

Beautiful Beginnings

That's just what we deliver





Amenities

Ours are by design



StoneSprings features amenities and luxuries not found at other hospitals or birthing centers, from private suites to midwifery services, and an incredible selection of continuum-of-care services.

- **Private, spacious rooms:**
 - Rooms equipped for every stage of birth: Labor-Delivery-Recovery-Postpartum (LDRP)
 - Home-like birthing suites with relaxing soaking tubs for hydrotherapy
 - Space for walking, stretching, using the birth ball, and even dancing
 - Room for your spouse or support person to stay overnight with you
- **Dedicated surgical suites** just steps away from the birthing suites. For our Caesarean patients, we offer clear window viewing drapes and skin-to-skin contact in the operating room for the most natural birth experience possible.
- **Rooming-in.** Your healthy baby will stay in the room with you throughout your hospital stay.
- **Level II NICU** for advanced infant care staffed by Neonatologists from Children's National.
- **24/7/365 OB Hospitalist** support, so someone is always ready to provide emergency OB care.
- **Centralized fetal monitoring** and an infant abduction prevention system for your baby's safety
- **Instruction and support** by Internationally Board-Certified Lactation Consultants

Welcome to StoneSprings Hospital Center

The birth of your child is a miraculous event you'll remember forever. You want to be cared for by professionals who provide you and your family with safety, support, and compassion and who assist you in creating a comfortable stay.

WOMEN CHOOSE STONESPRINGS BECAUSE:

Teamwork matters. Our experienced caregivers — including obstetricians, gynecologists, nurse practitioners, and certified nurse midwives — work together to ensure your visit goes smoothly.

Comfort, luxury, and the latest technology. Exceptional care is available close to home.

We support your preferences. You know your body better than anyone and we trust your instincts. Our maternity team can help you plan a comfortable, joyful delivery.

Continuous care for your whole family. StoneSprings Hospital Center provides specialized health services for all your family's needs. This includes adult and pediatric emergencies, hospital and specialty care, and women's health services for every stage of life.

You'll find everything you need right here, from a home-like environment and childbirth education classes, to Internationally Board-Certified Lactation Consultants and advanced infant security measures. We're looking forward to being part of your birth experience.

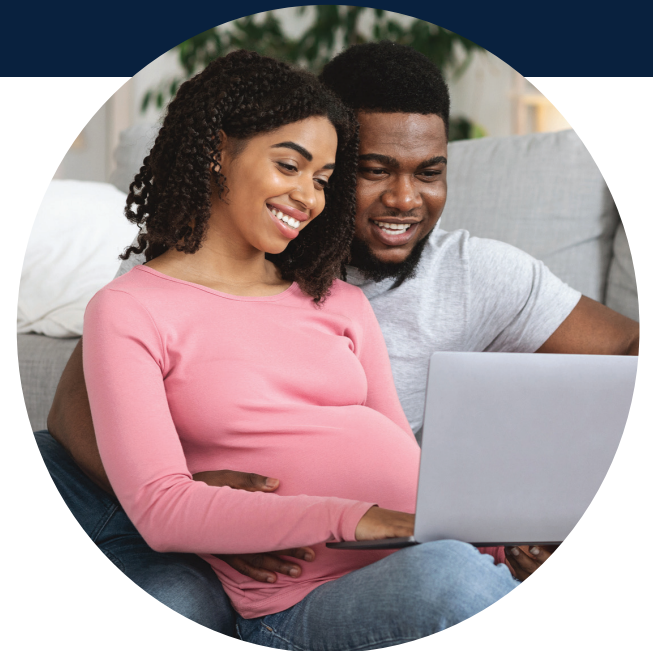


Getting ready

Preparing for birth

The birth of your child can be an exhilarating and sometimes overwhelming experience. Understanding your pregnancy and knowing what to expect can help you feel more confident and relaxed.

Our Patient Liaison is available as a resource, advocate, and friendly guide through your pregnancy, delivery and postpartum journey at StoneSprings Hospital Center.



