



YOUR GUIDE TO A

Happy Birth Day



SWEDISH

Issaquah

Important phone numbers

Main hospital number	425-313-4000
Doula program	206-215-6106
Birth and family education	206-215-3338
Patient registration	425-313-5330
The Lytle Center for Pregnancy & Newborns	206-215-9853
Financial information (cost estimates, financial assistance)	206-320-5300
After-hours lactation (breastfeeding) assistance	206-215-9853, option 3
Birth records	425-313-7005
Your OB/midwife's number	_____

Before baby arrives

- _____ Register for childbirth, parenting and family education classes at www.swedish.org/classes.
- _____ Decide if a doula is right for you. For a list of Swedish doulas, visit www.swedish.org/doulas.
- _____ Pack a bag for your hospital stay.
- _____ Choose a doctor for your baby. Visit www.swedish.org/pediatrics for more information.
- _____ Take a car seat installation class or have the seat inspected by a certified car seat technician after you install it. You can learn about car seat safety at www.safercar.gov.
- _____ Install the Swedish Circle app.



Take a look inside to see why so many families choose Swedish Issaquah to have a Happy Birth Day.



Swedish Issaquah



A labor and delivery room

Childbirth and family classes at Swedish

Register at www.swedish.org/classes or by calling 206-215-3338.
Online classes available.

Childbirth Preparation

While no one can tell you what your birth experience will be like, learning about the process can help you feel prepared, confident and ready for the birth of your baby. This class will prepare you for the labor process and possible variations, coping skills and postpartum adjustment.

Preparing for Multiples

Expecting twins, triplets or more? Our multiple series prepares families for labor and birth, as well as common pregnancy complications like preterm labor, c-sections, recovery, postpartum adjustment and the NICU. This series includes multiples-specific newborn care and breastfeeding classes.

Coping with Confidence

This class is designed to provide families who have already attended a Childbirth Preparation class with more information about pain management. Expect hands-on practice of coping skills and support during labor.

Breastfeeding

This class helps new moms and their partners learn about breastfeeding. Topics include: the first feeding, proper positioning and latch, feeding times and amounts, and how to express and store breastmilk.

Bringing Baby Home

Developed by renowned relationship experts, Drs. John and Julie Gottman, this two-day workshop will teach you and your partner parenting and relationship skills to help you be the best parenting team possible.

Car Seat Safety

Learn how to choose, adjust and install a safe infant car seat. The class does not include installation in your vehicle, but you will get hands-on practice.

Conscious Fathering

The Conscious Fathering class prepares new fathers and father figures for parenting by providing an overview of baby care and teaching practical skills.

Infant Safety and CPR

Learn when and how to give CPR to an infant, common choking hazards and how to manage choking, ways to baby-proof your house, and ways to reduce the risk of SIDS.

Newborn Care

This class teaches parents all the basics of caring for a newborn including: diapering, feeding, bathing, swaddling, comforting and safe sleeping.

Grandparents Classes

There have been many changes in the role of grandparents over the last several generations. These classes describe ways grandparents can offer support and assistance to a new family, while discussing current trends in birth practices and infant care.

New Mom Support Group

We offer two different groups to meet you at the different stages of being a new parent: Newborn and Me 0-3 Months, and Baby and Me 3-6 Months. These groups meet weekly for six sessions. Led by an experienced facilitator, new birth parents share questions, concerns and experiences with other new parents in a friendly and welcoming atmosphere while discussing weekly topics.

Baby Your Body/Your Body, Your Pelvic Floor

By teaching you to engage your core and strengthen your pelvic floor, this pregnancy class will help you develop good posture and proper body mechanics.

Swedish Doula program

As a birthing patient at Swedish, you have access to the best in personalized maternity support. Our birth Doula services will give you emotional, physical and informational support. The Doula you hire will work alongside your doctor, midwife or nurses. Your Doula will provide a reassuring presence through your pregnancy, labor, delivery and the first month of your baby's life.

