaternity.org).

## High-Risk Maternity Units

When new moms experience a high-risk pregnancy or an emergency arises, we're here with specialized care. BayCare offers focused care and increased sensitivity to moms who experience premature labor or other conditions that may challenge their health or the health of their baby. St. Joseph's Women's Hospital is one of the only hospitals with a high-risk maternity unit in Tampa Bay. Dedicated to women who require hospital bed rest during any phase of their pregnancy, BayCare offers comprehensive care, including music and massage therapy and pastoral care.

*St. Joseph's Women's Hospital is one of the only hospitals in Tampa Bay with a high-risk maternity unit.*



## Important Visitor Information

We welcome visitors and encourage you to have family and friends near you. Visiting hours vary, so check with your delivering hospital about active policies. To ensure security for you and your baby, we require visitors to wear passes for each area they visit (NICU, labor and delivery, etc.). In addition, a photo ID is required and we check the IDs of all visitors. Baby identification bands must match the appropriate responsible adult's band, which is verified daily and before discharge.

## Additional Services and Information

### Cafeteria

Mom's meals are delivered to her room. Vending machines are available seven days a week, 24 hours a day. For dads/partners, visitors and the public, a cafeteria is located on the 1st floor of each hospital and is open during convenient hours:

- Mease Countryside Hospital: 6am–3am
- Morton Plant Hospital: 6am–3am
- St. Joseph's Women's Hospital: 6:30am–9pm
- St. Joseph's Hospital-North: 6:30am–9pm
- St. Joseph's Hospital-South: 6:30am–9pm
- South Florida Baptist Hospital: 7am–7pm
- Winter Haven Women's Hospital: 6:30am–2pm

### Gift Shops

Staffed by volunteers daily, BayCare offers gift shops filled with a variety of fresh flower arrangements, cuddly baby items, unique gift baskets, jewelry, balloon bouquets and other items for convenient delivery to our patients.

### Internet Service

BayCare hospitals offer complimentary wireless Internet (Wi-Fi) access hotspots in most public areas. Our Wi-Fi network is called "Hospital Hotspot." Due to the many configurations of today's computer systems, we can't offer technical support if you experience difficulties. We're not responsible for lost or stolen items.

### Smoking

BayCare promotes a smoke-free environment for the health and well-being of our patients, visitors and team members. We appreciate your cooperation with our smoke-free policy.





## Chapter Six | When Your Baby Goes Home

After a day or two in the hospital, you'll be anxious to take your baby home. We understand how exciting it is to bring your baby home for the first time, so we'll do all we can to make your discharge as smooth as possible. Here's what to expect:

- After the doctors discuss discharge plans, your nurse will let you know when you'll be able to leave. A team member will escort you to your car in a wheelchair.
- You'll receive discharge instructions for you and your baby, including what appointments you need to make after you leave the hospital. If your baby needs any follow-up lab tests, BayCare Laboratories provides services for babies. Our two most specialized locations are the Lakeview Road lab in Clearwater and the St. Joseph's Hospital Pediatric Clinic in Tampa.
- Your doctor will give you any necessary prescriptions before you're discharged.
- As required by law, we'll complete lab work and a hearing screening on your baby before discharge, including a PKU test. A PKU test checks the level of an enzyme that's important for normal growth and development.
- You must have someone drive you home from the hospital. We recommend that you don't drive for seven days after you've been discharged.

The following circumstances may slow down the discharge process, but may be necessary to ensure the health of you and your baby:

- If circumcision is done on the day of discharge, a necessary assessment may delay discharge.
- If you were positive for group B strep, your baby must stay in the hospital for 48 hours unless your pediatrician orders otherwise.
- If lab work is ordered on the day of discharge, obtaining and responding to results may delay discharge.

*All BayCare  
Laboratories provide  
blood collection  
services for babies.*



## Car Seats

All infants being discharged require a car seat. You must install the base in your car before discharge.

