

Labor and Delivery FAQs for Expectant Mothers - SCH

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Where do I need to check in upon arrival at Lucile Packard Children's Hospital Stanford?

Our **Labor and Delivery** unit is in the West Building, at 725 Welch Rd, Palo Alto, on the second floor – unit 280. Should you need to contact us by phone for an urgent matter, you can reach the Labor and Delivery unit at: **(650) 723-5403**. Please call us before you come in if you are scheduled for an induction. Our check in desk is open 24 hours a day 7 days a week.

What is the best place to park at Packard Children's Hospital?

You are welcome to park inside our hospital garage. You will receive a parking pass to cover the cost of parking for the entire time you are in the hospital.

Will I be screened for COVID-19? What about my support person?

For all our patients' safety and your own safety, we will be screening everyone who enters our hospital, and the Labor and Delivery unit. Please call the **Labor and Delivery number: (650) 723-5403** prior to your arrival if you feel like you are going into labor and experiencing any:

- respiratory symptoms
- fever
- have been exposure to someone who may have COVID-19

What do I need to bring with me at the hospital?

We will provide you with almost everything you need for your care, as well as your baby's care, while you are at Lucile Packard Children's Hospital.

For your labor, you are welcome to bring any comfort items like a robe, slippers or shower shoes, and snacks. Make sure you bring your phone and/or your computer chargers as well. We have squatting bars,

peanut balls, rocking chairs, and wireless fetal monitoring, all to help offer you a better labor experience.

Do not worry about bringing any personal hygiene items. We will give you the basic toiletries and all the personal hygiene needs for after you have had your baby. And for your baby, we will provide you with diapers, wipes, t-shirts, caps and swaddling blankets.

When you are ready to go home, make sure you have a carseat installed in your car, an outfit for you and for your baby, a baby blanket, and any personal items that you will find helpful.

What about meals? Do I need to bring my own food?

We offer room service for all meals for your dining pleasure. We have family kitchens on all Maternity units as well. Additionally, Lucile Packard Children's Hospital and Stanford Hospital both have full service cafeterias, as well as grab and go options, and machines available at all times.

What if my baby will need specialized care after birth?

Our neonatology care team will work closely with you, the obstetrics team and other pediatric specialty teams at Packard Children's Hospital to provide medical, surgical and/or support services should your baby need specialized care. We will be available for you around the clock ready to support you with the highest level of Neonatal Intensive Care Unit (NICU) care.

What amenities are available in your Labor and Delivery, and Maternity units?

All our **labor rooms** are equipped with special labor beds, that can be adjusted for different laboring positions, private bathrooms with shower, TV, complimentary wifi and a comfortable place for your partner or support person to rest.

Our **maternity rooms** are comfortably furnished with many amenities to help accommodate you, your baby, and an overnight guest.

Do you offer breast pumps if needed?

We have breast pumps available for you to use if needed while you are at Lucile Packard Children's Hospital Stanford.

How long will I be in the hospital?

You will be in the Hospital **24 to 48** hours after the baby is born if you have a vaginal delivery or **up to 3 days**, if you have a C-section delivery.

Who is allowed to visit me while I am at Lucile Packard Children's Hospital Stanford?

As part of our commitment to ensure the safest possible environment for all our patients, we have also updated our Visitor Policy. We are only allowing **1 support person** to be with you during your hospital stay. **No one under the age of 18 years of age can visit including any siblings of the baby.** Your support person must be healthy, and will be asked health screening questions when they check in at one of our front desks to obtain their security badge.

We realize that this is a time when people want to come in and celebrate the birth of your new baby with you or meet their new sibling, however in order to best protect your health, and the health of your baby, as well as all the other patients' and our health workers, we need to limit visitors at this time.

Learn more about our [Visitor Policy](#) here.

What other resources do the expectant mothers who usually sign up for your Birth Center tours find useful?

The [Birth Center Orientation video](#) should be helpful in giving you a better idea of what to expect when you arrive at Packard Children's Hospital and how you can navigate our hospital. However, please refer to the above for the latest information on our policies and amenities as we have recently made some changes.

If you have more questions please contact us at Tours@stanfordchildrens.org

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