What can a Doula do for you?

- Provide support during pregnancy, birth and after your baby arrives
- Help you clarify your birth preferences and develop a birth plan
- Assist with massage, positioning and breathing techniques during labor
- Support your partner, ensuring he or she can participate as desired

Research has shown that having a Doula results in:

- Shorter, less complicated labor
- Increased satisfaction with the birth experience
- Reduced need for C-section, Pitocin and forceps or vacuum assistance
- Fewer requests for pain medication and epidurals
- Less occurrence of postpartum depression

Our package includes:

- Two prenatal appointments for you to discuss your birth preferences with the Doula
- Phone and email consultations available 24/7 from the day you hire your Doula until your baby is 1 month old
- A Doula present throughout your labor and delivery, supporting you and your partner
- An in-home visit after your baby is born to discuss feeding, sleep issues and other questions

What does the Doula package cost:

Based on the Doula's level of experience, rates range from \$800 to \$2,000. Your health insurance, HSA or FSA may cover all or part of service. Check with your insurance for details.

Postpartum Doula services

At Swedish, we know the months after the arrival of a new baby can be both joyful and extremely challenging. Our postpartum Doulas provide in-home care to create a strong foundation for the child and the family's life together.

What can a postpartum Doula do for you?

- Provide guidance for breastfeeding, chestfeeding, bottle-feeding and/or pumping
- Enable recovery and recuperation from labor and birth
- Care for baby overnight so you can sleep
- Prepare nourishing meals
- Demonstrate techniques for soothing and caring for your baby
- Do laundry, dishwashing and light housekeeping
- Make time for you to focus on bonding with your baby and meeting its needs
- Support care for older siblings
- Give emotional support for the adjustment
- Watch for postpartum and newborn complications

Available packages

Typically, daytime appointments are four hours and overnight appointments are eight hours. Packages range from single appointments to 24/7 care.

To learn more, call us at 206-215-6106 or visit www.swedish.org/doulas.

Choosing a doctor for your baby

Ideally you'll begin searching for your baby's doctor during your third trimester of pregnancy. That will give you time to meet with a few providers and choose one before the baby arrives.

What type of doctor should I look for?

You will need to choose a family practice doctor (a doctor who can care for any member of your family at any age), a pediatrician (a doctor who specializes in caring for babies, children and teens), or a nurse practitioner (a registered nurse who has additional training in family practice or pediatrics).

Where should I begin my search?

You can start by asking friends who have kids if they would recommend their doctor. You can also find a doctor located near your home.

What questions should I ask when I interview a doctor?

Many doctors who are taking new patients, such as your soon-to-be-born baby, will schedule free meet-and-greet appointments with parents. These are a great way to talk with a doctor and see if you like their personality and philosophy of care. Here are some questions to ask during your meet-and-greet interview:

- Does your office offer same-day appointments?
- How do you handle after-hours calls?
- Can I call or email you with questions, or should I always schedule an appointment?
- Which hospitals are you affiliated with?
- Do you accept my insurance plan?
- What are your views on breastfeeding, circumcision, immunizations, use of antibiotics, and parenting styles?

Why should I consider a Swedish doctor?

You may choose a doctor from any clinic or hospital you like, but we'd like to highlight some of the benefits offered by doctors who are in the Swedish primary care network.

- **Online access to your doctor and to your baby's medical records (up to age 13):** You can sign up for our free MyChart service. This secure online tool lets you use your computer or mobile device to get in touch with your baby's doctor by email. You can also request prescription refills and office appointments, view lab and imaging results, and review a summary of your baby's doctor visits. Never again will you have to call the doctor's office to get a copy of your child's immunization records.
- **Seamless care within the entire Swedish network:** If your child ever needs care at a Swedish emergency department, pediatric ER or hospital, or at one of our pediatric specialty clinics, their medical records will be instantly available electronically. That means information about your little one's medications, allergies and any other issues is only a click away.
- **Great connections:** If your child needs it, Swedish doctors can refer you to Swedish Pediatric Specialty Care. With more than 400 dedicated staff, it's one of the most complete pediatric programs in the region. These specialists are board certified in a wide range of specialties, and they care for children in outpatient clinics and in hospitals.