### Properly Installing a Rear-Facing Car Seat

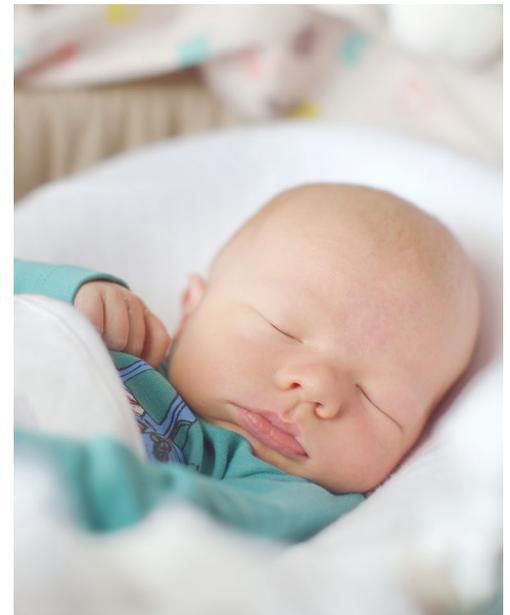
- All infants should ride rear facing, in either an infant-only car seat or convertible car seat.
- If an infant-only car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height or weight limit has been reached.
- Rear facing is best. The American Academy of Pediatrics recommends that children stay rear facing in a convertible seat until at least age 2, or until they reach the maximum height/weight limit (often 30-35 pounds and up to 36 inches).
- Never put a rear-facing seat in front of an airbag.
- The seat should be semi-reclined between a 30- to 45-degree angle.
- Place the harness straps through the slots at or below the shoulder level. Place the harness clip at your child's armpit level.
- Tighten the harness straps so they're snug. You shouldn't be able to pinch any slack in the harness.
- The car seat should be locked into place, allowing less than one inch of movement at the belt path. Make sure the correct belt path is used.

### Car Seat Inspection

Car seat inspection appointments and/or private car seat installation lesson appointments can be made by calling the BayCare Customer Service Center at 1-800-BayCare (1-800-229-2273). You can also go to [SeatCheck.org](http://SeatCheck.org) to search for certified technicians in your area.

### Pediatric Services

From checkups to immunizations, your baby's doctor will care for your baby from birth to early adulthood. But there may be times when your child requires more specialized care for a specific health problem or serious condition. BayCare offers a variety of outpatient pediatric services, including asthma management, hearing health assessments and occupational and speech therapies. For a referral to a pediatrician or a pediatric specialist, call 1-800-BayCare (1-800-229-2273) or go to [StJoesKids.org](http://StJoesKids.org).



## Safety Reminders at Home

### Sleeping

- Always place your baby on their back to sleep.
- Avoid blankets, crib bumpers and stuffed toys in your baby's sleeping area.
- Co-sleeping in the same bed with your newborn isn't recommended.

### Feeding

- If you're supplementing or formula/bottle feeding your baby, never prop the baby's bottle.
- Test the temperature of heated formula or breast milk on your wrist before feeding it to your baby. Never microwave a bottle.
- Always burp your baby several times during a feeding.



## **Pediatric Hospital Services Locations**

### **St. Joseph's Children's Hospital**

3001 W. Dr. Martin Luther King Jr. Blvd., Tampa  
(813) 554-8500

Your child will be cared for by doctors who specialize in treating children, in surroundings designed for kids.

### **Mease Countryside Hospital**

3231 McMullen Booth Road, Safety Harbor  
(727) 725-6111

As part of the BayCare Kids network, Mease Countryside Hospital offers pediatric hospitalists, nurses and specialists in the areas of cardiology, endocrinology, gastroenterology, infectious disease, neurology/neurophysiology and pulmonology. We also have a pediatric emergency room and dedicated pediatric inpatient beds.

### **St. Joseph's Hospital-South**

6901 Simmons Loop, Riverview  
(813) 302-8000

As part of the BayCare Kids network, St. Joseph's Hospital-South has a team to perform diagnostic procedures, and has a dedicated pediatric inpatient unit, a pediatric emergency center and physician specialists in the areas of pediatric gastroenterology, ENT, pulmonology, diabetes and endocrinology, surgery, ophthalmology and orthopedics.

