Here are answers to some commonly asked questions about maternity services at the Johnson Center.

**What makes our Labor and Delivery Unit special?**
Our Labor and Delivery Unit is designed with your privacy and comfort in mind. We have 10 private L-D-R (labor-delivery-recovery) suites, which have a private bathroom with a shower, a telephone, and a television. Most L-D-R suites have a daybed for your partner. The unit has special rooms for high-risk patients and three surgical suites. The Labor and Delivery Unit is a comprehensive birthing center. The direct phone number for the unit is (650) 723-5403.

**What is pre-registration and when should I do it?**
Our Admitting Department asks expectant parents to complete and return pre-registration forms six weeks before their expected due date. Pre-registration forms can be completed online at labordelivery.stanfordchildrens.org or through your MyChart account. To pre-register through MyChart, please speak with clinic staff at your next appointment. You can also contact Admitting to receive a pre-registration packet at (650) 497-8229 or admitting@stanfordchildrens.org. The Admitting Department is open 24 hours a day.

**Where should we go when we arrive at the hospital in labor?**
Come to the West building entrance of the Lucile Packard Children’s Hospital at 725 Welch Road. If you need assistance to get to Labor and Delivery, an escort will be paged. If the birth seems imminent however, please go directly to the Stanford Hospital Emergency Room on Quarry Road between Welch Road and Campus Drive. Your physician will inform you whether to call their office or Labor and Delivery (650) 723-5403 when you are in labor.

**What anesthesia options are available?**
Several options for pain relief are available, and you can ask to discuss these options with an anesthesiologist at any time during your labor. Anesthesia is available 24 hours a day.

**Who may attend my birth?**
You may have as many as three support people with you in the Labor and Delivery area. If you have an older child whom you would like to have present at the birth, please plan to have a separate support person for the child. Johnson Center physicians and staff residents attend the births of private physicians' patients only when requested for a consultation or in an emergency situation.

**What types of nursery arrangements are available?**
We have several levels of nursery care: the Well-Baby nursery, the Intermediate Care nursery (ICN) or level II nursery, and the Neonatal Intensive Care Unit (NICU) or level IV nursery. We also have satellite special care and level II nurseries at Sequoia Hospital in Redwood City as well as a Special Care nursery at El Camino Hospital in Mountain View.
What are the postpartum room arrangements? Our maternity units include spaces on the first, second and third floors of the hospital. Our rooms provide many amenities, including free wireless internet access and a flat-screen TV that provides both select cable channels and on-demand movie selections. Patient education videos and headsets are also available. Our rooms have space for your belongings and a place for your partner, family member, or friend to rest.

How long will I be in the hospital? It depends on whether you give birth vaginally or have a c-section and whether there are complications from the birth.

After an uncomplicated vaginal delivery, you’re likely to stay in the hospital for 24 to 48 hours. You’ll need to rest and wait for any anesthesia to wear off. Your healthcare provider will want to monitor you and your baby for the first day or so to make sure no problems develop.

If you think you’d like to be discharged sooner than 24 hours after giving birth, talk to your provider after delivery. You’ll need to take your baby to see a doctor within two or three days after leaving the hospital. You’ll also need to see your doctor or midwife about six weeks after delivery.

If you have an uncomplicated c-section, you’ll likely stay in the hospital for about three days. Women with complications may need to stay longer.

Will my baby stay in the room with me? Yes. We offer couplet care, which means that your baby stays in the room with you in the maternity unit. One nurse is responsible for the care of you and your baby.

What is the visiting policy? Visitors are welcome. Visiting hours on the maternity unit are from 8:00 a.m. to 9:00 p.m. daily. Partners are welcome any time. We ask that visitors observe a 2:00 to 4:00 p.m. “quiet time” each day so new mothers can rest. Siblings who are free of infection and who have not been exposed to communicable disease may visit the mother’s room during visiting hours. We insist that children under the age of 12 who are not siblings refrain from visiting during your postpartum stay.

What should I bring with me to the hospital? The most important thing to bring with you is an approved infant car seat that is properly installed in your car. You will also want to bring a going-home outfit for your baby and perhaps a receiving blanket for extra warmth. The hospital will provide whatever is needed for the baby during your hospital stay, including diapers, t-shirts, and blankets.

Is there anything specifically not allowed in the hospital? For safety reasons, candles and latex balloons are not allowed in Packard Children’s Hospital.

Does Lucile Packard Children’s Hospital Stanford encourage breastfeeding? Yes. If it is your choice to breastfeed, our nursing staff is well trained to help you get started. Should you have a special need, lactation consultants are available during your hospital stay.