To learn more, visit www.swedish.org/pediatrics.

Birth Amenities at Swedish

The maternity team at Swedish celebrates the birth of each new baby. We look forward to caring for you as you welcome your newest family member.

While you are here, we will provide amenities and services for your safety and comfort.

For you

- Nightgown
- Sanitary pads and underwear
- Peribottle

For your baby

- Diapers
- Swaddling blankets
- Onesie or t-shirt
- Hat

In your room

- Private bathroom with shower
- Television
- Telephone
- Rocking chair
- Mirror
- Hot and cold compresses
- Bedding for your partner
- Birthing ball or birthing peanut
- Squatting bar
- Birthing stool*
- Sound machine*
- Jacuzzi bathtub*

**Not all amenities are available at each hospital.*

Food service

We offer food from the hospital cafeteria to you and your partner. This service is free for birthing patients only. You are welcome to bring food from home or have it delivered.

Therapeutic services

Nurture by Nature offers massage and other therapeutic services in the comfort and privacy of your hospital room. For information or an appointment, please visit Nurturebynaturespa.com or call 206-902-7608. This service may not be available while Covid restrictions are in place.

Photography

We offer an optional photo shoot in your hospital room. Your photos will be available on a password-protected site to share and order. This service may not be available while Covid restrictions are in place.

Tips for a great photo shoot:

- Parents' hands are often incorporated into shots. Wear clear, neutral or no nail polish to keep the focus on your baby.
- Parents should consider wearing solid, dark-color shirts in photos with the baby.



Guidelines for patients in labor arriving at Issaquah

It is very important that you contact your care provider prior to leaving for the hospital. Your doctor or midwife will then contact the Birth Center staff to alert them of your arrival or instruct you to call the Birth Center.

Parking information

6 a.m. to 9 p.m.

Please park in either of the main surface parking lots located in the front (east) and back (west) of the hospital or in the underground garage. The hospital is located at 751 NE Blakely Drive, Issaquah, WA 98029.

9 p.m. to 6 a.m.

Please park in the main (southeast) area in front of the Emergency Department which serves as the night entrance.