## BayCare Kids Specialty Services

### The Daniel J. Plasencia, MD, Children's Chronic Complex Clinic at St. Joseph's Children's Hospital

This clinic, located in the Medical Arts Building at St. Joseph's Children's Hospital, is a medical home base for kids who regularly need care from several specialists. Our youngest patients cope with multiple complex medical issues including premature birth, heart and blood diseases, congenital disorders, cerebral palsy and autism. As a result, they may experience developmental delays in speech, motor and cognitive development. We provide a "medical home" where children can grow up receiving consistent and comprehensive health care in one place, each and every time. Our social workers, Child Life Specialists and children's medical services case managers support children and families throughout their medical care, giving them the convenience, accessibility and continuity of care they deserve.

### BayCare Kids Wellness and Safety Center

Our center is all about keeping kids and families safe and informed. We specialize in providing information that meets every family's unique needs and concerns, from infants to teens. We provide valuable safety tips and a variety of child safety and parenting classes, as well as answering all your injury and safety questions. We also teach many convenient and economical community classes such as CPR, First Aid, Safe Baby Express and more. The Wellness and Safety Center offers free immunizations and physicals to children age 18 and younger who don't have health insurance, who have Medicaid or who are Native American or Alaska natives. Find out more information or view the clinic schedule at [BayCareKids.org](http://BayCareKids.org), or call (813) 615-0589.

### Pediatric Cardiology

St. Joseph's Children's Hospital is home to the largest congenital heart program in West Central Florida, delivering a full spectrum of care from diagnosis in utero through adulthood. Our cardiologists treat patients who have a wide range of heart conditions from simple to complex congenital heart defects. Our multidisciplinary team of cardiovascular, intensive care, surgical and anesthesia specialists work in collaboration to make all significant patient care decisions.

**To find a pediatrician and learn more about pediatric services at BayCare: [BayCareKids.org](http://BayCareKids.org)**



## BayCare Kids Specialty Centers

BayCare Kids Specialty Centers offer a variety of outpatient services including physician specialists, rehabilitation and audiology at six convenient locations in West Central Florida. Our medical team works closely with family members and their primary care physicians to provide children with family-centered care. Services vary by location.

### BayCare HealthHub®

2470 Bloomingdale Ave., Suite 210, Valrico  
(813) 586-8884

Physician specialists offered at this location

### Lakeland

1417 Lakeland Hills Blvd., Lakeland  
(863) 940-3730

Physician specialists offered at this location

### Mease Countryside Hospital

Mease Countryside Professional Center  
North

3253 McMullen Booth Road, Clearwater  
(727) 725-6966

Occupational therapy, speech therapy and physical therapy offered at this location

### North Tampa

15045 Bruce B. Downs Blvd., Tampa  
(813) 977-8169

Occupational therapy, speech therapy and physical therapy offered at this location

### St. Joseph's Children's Hospital

St. Joseph's Hospital Medical Arts Building  
3003 W. Dr. Martin Luther King Jr. Blvd.

Tampa  
(813) 554-8500

Physician specialists, occupational therapy, speech therapy, physical therapy, audiology, medical nutrition therapy, diabetes education and the Chronic Complex Clinic offered at this location

### St. Joseph's Hospital-South

Medical Office Building, Suite 208  
6901 Simmons Loop, Riverview  
(813) 302-8000

Physician specialists offered at this location



## Chapter Seven | Billing and Insurance

Your health insurance may not cover all hospital charges. Payment of any copayments is expected before you go home from the hospital.

### Billing Procedures

- As a courtesy, we'll bill your insurance company for you. We ask that you pay your bill on time.
- We'll need a copy of your insurance card(s) to update your information at each visit to avoid rejections or long delays in payments.
- We'll try to verify your coverage with your insurance company, although this isn't always possible.
- Normally, BayCare will bill your insurance company within five days of the time service is received.
- You must add your new baby to your insurance policy. Most allow 30 days from the date of birth to contact them with the information needed, as they don't automatically update your policy.
- Give your insurance company any information they request right away to ensure hospital charges are paid on time.
- If no payment has been received within 45 days, we'll send you a reminder.
- Contact your insurance company directly to resolve any issues about payment.

