

# *Women & Infants Unit*

Providing quality healthcare in  
an atmosphere of compassion,  
sensitivity and support.



**ST. AGNES HOSPITAL**  
A MEMBER OF AGNESIAN HEALTHCARE

AGNESIAN HEALTHCARE IS SPONSORED BY THE  
CONGREGATION OF SISTERS OF ST. AGNES

As every woman knows excellence in healthcare is much more than technology and the miracles of modern medicine. When you are hospitalized for any reason, you expect and deserve sensitivity, privacy, dignity and respect.

Designed for women by women, the Women & Infants Unit at St. Agnes Hospital was built to meet the medical and emotional needs of gynecological patients, expectant mothers and their families.

Our Women & Infants Unit blends the latest technology, the comforts of home, and the medical expertise of our physicians and associates to provide a continuum of care that addresses all aspects of a woman's life.

# *For the Seasons of Your Life*

As the seasons of your life unfold, you face many changes. And each stage presents differing healthcare needs, beginning at birth and continuing beyond menopause.

At St. Agnes Hospital, primary care physicians and specialists provide expert care for women's health concerns... PMS, infertility, high-risk pregnancy, endometriosis, menopause, osteoporosis, breast and cervical cancer, bladder control and surgical procedures.

Our programs and support groups respond to a woman's need for health and healing on all levels. For example, pre-hysterectomy counseling through the PASS (Pre-admission Surgical Services) Clinic supports patients, spouses and families before, during and after surgery by offering patients an opportunity to learn everything about their surgery and recovery. Our PASS Clinic also helps to reduce the need for multiple contacts and phone interviews by Agnesian HealthCare departments as all patient information is gathered at one location.

Persons who have lost a child through miscarriage, ectopic pregnancy, stillbirth or newborn death can turn to Resolve through Sharing (RTS) Bereavement Services. RTS support group gatherings provide a time to share feelings, to listen, to cry and to work at becoming whole again.

St. Agnes Hospital's Women & Infants Unit... we're here for you throughout the seasons of your life.

# Delivering

The Women & Infants Unit at St. Agnes Hospital provides a birthing experience that respects the individuality of each birth and of each family. We will do all we can to make the birth of your baby joyful and comfortable.

Planning for your baby's birth begins the minute you learn that you are pregnant and continues throughout your pregnancy. About a month before your baby is due, you will want to mail a completed pre-admission form that you received from your physician. As your exciting "birth day" approaches, your physician will tell you when it is time to leave for the hospital.

If the admitting office is open when you arrive at St. Agnes Hospital, go directly there; otherwise you will be admitted through the Emergency Department. Our admitting office is open from 6 a.m. to 8 p.m. Monday through Thursday, 6 a.m. to 6:30 p.m. on Friday, and 7 a.m. to 3 p.m. on weekends and holidays. Registering will be much quicker if your pre-admission form is on file.

## **Welcoming Your New Child**

When you arrive at the Women & Infants Unit, a nurse will determine your stage of labor. Moms experience labor, delivery and recovery in one birthing room – a LDR room, for short. Your husband and another support person may stay with you.

*with Care*

## **Celebrating Your Birthday The Comforts of Home**

Our comfortable birthing rooms are decorated and furnished to make you feel right at home, with rocking chair, recliner, table and chairs, TV, stereo and subdued lighting. A special birthing bed lets you try a variety of different positions during labor. And you will love the full bath with whirlpool. There is plenty of room for your family, and for the hospital staff to bring in everything needed for delivery.

During labor, a nurse will check your progress, answer questions and keep your doctor informed. Also, our central fetal monitoring system allows staff to monitor your baby's heart rate from various locations on the unit.

When your baby is born, he or she will be assessed briefly by the nurses and within moments after birth, your new child will be in your arms. People with you may also hold the baby. Breastfeeding immediately after birth is encouraged and supported.

Your infant's normal newborn care and recovery care will continue in the birthing room. After a few hours, your baby and you will move to a post-partum/GYN room with private shower, glider rocker and access to a whirlpool room. A sofa bed allows family members to stay overnight, if you wish.

You can rely on our nursing staff to answer all your questions and help you learn to care for your baby. You will be pampered with the care you need to regain your strength and prepare for the return home with your infant.

# For All

## **Safe and Secure Nursery**

A security system protects your precious newborn at all times. It is so discreet that you can enjoy our open, friendly environment, yet be assured of infant identification and security immediately at birth.

You are encouraged to keep your baby with you 24 hours a day, but many moms appreciate shower and nap breaks.

Our nurses are trained in simply the best newborn care and have the experience and technology to offer your family and baby the care you expect in every situation.

## **At Your Request Room Service**

St. Agnes Hospital offers "At Your Request" room service dining to all inpatients. By simply placing a phone call, patients can order from a menu that features a wide array of breakfast, lunch and dinner choices.

Patients can call from 7 a.m. to 6:30 p.m. seven days a week to place orders for food that is prepared fresh and delivered to their rooms within 45 minutes. Food Services staff takes the orders, making sure selections meet patients' dietary needs, such as low-sodium, low-fat or low-cholesterol. Your support person may also order a meal tray at a reasonable price. Refer to the burgundy inpatient binder for details.

## **Convenient Nutrition Center**

Nutritious snacks are also available to our patients 24 hours a day, at no extra cost. Moms are generally hungry after delivery, and nursing mothers need frequent snacks. Choices include yogurt, soups, sandwiches, fruit and juices.