REGISTER FOR A TOUR AND MATERNITY CLASSES

Our maternity classes provide you with the information and resources you need to prepare for birth and infant care – and access to healthcare providers who can address your specific questions.

- **Birthing Suite Guided Tour – free**

Join us for a two-hour long tour of our Labor and Delivery Unit featuring our spacious birthing suites. This session includes a Q&A with up to 12 couples participating for a group exchange of information.

- **Breastfeeding Class – fee on website**

Join us for a two-hour class taught by one of our board-certified lactation consultants introducing the basics of breastfeeding. Have a doll or stuffed animal to practice with and bring your questions.

- **Baby Basics Class – fee on website**

Join us for a two-hour class designed for first time parents. With all the information available, it's difficult to navigate through it. This class provides the perfect introduction to the first few months and what to expect.



To view other classes, register for a class, or schedule a tour, visit stonespringshospital.com or call Consult-A-Nurse® at (855) 226-7344.

Birth day

This is it!

WHEN YOU'RE IN LABOR

When you think you're in labor or your water breaks, call your obstetrician who will notify StoneSprings Hospital Center to prepare for your arrival. Use the main hospital entrance, open weekdays from 5:00 am to 5:00 pm.

When you arrive, please first stop by Outpatient Registration. They will quickly ask for your insurance card and photo ID and have you sign the Conditions of Admission form – and will send you on your way to Labor & Delivery.

If you arrive after hours, or are experiencing an emergency or imminent delivery, use the emergency room (ER) entrance.

For your physician to provide you with the best care, several tests will be performed upon your arrival, including a complete blood count (CBC), blood type and screen, urinalysis, drug screening and COVID test. If you are Group B Strep positive, an IV with antibiotics will be started when you are in labor.

Videotaping and cameras are permitted in the birthing rooms during delivery and afterwards with consent from your providers. Videotaping is not permitted during Cesarean sections, but you may take pictures. Please note, you must

- **Pre-register**

Pre-registering simplifies the process when you arrive to deliver your baby. Plan to pre-register at the beginning of your seventh month of pregnancy. Use our secure, online portal at stonespringshospital.com. Please note, you will still be asked to verify the information upon admission for delivery.

- **Choose a pediatrician**

Selecting a pediatrician is a vital step in preparing for your new baby. Expectant mothers may want to talk/meet with a pediatrician during the eighth or ninth month of pregnancy. Your obstetrician may be a helpful resource for recommendations or you may use our physician referral service by calling **1-877-6879-DOCS** or visiting <https://hcavirginia.com/physicians>.



If your pediatrician does not have privileges at StoneSprings, we have neonatologists on staff from Children's National, ranked #1 in newborn care by US News and World Report four years in a row, who will care for your baby until discharge. Your baby's newborn evaluation will be provided to you in order to help coordinate care with the provider you have chosen.

- **Pack a bag**

Several weeks before your due date, you may want to pack an overnight bag to bring with you to the hospital. We recommend bringing:

- Your Insurance card and ID
- A check or money order for your baby's birth certificate
- Phone charger
- Nightgown or pajamas
- Robe and slippers or slip-on shoes
- Toiletries
- Baby clothes
- An outfit to wear home from the hospital



You will also need an approved car seat. Please do not bring medications prescriptions from home, large amounts of cash or jewelry.



have consent from all providers. Additionally, for the safety of mother and child, you may be asked to stop recording or taking photos.



Managing your pain

Keeping your comfortable during your labor and delivery is very important to us. Your doctor, nurse and anesthesiologist will work with you to develop a plan to manage your pain.

NATURAL METHODS

There are many drug-free ways to manage labor pain. Relaxation techniques, breathing exercises, and massage are some of the natural ways to increase your comfort during labor. Our prenatal classes teach these and a variety of other techniques for managing labor discomfort. Information and resources for natural childbirth can also be found at lamaze.org.

