

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



BaylorScott&White
MEDICAL CENTER
FRISCO AT PGA PARKWAY



Pregnancy checklist.

Print this pregnancy checklist for easy reminders to help guide your pregnancy.
Class registration is available at [BSWHealth.com/YourMomentLocalized](https://www.bswhealth.com/YourMomentLocalized).

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.

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)
- Postpartum unit
- Neonatal Intensive Care Unit (NICU)
- Maternal-fetal medicine physicians
- Highly skilled obstetricians, anesthesiologists and neonatologists
- Doula and labor coaches welcome

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/YourMomentPGAParkway** 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/YourMomentPGAParkway** or call 1.844.BSW.DOCS.

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** 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 swaddle blanket. 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.



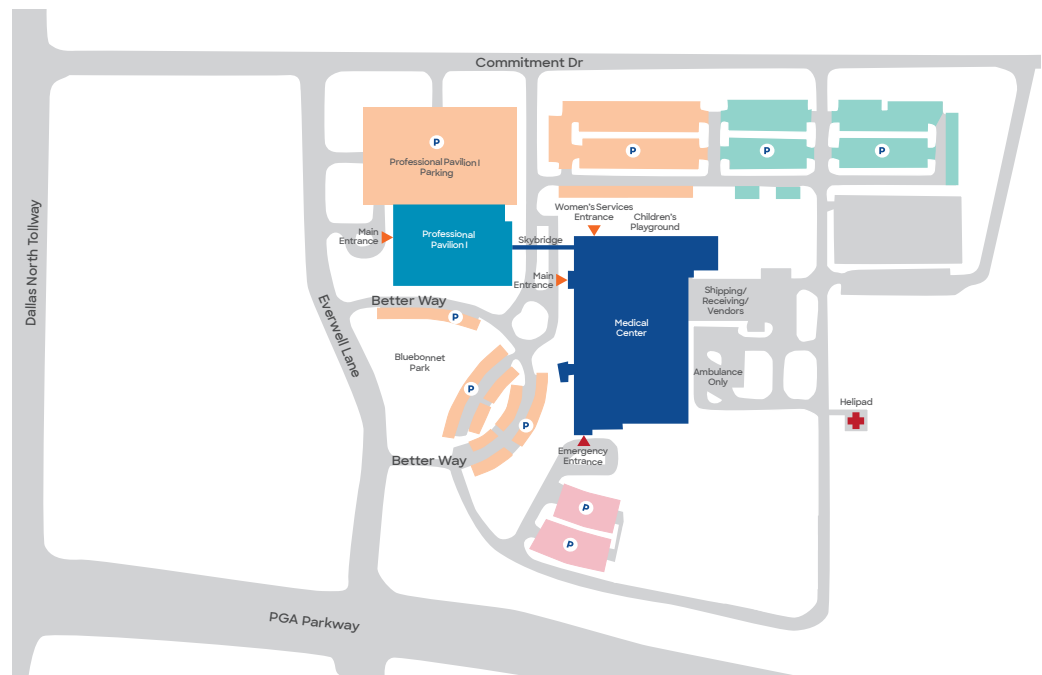
When it's time, where do you go?

Please visit [BSWHealth.com/PGAParkway](https://www.bswhealth.com/PGAParkway) for more information on finding your way.

Baylor Scott & White Medical Center - Frisco at PGA Parkway
7600 Better Way
Frisco, TX 75033
945.339.1000

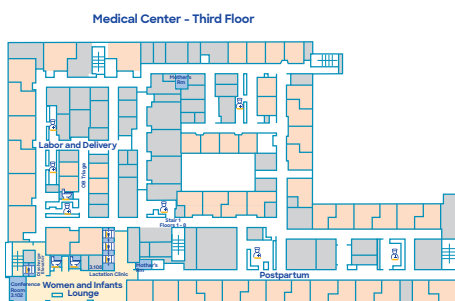
Directions

Park on the north side of the hospital and enter through our dedicated women's entrance. Valet is also available at the women's entrance from 5:00 AM – 2:00 PM. From there, you'll take separate elevators directly to the Center for Women and Infants on the third floor. A concierge is available from 5:00 AM – 5:00 PM in the women's lobby to assist you.



	Emergency Room Entrance		Self-Park
	Medical Center		Entrances
	Professional Pavilion I (Clinic)		Guest Parking
	Emergency Parking Only		Team Member Parking

Labor and delivery floor



Third floor

The Center for Women and Infants
 Patient rooms: 301 - 333, 352 - 359
 Labor and Delivery
 Antenatal
 Postpartum/Nursery
 Neonatal Intensive Care Unit
 Lactation Clinic

At the hospital.

With an entire floor dedicated to women's services, you'll enjoy a comfortable, retreat-like atmosphere designed with your family in mind. Our center features large private rooms in Labor and Delivery, as well as our postpartum unit.

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.

We welcome collaboration with a doula of your choice. Please notify your obstetrician if you plan to bring a doula with you for support during your delivery.

Amenities include:

- In-room refrigerators with nourishment options
- Aromatherapy
- Wireless fetal monitoring
- Snack box upon arrival to the postpartum unit
- Flavored electrolyte-infused water
- 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
- Birthing and peanut balls
- Laboring chair

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.



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.

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 postpartum 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, a sofa bed for your support person and hotel-style amenities such as in-room refrigerators and more.

Bluebonnet Room services

Our Bluebonnet Experience provides an even more luxurious, spacious experience, creating the ideal space to enjoy these first moments with your little one. They include the Bluebonnet Menu, which features sophisticated restaurant-style meals, a dedicated concierge, a fridge stocked with snacks and drinks, and much more. These elevated rooms with additional luxury experiences and amenities can be purchased separately on our reservation site.

Time with baby (Couplet care)

After birth, you and your baby will be welcomed to our postpartum unit. In this unit, 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.

Neonatal Intensive Care Unit

Our NICU provides advanced 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 success

Breastfeeding is recommended for the first two years of your baby's life. Our postpartum unit 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/YourMomentPGAParkway](https://www.bswhealth.com/YourMomentPGAParkway) or call 1.844.BSW.DOCS. There is also a Facebook group of mother-to-mother support and networking at [Facebook.com/groups/RockinMommias](https://www.facebook.com/groups/RockinMommias).

Our mommy bundle and baby bundle give you options to take your experience to the next level. The mommy bundle includes items like lavender essential oil, a diffuser and color-changing LED lights, and the baby bundle includes items like an ultra-plush blanket and special book to read with your newest addition. *Both of the bundles are included for families who choose to purchase the Bluebonnet Experience.*

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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[BSWHealth.com/YourMomentPGAParkway](https://www.bswhealth.com/YourMomentPGAParkway)