

# Frequently Asked Questions about Labor and Delivery

## Where do I need to check in when I arrive at Stanford Medicine Children's Health, Lucile Packard Children's Hospital Stanford?

Our **Labor and Delivery Unit** is in the **West Building** at 725 Welch Rd, Palo Alto, 2<sup>nd</sup> Floor, Unit 280. If you are scheduled for an induction or cesarean delivery, please call us before you come in at **(650) 723-5403**. Our check-in desk is open 24 hours a day, 7 days a week.

## What is the best place to park?

Please park in our West Building parking garage. You will receive a parking pass from the front desk staff to cover the cost of parking while you are in the hospital. If you don't get the parking pass from the front desk, ask nursing staff where you can get the pass.

## Will my support person or I be screened for COVID-19?

We are currently not screening for COVID-19 or asking anyone for their vaccination card. For our patients' and your safety, please call **Labor and Delivery** at **(650) 723-5403** prior to your arrival if you feel like you are going into labor and experiencing:

- respiratory symptoms
- fever
- or you have been exposed to someone who may have COVID-19.

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

Click [here](#) for a list of what to bring with you to the hospital.

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

We provide all meals for our patients. We also have a family kitchen on all Maternity units. Both Lucile Packard Children's Hospital Stanford and Stanford Health Care have full-service cafeterias, grab-and-go options, and vending machines available at all times.

You may also order food to be delivered as long it meets any medical or dietary restrictions. When you place the order, tell them to deliver it to the West Entrance lobby. When you have been notified that your food has arrived, you or your support person can go down to the West Entrance to get it.

## 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 Lucile Packard Children's Hospital Stanford to provide medical, surgical, and support services if your

baby needs specialized care. We will be available for you 24 hours a day, ready to support your baby's needs in our **Neonatal Intensive Care Units**.

### **What amenities are available in your Labor and Delivery and Maternity Units?**

All of our Labor rooms are equipped with special labor beds that can be adjusted for different laboring positions, private bathrooms with showers, TVs, complimentary Wi-Fi, and a comfortable place for your partner or support person to rest. Our Maternity rooms are comfortably furnished for you, your baby, and an overnight guest.

### **Do you offer breast pumps if needed?**

We have breast pumps available for you to use if you need one while you are in the hospital. We also have pumps available to rent for you to use at home.

### **How long will I be in the hospital?**

You will usually be in the hospital 1 to 2 nights after your baby is born if you have a vaginal delivery. You will usually be in the hospital 3 nights after the baby is born if you have a cesarean delivery.

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

We realize 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. To best protect your and your baby's health, and the health of other patients and our health workers, our Visitor Policy may change from time to time. Please see our current Visitor Policy [here](#).

### **What other resources are there for expectant patients?**

To learn more about resources for expectant patients, register for our monthly Birth Center Orientation [here](#). To learn more about our pregnancy and newborn classes, click [here](#). If you have any other questions, please contact us at [tours@stanfordchildrens.org](mailto:tours@stanfordchildrens.org).