

## **San Jose: Labor and Delivery Center**

[Music]

Hello and welcome to the Kaiser Permanente San Jose Medical Center. The birth of your baby is an exciting time. We will take excellent care of you and your family. Today, we're going to give you a brief tour of our labor and delivery unit, our maternity or post-delivery unit, and our intermediate care nursery.

When you think your labor has started, please call us. One of our labor and delivery nurses can help you decide whether you're ready to come in. Plan ahead so you can reach our facility quickly. If you're arriving during the day, please park in the front parking lot and enter through the main hospital lobby. Take the visitor elevators located by the gift shop up to the fifth floor. If you're arriving after 8:30 p.m., please park in the ER parking lot and enter through the ER.

When you arrive, one of our nurses will greet you, check you in and take you to your private triage room to be assessed. If you need an interpreter, let your nurse know. If you're ready for labor, a nurse will escort you to one of our private labor and delivery rooms. Your labor and delivery room will have everything you'll need for a safe delivery and recovery. We use the most up to date fetal monitors to make sure your baby is doing well at all times. You can walk or even shower while wearing a fetal monitor depending on your health and the health of your baby. Each room has Wi-Fi and a place for your partner or support person to sleep.

Our labor and delivery rooms are staffed by obstetricians, OB-GYN doctors trained in labor and delivery. Your doctor will work closely with our registered nurses to make sure you have a safe and a healthy delivery. Midwives are registered nurses with advanced training, usually a Master's degree in pregnancy and delivery. Many women value the personal and patient-centered care they receive from midwives. Your entire care team will do all they can to make sure you have the best possible birth experience.

Most babies are born through vaginal delivery in one of our labor and delivery rooms. But some babies do need to be born through Caesarean delivery. In nearly all cases, your support person can still stay with you during the birth of your baby even if a Caesarean section is necessary. You can expect to stay in the hospital for one to two days following a vaginal birth or two to three days if

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you've had a C-section. During this time, you'll be able to recover and bond with the newest member of your family. Your partner or another support person is welcome to stay with you. All other visitors are welcome from 10:00 a.m. to 8:00 p.m.

Breastfeeding is the best way to give your baby the nutrition he or she needs. Learning to breastfeed your baby takes time, patience, practice, and most importantly, support. If you choose to breastfeed, our nursing staff and lactation specialists are here to help. Most babies thrive after their birth. They stay with their moms in their rooms, but some babies need a little extra help. For them, we have our intermediate care nursery. Our team of experienced specialist is here to provide exceptional care for your baby and support for you and your family.

Thank you for visiting our Kaiser Permanente San Jose Labor and Delivery Unit today. We've shown you some of what you can expect but there's more to see and learn. We encourage you to find out if your facility offers in-person labor and delivery tours. We can answer your questions and tell you more about the care you'll receive. We also invite you to sign up for one of our classes.

Thank you for choosing Kaiser Permanente for this very special time in your life. We look forward to providing the best possible labor and delivery care for you and your growing family.

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