EPIDURALS



Epidural anesthesia is a way of applying medication to the nerves in the lower back to relieve labor pain. At StoneSprings Hospital Center, all epidurals are given by experienced, board-certified anesthesiologists, who adhere to the “Guidelines for Regional Anesthesia in Obstetrics” published by the American Society of

Anesthesiologists. These rules include safety precautions such as an IV line and the need to have an obstetrician nearby. Epidurals are a common choice for pain relief in labor. Nearly 75 percent of women who labor at our hospital will have an epidural.

Epidural anesthesia can be especially helpful for women who are very tense or tired during labor, and for those who are experiencing a long labor. If you have concerns or questions about epidural anesthesia, an interview with an anesthesiologist can be arranged prior to your delivery.

IV MEDICATION

For women who want to receive medication but wish to avoid or delay having an epidural, there are injectable pain medications that can be given intravenously during labor. The most commonly used IV medicine is nalbuphine, also called “Nubain.” Though small amounts of injectable medications do reach the baby through the placenta, medications used in labor are chosen for their long record of safety. However, since these medications do have temporary effects on the baby, they may not be available at all times during labor.

After delivery The Golden Hour

The first hour after birth, often called the “Golden Hour,” is a critical time for bonding with your new baby that has long-lasting benefits. Your baby will be dried and placed directly on your chest, providing a warm, soft surface for your baby’s first moments of life. Even if you have a Cesarean section, we encourage skin-to-skin contact right after birth as long as you and baby are both stable.

Your nurses will care for your baby with you witnessing every moment. In most cases, routine procedures such as weighing, measuring, and footprints are delayed until after the first hour to ensure that this essential bonding time is not interrupted.

Benefits of skin-to-skin contact for baby:

- Calms baby
- Regulates heart rate, breathing, and body temperature
- Promotes successful breastfeeding
- Enhances baby’s immune system

Benefits of skin-to-skin contact for mom:

- Decreases postpartum bleeding
- Stimulates milk production
- Promotes a sense of calm
- Helps you bond with your baby

We also recommend limiting visitors during this time as distractions can make it harder to relax and bond with your baby. The precious interactions during the Golden Hour will give you treasured memories and are the beginning of a lifelong relationship with your child.



Your stay

Comfort and support

During your time with us, we will help you recover from childbirth, learn to care for and feed your new baby. Here are a few things to keep in mind.

- **Quiet Hours.** We encourage “Quiet Hours” each day to allow mothers and babies to rest.
- **Celebrating the day.** We provide a made-to-order celebratory meal to honor your baby’s birth. We even have a special “Mommy Menu,” which is designed to give your body the extra nutrition and support it needs to heal and/or breastfeed.
- **Family-centered care.** We practice couplet care (also known as “rooming-in”), so you and your family can bond with your baby in a private setting. This means your baby stays with you in the room at all times, even during examinations. Additionally, you and your baby will be cared for by the same nurse.
- **Feeding your baby.** Breastfeeding offers many benefits and is a learned skill or both you and your baby. All of our nurses are trained to provide lactation support after delivery and throughout your hospital stay to help you and your baby successfully breastfeed. We also know that not all mothers choose to breastfeed and, sometimes, breastfeeding just won’t work for either mom or baby. In these cases, our staff can provide advice on healthy bottle feeding, proper formula preparation and other aspects of feeding your baby.
- **Help submitting your baby’s birth documents.** We will help collect and submit information for your baby’s birth certificate and Social Security number. You may request extra official copies of your child’s birth certification for \$12 each, payable by check or money order.





Our NICU is staffed by neonatologists (pediatricians with additional training in the care of sick and premature babies) from Children's National, and specially trained nurses. The clinical expertise of Children's National, paired with the quality and convenience of StoneSprings Hospital Center, means a higher level of care for premature birth, labor complications, or birth challenges. No matter what happens, you and your baby are in expert hands.

