

This is your moment.
We'll help deliver it.



BaylorScott&White
MEDICAL CENTER
GRAPEVINE



Pregnancy checklist.

Print this pregnancy checklist for easy reminders to help guide your pregnancy.

Hospital and class registration is available at [BSWHealth.com/YourMomentGrapevine](https://www.bswhealth.com/YourMomentGrapevine).

First trimester

- ☐ Download the [MyBSWHealth](#) mobile app.
- ☐ Visit [BSWHealth.com/YourMoment](https://www.bswhealth.com/YourMoment) for educational articles on pregnancy, childbirth and more.
- ☐ Join our Baylor Babies Facebook group. Visit [Facebook.com/groups/BaylorBabies](https://www.facebook.com/groups/BaylorBabies).
- ☐ Sign up for a prenatal yoga or fitness class.



Second trimester

- ☐ Pre-register for your delivery through the [MyBSWHealth](#) app.
- ☐ Register for classes such as Prepared Childbirth, Breastfeeding, Baby Care and more.
- ☐ Register at your favorite baby store.
- ☐ Find a pediatrician.

Third trimester

- ☐ Take a tour of the hospital where you plan to deliver.
- ☐ Get your car seat installed.
- ☐ Pack a hospital bag for yourself and your baby.
- ☐ Map your route to the hospital and be familiar with where to park.
- ☐ Take a breastfeeding and childbirth class.

We're prepared for your moment.

We're dedicated to helping you navigate your journey to parenthood, and we've created this brochure to be your guide through every moment. We're designated by the Texas Department of Health and Human Safety as a Level III Maternal Center and have earned the Texas Ten Step designation.

As an expectant parent, you already know there's much to be done before the arrival of your baby. We're pleased and honored to offer a variety of services to help make these coming months as stress-free and productive as possible. Take a look at what you can expect from us, as well as some tips on how to prepare for your big moment.

We have a philosophy of family-focused care. We strive to be your health partner for life, often beginning with one of the most exciting events in a lifetime: having a baby.

We offer:

- Antepartum unit for high-risk pregnancies
- OB emergency department
- Lactation services
- Labor-Delivery-Recovery Rooms (LDRs)
- New Family Center
- Level III Neonatal Intensive Care Unit (NICU)
- Maternal-fetal medicine physicians
- Highly skilled obstetricians
- Collaborative environment with doulas

Getting prepared.

Enroll in parent education classes

Whether you are expecting your first child or are already a parent, we offer a variety of classes to fit every family. The classes cover topics such as childbirth, breastfeeding, newborn care, Dad's class and infant CPR and are offered both online and in a classroom setting. Please refer to the Parent Education class schedule on [BSWHealth.com/YourMomentGrapevine](https://www.bswhealth.com/YourMomentGrapevine) for details on available classes.

Tour Women's Services

Before you deliver, you and your family are invited to take a tour of the hospital so you'll feel prepared and at ease when it's time to welcome your little one. Sign up for a class or schedule a tour: [BSWHealth.com/YourMomentGrapevine](https://www.bswhealth.com/YourMomentGrapevine) or call 817.800.8850.

Pre-register for your delivery

To help you get ready, we offer convenient pre-registration for your upcoming delivery through the MyBSWHealth app. So when the big day arrives, you can focus on what truly matters—welcoming your new baby, stress-free.

If you need additional assistance with pre-registration, please contact our access services team at 844.211.1790.

Select a pediatrician

Prior to delivery, it is important that you select a pediatrician or family medicine doctor to see your baby. Your baby will need to be seen by his or her physician 48 hours after being sent home from the hospital. Speak with your obstetrician, call 1.844.BSW.DOCS or visit our website at [BSWHealth.com](https://www.bswhealth.com) for information regarding your choice of physician. If your pediatrician does not have hospital privileges at our hospital, a pediatrician or neonatologist on our medical staff will examine your infant during your hospital stay, and you will follow up with your selected pediatrician after discharge. All medical records will be sent to your doctor.

What to bring for mom

Items that you may want to bring include:

- Your driver's license, insurance card and list of medications
- Loose-fitting casual wear, nursing gown, bras and other breastfeeding-related clothing
- Underwear
- Toiletries (shampoo, toothpaste, etc.)
- Robe
- Slippers or loose-fitting shoes
- Cellphone and charger
- Breastfeeding pillow (optional)
- Breast pump (optional)

What to bring for baby

While your baby is in the hospital, we will provide diapers, wipes, a hat and a sleepsack. Items that you may want to bring include:

- Special clothing
- Socks or booties
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- Pediatrician's name and contact information
- A car seat that is weight and age appropriate for baby and has not reached its expiration date

We recommend that you have a certified car seat technician help you install your car seat before you deliver. Baylor Scott & White Health is a participant in the Safe Kids of North Texas, which offers parents child passenger safety education and consultations. Call 682.885.2634 to make an appointment.