### Insurance Requirements

Many insurance companies require notification before your hospital admission. Discuss this with your insurance company and notify us of any authorization numbers that apply to your hospitalization. Failure to do this may result in your insurance reducing or not paying any benefits.

### Financial Responsibility

When you're admitted to the hospital, you'll be required to pay any deductibles, copayments or coinsurance required by your insurance plan. You can designate a family member to work with our admitting team to pay your patient responsibility. Our financial counselor will give you a copy of your patient information at your bedside. You can also request this information when you preregister. For your convenience, payments are accepted before delivery, as well as the day you're discharged. We accept MasterCard, Visa, Discover and American Express. If you'd like an estimate before your delivery, contact our Central Pricing Office at (813) 852-3116.



## **Maternity Flat Rate for Uninsured Patients**

BayCare proudly offers a maternity flat rate package for vaginal and C-section deliveries for uninsured patients. For more information on the maternity flat rate, contact the Central Pricing Office at (813) 852-3116.

## **Uninsured Discount**

BayCare offers a 40 percent discount to patients who don't have health insurance. Insurance coverage includes health insurance, automobile insurance, large deductible insurance plans, COBRA, HRAs, HSAs, etc. The uninsured discount applies to hospital services only. Any non-hospital facilities (diagnostic centers, surgery centers, reference lab, etc.), hospital-based physicians (radiologist, emergency room physician, anesthesiologist, etc.) or other health care providers aren't obligated to accept a similar discount on their fees. Special flat rate programs, such as obstetrics or cosmetic surgery, are also excluded from this program. An additional 10 percent discount may be available if paid within 30 days from the date of your service. To receive the extra discount and make a payment, call BayCare Customer Service at (813) 443-8070.

## **If You Need Health Insurance**

Florida KidCare offers health insurance for children from birth through age 18, even if one or both parents are working. Programs are based on the age of the child and family income. For help with the application process, call our financial assistance team at (813) 870-4126, or apply online at [FloridaKidCare.org](http://FloridaKidCare.org).

## **Financial Assistance**

Financial assistance may be available to those who qualify. If you're uninsured or underinsured and can't pay for health services, go to [BayCareFinancialAssistance.org](http://BayCareFinancialAssistance.org) to find the full policy and application, or call (855) 233-1555.

## **Provider Billing**

Other health care providers may have provided services such as anesthesiology, radiology, pathology and more. These providers may bill you separately for their services, so check with your insurance company to see if they're included in your plan.

## **Health Care Navigators**

BayCare has health care navigators to help you understand your health care options with unbiased support, education and community resources. Navigators can also help you find affordable health care coverage through the Health Insurance Marketplace. For free, one-on-one help from a health care navigator, call (855) 404-3334. For Marketplace information, go to [Healthcare.gov](http://Healthcare.gov).



## Our Mission and Values

### **Mission**

BayCare Health System will improve the health of all we serve through community-owned health care services that set the standard for high-quality, compassionate care.

### **Values**

The BayCare values are **trust**, **respect** and **dignity**, and reflect our **responsibility** to achieve health care **excellence** for our communities.



**Mease Countryside Hospital**

3231 McMullen Booth Road  
Safety Harbor, FL 34695

**Morton Plant Hospital**

300 Pinellas St.  
Clearwater, FL 33756

**St. Joseph's Women's Hospital**

3030 W. Dr. Martin Luther King Jr. Blvd.  
Tampa, FL 33607

**St. Joseph's Hospital-North**

4211 Van Dyke Road  
Lutz, FL 33558

**St. Joseph's Hospital-South**

6901 Simmons Loop  
Riverview, FL 33578

**South Florida Baptist Hospital**

3202 N. Park Road  
Plant City, FL 33563

**Winter Haven Women's Hospital**

101 Ave. O S.E.  
Winter Haven, FL 33880



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