<https://www.youtube.com/watch?v=phlXLtqVyeM&t=1s>



SAFETY AND SECURITY

We take a number of stringent security measures to protect your infant. Shortly after birth, your infant will have a transmitter band placed on his or her ankle that will trigger an alarm if removed or passed through an exit from the unit. Matching bands will be placed on your baby, with identically numbered bracelets for you and your support person. These will remain in place until you are discharged from the hospital.

The halls of the hospital are under video surveillance. Do not give your child to any person not displaying a special hospital ID badge. You have the right to question anyone asking to remove your baby from your room. Do not leave your baby unattended at any time during your hospital stay.

VISITING HOURS

Daily visiting hours are from 8:00 a.m. to 8:00 p.m. One support person, 18 years old or older, may stay with you overnight. Your baby's siblings may visit if they are healthy and are under the care of a responsible adult. If you want private time with your baby or to rest, use your "Do not disturb" sign and we'll limit your visitors.

In the NICU, parents may visit their babies 24/7. Grandparents and other visitors may visit with a parent, with not more than two bed side at a time. Visitation policies may change. Check with StoneSprings Hospital for current hours and policies.



NEONATAL INTENSIVE CARE



Pregnancy and childbirth can be as complex as they are remarkable. That's why it's important to plan for anything, including specialized care for your baby. Our Level II NICU, a special care nursery is just steps from our Labor and Delivery rooms to provide specialized care for our tiniest patients.

A Level II NICU, also called a special care nursery, offers support for those babies born a little early, having mild the respiratory problems or minor conditions such as jaundice, as well as babies who cannot stay warm on their own and need to be in an incubator, and babies that aren't strong enough to feed on their own.

Breastfeeding support

The Lactation Center



New moms have many questions about breastfeeding. StoneSprings Hospital Center is here to help. We're committed to helping new mothers and babies get their breastfeeding experiences off to the best possible start.

Breastfeeding is the best beginning for babies:

- Human milk is naturally ideal for human babies and is recommended by the American Academy of Pediatrics
- Human milk protects babies from many infections and allergies
- Nursing a baby saves time and money
- Breastfeeding also provide health benefits for mothers

Our Lactation Consultants

Our Internationally Board-Certified Lactation Consultants (IBCLCs) are specialists in breastfeeding education and counseling. They provide breastfeeding education, guidance, and support to new mothers and families:

- Staffed by Internationally Board-certified Lactation Consultants
- Available seven days a week
- Inpatient and outpatient consults and virtual consults
- Breastfeeding classes
- Problem solving
- Return to work/pumping and storage of milk

To schedule a consultation with one of our lactation specialists, please call **571-349-5212**.

Breastfeeding resources

LA LECHE LEAGUE

Trained volunteer La Leche League leaders provide breastfeeding support and information, group meetings and a lending library. For more information about a La Leche League neaby, visit llvawv.org.

VIRGINIA BREASTFEEDING TASK FORCE

This group provides information and advocacy to support breastfeeding. Learn more at vabreastfeeding.org.



The steps to breastfeeding followed by StoneSprings Hospital Center

- 1 Have a written breastfeeding policy that is routinely communicated to all healthcare staff
- 2 Train all healthcare staff in the skills necessary to implement this policy
- 3 Inform all pregnant women about the benefits and management of breastfeeding
- 4 Help mothers initiate breastfeeding within one hour of birth
- 5 Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants
- 6 Give infants no food or drink other than breast milk, unless medically indicated
- 7 Practice rooming-in, allowing mothers and infants to remain together 24 hours a day
- 8 Encourage breastfeeding on demand

Postpartum recovery

Time to heal



Following your child's birth, we provide the postpartum care and support you need to begin your recovery and life with your newborn. New research has encouraged women and healthcare providers to think of this time of recovery and great change within your body as a fourth trimester.

RECOVERY

Whether your delivery was easy or complicated, your delivery vaginal or C-section, your labor just a few hours or many hours—your body has been through an incredible journey. It will need time to recover. Full recovery from pregnancy and birth can take months. While many women feel mostly recovered in six-to-eight weeks, it may take longer for you to feel like yourself again.