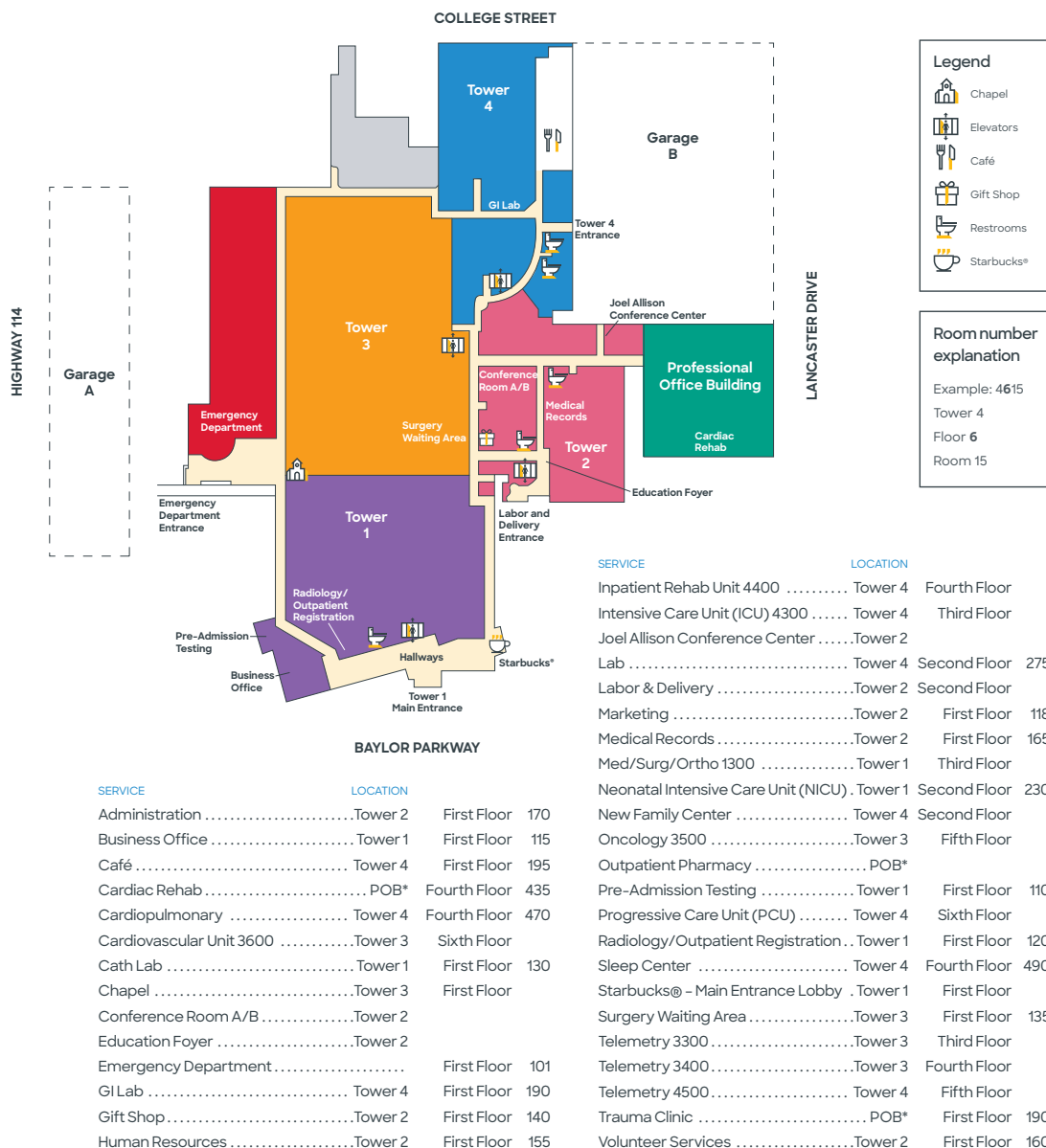
When it's time, where do you go?

Please visit BSWHealth.com/Grapevine for more information on finding your way.

Baylor Scott & White
Medical Center – Grapevine
1650 W. College Street
Grapevine, TX 76051
817.481.1588

Directions

The Labor and Delivery area is conveniently located on the second floor in Tower II. Visitors have easy access to the center via the visitor parking garage or valet.



At the hospital.

Enjoy the family-focused atmosphere provided in our beautifully decorated private suites. You can plan on laboring, delivering and recovering all in the same room. There is plenty of room for your partner or another family member to spend the night.