# Your Needs

## **Visitors Are Welcome**

A new baby is an exciting event for the entire family, so fathers, siblings and grandparents are welcome at any time. Our family lounge features a recliner, television, comfortable seating and soda machine.

Friends and relatives may visit at any time - 24-hours-a-day, seven-days-a-week. So you get enough rest, visits should be short, with just two visitors at a time. We do ask that relatives and friends who have colds, the flu or other contagious conditions put off visiting until another time.

## **Making a Cesarean Birth a Family Event**

Thanks to a special surgical suite and recovery room in the Women & Infants Unit, a cesarean birth can be a family event. Most procedures are performed under an epidural anesthesia, so you can remain awake and aware.

Whether the cesarean is planned or unexpected, the father of the baby or your support person may stay with you to see and touch your baby right away, so you can both share in the joy. Then, your newborn will go to the nursery while your surgery is completed. After a short recovery period, you will go to your room. Your baby will be brought to your room so your family can get to know your newest member.

# Special

Once your baby is born, you will have your hands full – literally! St. Agnes Hospital's convenient services and options can make your life easier.

## **Share Your Good News**

A photograph of your baby will be taken in the nursery. This photo will be given to you at discharge. Your baby's photo can be placed on the Agnesian HealthCare Nursery photo site with your permission. If you wish, we will handle the details of publishing your birth announcement in local papers.

## **Legal Paperwork**

As part of our legal obligations to file a birth certificate within five days, we will help you complete the necessary paperwork. All information gathered for the birth certificate is confidential.

If you have selected a name, it is easy to request your baby's social security number at no additional charge. Information will be forwarded automatically to the Social Security Administration and your child's social security card will be sent to the mother's mailing address. It is not necessary to pay a commercial organization to file this paperwork.

# Services

## **Breastfeeding Is Better**

We are pleased that 78 percent of newborns at St. Agnes Hospital start life as breastfed babies. Breastfeeding creates a special relationship between mom and baby and offers many health benefits. We support your breastfeeding efforts while you are in the hospital and after you return home.

Breastfeeding eliminates the cost of formula and gives both mom and babies a healthy start. The composition of breast milk changes to keep pace with your baby's growing nutritional needs.

Studies show that breastfeeding protects babies against diarrhea, stomach upsets, ear infections, respiratory illnesses and reduces the risk of allergies and Sudden Infant Death Syndrome (SIDS). Plus, mothers who breastfeed often lose pregnancy weight faster because breastfeeding uses an average of 500 calories a day.

If you would like to learn more about the advantages and ease of breastfeeding, feel free to call our Breastfeeding Support Line at (920) 926-4837.

## **Our Support Continues**

As a new parent, it will not be long before you realize that the most urgent questions seem to pop up after regular clinic hours. We are here 24 hours a day, seven days a week, so there is no need to wait until morning. You can call us for advice any time of the day or night at (920) 926-4800.

# Preparing for Your

Through Agnesian HealthCare's Journeys: a health resource center, expecting parents can learn more about their new journey through a variety of informative and hands-on classes.

Preregistration is required for all programs. Classes are held at St. Agnes Hospital, 430 E. Division Street, Fond du Lac. For more information or to register, call Journeys: a health resource center at (920) 926-4960.

## **Prepared Childbirth Program**

Expectant parents enjoy a relaxed, informal atmosphere as they plan for the birth of their baby. Subjects include good nutrition and well-being during pregnancy, growth and development of the baby before birth, the mechanics of labor and pain management. Other covered topics include cesarean birth, post-partum depression, newborn care and crying babies. (Please call to register during your fifth month of pregnancy.)

## **Prepared Childbirth Refresher**

This class is for expectant parents who have already experienced the birth of a child, but feel they would be better prepared if they had a review of labor and delivery, breathing and relaxation.

## **Cesarean Section Class**

The Cesarean Section class is designed for women and their partner who will have a first-time cesarean section or a repeat section.

# New Arrival

## **Breastfeeding for Moms and Dads**

Prospective parents may attend this class anytime during pregnancy to learn how breastfeeding can be a satisfying experience for mother, infant and family.

## **Breastfeeding Support Group**

Moms and babies gather to share their experiences and create a network of support if concerns occur while breastfeeding.

## **Infant Massage**

Infant massage is nourishment for healthy development of baby's mind, body and spirit. Loving touch lessens tension, fussiness and irritability. This class is for newborns that are not yet crawling.

## **Baby Care Basics**

This class provides instruction and demonstration regarding infant care, such as feeding, bathing, navel care, circumcision care and diapering. Moms and support partners, as well as grandparents, are welcome to attend.

## *Your Caring Community*

The Women & Infants Unit brings together the expertise of family medicine physicians, obstetricians, gynecologists, internists and pediatricians to provide nurturing medical care for our patients.

Nearly a thousand babies are born at St. Agnes Hospital each year, and for many families, it is their introduction to our staff and services. Six birthing rooms are furnished for labor, delivery and recovery, and another 14 rooms are equipped to care for post-partum and gynecological patients.

The Women & Infants Unit of St. Agnes Hospital is located adjacent to the Fond du Lac Regional Clinic OB/GYN department on the fourth floor of the west wing. If you would like a tour of our facilities, please call us at (920) 926-4800 for information.

Historically,  
women have been the caregivers  
. . . responsible for the health  
and well-being of their families  
and loved ones.

Now, at St. Agnes Hospital's  
Women & Infants Unit,  
nurturing care comes full circle  
with specialized services for women.



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