HELP YOURSELF HEAL

You can help your body heal from pregnancy and childbirth by getting plenty of rest, nourishing your body with good foods, and drinking lots of water. As you begin to feel better, resist the temptation to do more. Your doctor will let you know when you can resume normal activities.

WHAT TO EXPECT

During your postpartum recovery you may experience:

- **Vaginal bleeding and discharge.** It's common for your body to eliminate the extra blood and tissue that nourished your developing baby. Your vaginal bleeding and discharge will be heavier the first few days, but will taper off after several weeks. Use only sanitary pads—tampons can introduce bacteria and lead to infection.
- **Water retention.** The swelling you experienced during your pregnancy will continue for several days after delivery. Known as postpartum edema, the body holds on to water due to an increase in the hormone progesterone. If your swelling doesn't diminish after a week or becomes worse, contact your doctor.
- **Abdominal pain.** Pain in the abdomen occurs as the uterus shrinks back to its normal size. These "afterpains" may be dull or sharp. If your pain worsens or doesn't ease within a few weeks, call your doctor.
- **Constipation.** Most women experience constipation following childbirth. It may be caused by pain-relieving medications, anesthesia, or, if you've had an episiotomy or laceration, fear of damaging stitches. To ease constipation, eat fiber-rich foods and drink plenty of water. Your doctor may also prescribe a stool softener.
- **Hemorrhoids.** Painful swelling of veins in the rectum may have developed during your pregnancy or as a result of straining during labor. Your hemorrhoids should shrink over time. If they do not, call your doctor.
- **Perineum soreness.** The area between your vagina and your anus is called the perineum. This area may tear during childbirth, or a small cut may be needed to widen the vagina for childbirth. Even if neither of these scenarios applies to you, your perineum



may become sore and swollen during postpartum. Notify your doctor if your perineum becomes increasingly sore or if you have any signs of infection.

- **Sore nipples and breasts.** It's common to have sore nipples and breasts for the first few days after beginning breastfeeding. If the soreness continues for more than a few days, it could mean that your baby isn't latching properly. Try changing positions or contact our lactation consultants for help. Do this before your nipples develop painful cracks, which could sideline your breastfeeding.
- **Stitches.** Stitches from a torn or cut perineum or a Caesarean will take one-to-two weeks to heal. If you've had a C-section, the underlying stitches in the muscles will take about three months to heal. For the stitches that you can see, watch for any signs of infection (redness, weeping pus, swelling, hot to the touch) and call your doctor if they are present.
- **Baby blues.** Seventy-to-eighty percent of new moms struggle with sadness the first few weeks after birth. Baby blues are the result of hormonal changes and usually subside within a few weeks. Prolonged sadness, feelings of hopelessness, or the inability to function could be signs of post partum depression. If you have profound sadness, or feel that you could hurt yourself or your baby, call your doctor right away.
- **Hormonal shifts.** In addition to causing baby blues, hormonal shifts can produce excessive sweating, particularly at night. If your sweating is accompanied by a fever, you may have an infection and should call your doctor. A lack of estrogen can cause hair loss but don't panic—it's only temporary.
- **Slow weight loss.** You can expect to lose six-to-12 pounds after your baby is born, depending on the size of your baby. After that, your weight loss will slow considerably. It may take several months to return to your pre-pregnancy weight. Remember to focus on good nutrition and be sure to obtain clearance from your doctor before resuming normal activities, particularly exercising.



WHEN TO SEE A DOCTOR

During your postpartum recovery you should expect to experience some discomfort. But listen to your body. If your discomfort worsens or you feel that something just isn't right, call your doctor.