Labor and Delivery

The birth of your child is one of life's biggest moments, and it is our privilege to support you and your family every step of the way. From advanced technology and comfortable Labor and Delivery rooms to understanding the needs of your family, we're focused on making sure your delivery is as smooth and comfortable as possible. Our clinical team welcomes collaboration with doula support. Please notify your obstetrician if you wish to utilize these services during your delivery. We offer immediate skin-to-skin after delivery, delayed cord clamping and placenta donation for cesarean births.

Our team will assist during your delivery and postpartum stay with amenities to make your experience more comfortable.

Amenities include:

- Aromatherapy clip-on
- Wireless fetal monitoring
- Snack box upon arrival to the New Family Center
- Comfort menu

We are also here to manage pain during delivery and offer a wide range of pain management options, including:

- Nitrous oxide
- Epidural or regional anesthetic
- IV medication
- Hydrotherapy (laboring in water)

Visitors during labor

Family members are welcome. For the safety and privacy of our patients, we ask that you keep the hallways clear. All areas for new parents and babies are locked units.

Security

We have several security measures in place to protect you and your baby. Our staff will review these measures with you upon admission.

Dedicated Antepartum Unit

The Antepartum Unit is for expectant women with high-risk pregnancies. Women who are admitted to the unit are considered at risk for pregnancy-related complications and require hospitalization prior to delivery.



After delivery.

The first few days after the birth of your baby, known as postpartum, are so important. With our family-focused care philosophy, we customize care based on your needs.

Fathers or partners are an important part of this experience and are encouraged to stay the night with mom and baby in our New Family Unit, which is a locked unit for added security. Our center is designed to create a calming environment and features all private rooms with hardwood floors, futon/sleep chairs and one complimentary meal tray from our upgraded menu for your support person.

Time with baby (Couplet care)

After birth, you and your baby will be welcomed to our New Family Center. In this center, you will receive care together unless additional care is needed. (We also refer to this as rooming-in or Couplet Care.) We believe this time immediately after birth, while your baby is alert, is important. We encourage breastfeeding and skin-to-skin contact immediately after birth and throughout your stay. Your nurse will be available to assist you and the needs of your new baby. We also offer delayed bathing for 24 hours based on parent preference and swaddle bathing.

Special tests for your newborn

Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 – 36 hours old. The tests require a small blood sample that is collected through a heel stick. In addition, your baby will receive a pain-free hearing test and heart health screening. It is important that we have an accurate phone number for you so that we may reach you with the results. To find out more about these tests, please ask your nurse or call 1.844.BSW.DOCS.

Neonatal Intensive Care Unit

Our NICU is a Level III unit that provides advanced life support services and technologies for premature and seriously ill newborns. Staffed by specialized nurses, neonatal nurse practitioners, neonatologists and many other skilled staff, the unit is designed to promote optimal developmental care for special infants.

Breastfeeding

Breastfeeding is recommended for the first two years of your baby's life. Our New Family Center nurses have special training and are available to assist you in a positive breastfeeding experience. Lactation consultants are also part of the team and are here to help you. A class is also available to help you learn about breastfeeding. To register for a breastfeeding class, visit BSWHealth.com/YourMomentGrapevine or call 469.800.8850. There is also a Facebook group of mother-to-mother support and networking at [Facebook.com/groups/RockinMommias](https://www.facebook.com/groups/RockinMommias).

After you have left the hospital, we encourage you to join our Rockin' Mommas breastfeeding support and encouragement group.

Family and friends

Your family and friends are welcome to visit you and your baby during this exciting time. Other children or the baby's siblings should be accompanied by an adult and be free of illness during their visit. Please ask anyone who holds your baby to first wash his/her hands. Snuggle time is daily from 2:00 – 4:00 PM. You may wish to limit visitors during this special time.

Car seat requirement

Should your baby weigh less than 5 pounds or be younger than 37 weeks, a car seat challenge will be needed upon discharge.

We're here for you.

Our physicians, nurses and staff have one goal: To support the health and well-being of every mother and baby we serve.

Nothing is more important to us, and we hope the facilities and services we offer are a testament to that. More importantly, we hope the warm, compassionate care of everyone here will help make this special event memorable.

To stay connected to other moms, visit [Facebook.com/groups/BaylorBabies](https://www.facebook.com/groups/BaylorBabies)

Virtual Postpartum Care.

At Baylor Scott & White Health, your postpartum care doesn't end when you leave the hospital—birth is just the beginning.

With Virtual Postpartum Care, you'll receive important support during those first six months after delivery. This program offers:

- Direct communication with a Nurse Care Advocate for personalized guidance
- Answers to common postpartum questions and concerns

- Access to specialists, including lactation consultants, pelvic floor therapists, mental health support, and more—all from the comfort of your home through virtual services

To learn more, visit [BSWHealth.com/PostpartumCare](https://www.bswhealth.com/PostpartumCare).



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