Call your doctor if you experience any of the following:

- Passing large blood clots (larger than an egg in size)
- Abdominal pain that is getting worse, or new abdominal pain
- Chills and/or a fever of more than 100.4°F
- Changes to your vision or a severe, persistent headache
- Dizziness or fainting
- Heart palpitations, chest pain, or difficulty breathing
- Heavy vaginal bleeding that soaks more than one pad per hour, or vaginal bleeding that increases daily
- Incision from C-section or episiotomy is red, weepy (with pus), or swollen
- Pain in your legs with redness or swelling
- Painful urination or difficulty urinating
- Sore breasts that are red or feel hot to the touch

Our providers

Excellent care

OBSTETRICS AND GYNECOLOGY

An OB/GYN is a physician who specializes in pregnancy, childbirth, and disorders of the female reproductive system. They provide preventative care, family planning, and prenatal care. Before you leave the hospital, we will ensure that you have an appointment to see your OB/GYN for a follow-up visit, according to their instructions.

MIDWIFERY

Certified Nurse-Midwives (CNM) are registered nurses with graduate education in midwifery including hands-on clinical training by practicing CNMs. CNMs provide general women's healthcare throughout a woman's lifespan, including pregnancy, birth, and postpartum care; and well-woman gynecologic care. CNMs are able to prescribe a full range of medications, and treatments, including pain control medications. CNMs generally care for women who are experiencing a low-risk pregnancy.

OB HOSPITALIST

An OB Hospitalist is a board-certified obstetric physician with special training to care for pregnant patients in the hospital. They handle emergency OB care and patients who arrive at StoneSprings Hospital in labor. We have OB



Hospitalists on site 24 hours a day, every day of the year, so there's no need to wait for your doctor or the doctor on call to arrive. An OB Hospitalist will start your care and transition to your doctor when he or she arrives, or continue to treat you in consultation with your doctor.

PEDIATRICS

A Pediatrician is a physician who specializes in the treatment of children from birth through adolescence. A Pediatrician will examine your baby shortly after delivery to ensure that he or she is healthy and adjusting well to life in the outside world, and will also visit each day to check on your baby and answer any questions you may have. When you are ready to go home, the nurses will assist in making a follow-up appointment with a Pediatrician of your choice.



REGISTERED NURSES

All of our nursing staff are Registered Nurses with extensive training in all areas of Maternal and Neonatal Nursing. As evidence of their expertise, many of our nurses have achieved national certification in their specialty. They are here for you 24 hours a day, providing patient- and family-centered care.




Helpful information

Resources



DOULA SERVICES

An illustration showing a pregnant woman in a blue dress from the waist up. She is holding her belly with both hands. A red heart is positioned above her head. Two hands, one blue and one red, are shown supporting her from below. The background is a light gray gradient.

A doula is a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth. Studies have shown that the support of trained doula can decrease the need for labor interventions and help new mothers feel more positive about their birth experiences. Learn more and search for a local doula at dona.org.

HEALTH DEPARTMENT

Breastfeeding peer counselors, breast pumps, books, videos, pamphlets, services for WIC clients, immunizations. To learn more, visit the Loudoun County Health Department at **Loudoun.gov**.

READING

- *What to Expect When You're Expecting* | Heidi Murkoff and Sharon Mazel
- *What to Expect the First Year* | Heidi Murkoff
- *The American Academy of Pediatrics New Mother's Guide to Breastfeeding*
- *Breastfeeding Made Simple* | Kathleen Kendall Tackett, PhD, IBCLC, Nancy Mohrbacher, IBCLC, and Jack Newman, MD
- *The Womanly Art of Breastfeeding* | Diane Weissinger, Diana West, and Teresa Pitman
- Healthychildren.org
- Womenshealth.gov

BILLING AT STONESPRINGS HOSPITAL CENTER

The bill you receive from StoneSprings Hospital Center will reflect charges incurred for use of hospital facilities, equipment, supplies, and nursing personnel. You may also receive additional bills for services provided by associates, such as anesthesiology, neonatology, or pediatrics. Check with your insurance company about your coverage. Your delivery provider's bill will be separate and sent by the provider's office.

For billing and financial questions contact Patient Account Services at **844-229-9750**.

Notes





**STONESPRINGS
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