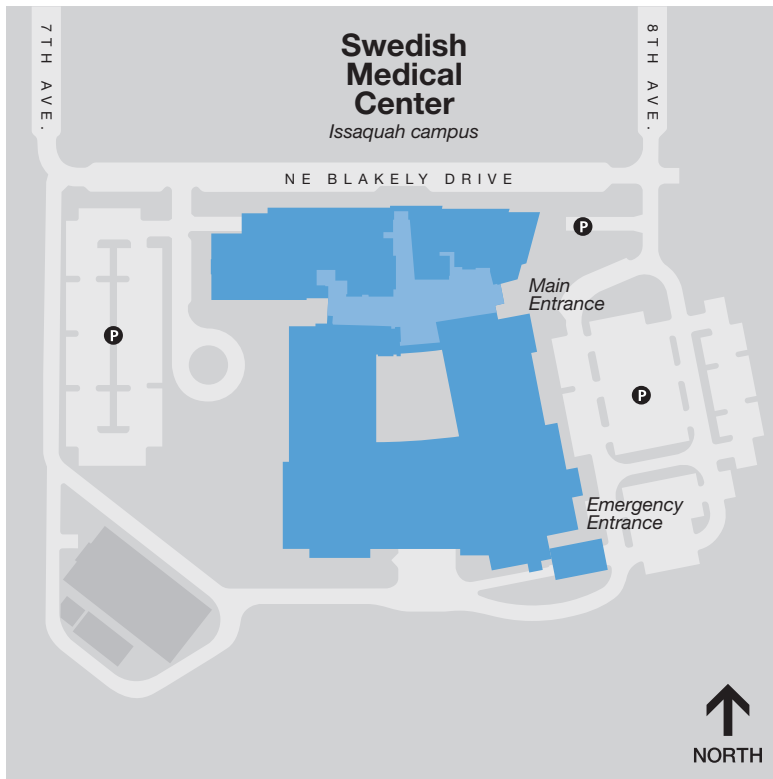
Arrival information

6 a.m. to 9 p.m.

Enter the hospital through the main entrance and either take the stairs or elevators to the second floor. Turn toward the Labor and Delivery sign. Press the red intercom button and a nurse will open the doors for you.

9 p.m. to 6 a.m.

During these hours you will use the night entrance which is the Emergency Department entrance. This is located at the southeast corner of the main hospital parking lot. You will stop at the security desk in the Emergency Department and then continue to the elevators. The Labor and Delivery unit is located on the second floor. Press the red intercom button and a nurse will open the doors for you.



SWEDISH ISSAQUAH
751 NE Blakely Drive
Issaquah, WA 98029

After your baby arrives...

This is an exciting time for you, and we look forward to sharing it with you. If you have any questions or concerns about your pregnancy, labor or baby, please let us know right away.

Most birth parents remain in the hospital 24-36 hours after a vaginal birth and 48-60 hours after a cesarean birth.

We encourage you to have one adult support person stay overnight in your room after your baby is born. Due to space limitations, we can accommodate only one support person.

Children are not permitted to stay overnight.

Visiting hours in the hospital are from 5 a.m. to 9 p.m. daily.

Before going home

Before you and your baby go home, we will provide the following services:

For mom:

- Review of your medications and discharge instructions
- Prescription medications for you to order if needed
- C-section incision care
- A breast pump, if needed
- A follow-up appointment at The Lytle Center for Pregnancy & Newborns (optional)

For your baby:

- A metabolic screen/PKU test
- A hearing screen
- A screening for heart defects in newborns
- A hepatitis B vaccine (optional)
- Removal of the umbilical cord clamp
- Completion of the Swedish birth record and paperwork
- Review of discharge instructions

Your baby's car seat

You will need to bring your baby's car seat up to your hospital room before you are discharged, per Washington state law.

Follow-up appointment at The Lytle Center

Before you are discharged from the hospital, we will encourage you to make a wellness appointment at The Lytle Center for Pregnancy & Newborns, located at Swedish First Hill.

At this appointment, a nurse practitioner will:

- Provide breastfeeding support
- Screen for postpartum mood disorders
- Check on your physical recovery
- Weigh your baby
- Check the baby for jaundice
- Answer any questions you may have

For more information or to make an appointment, please call 206-21-LYTLE (215-9853) or visit www.swedish.org.

Swedish Center for Perinatal Bonding and Support

The Center for Perinatal Bonding & Support is a supportive, comprehensive Partial Hospitalization Program serving patients who are in their third trimester of pregnancy or within the first year postpartum. We specialize in treating birthing parents experiencing symptoms of depression, anxiety or other adjustment challenges that make it difficult to function or care for themselves or their babies.

Please contact us to see if our services are right for you. Call 206-320-7288 or visit www.swedish.org/bondingsupport.

Reproductive psychiatry

The psychiatrists specialize in evaluations for managing medication in pregnancy and postpartum. Many people worry about the effects of medications on their baby during pregnancy and after delivery. Not all patients need medication, but sometimes they are recommended. The providers have a particular interest in this area and can discuss with you the latest information about risks and benefits of medications in pregnancy and breastfeeding.

To schedule an appointment with a perinatal psychiatrist call, 206-386-3863 or visit <https://www.swedish.org/services/reproductive-psychiatry>.

Services

Day Program

<https://www.swedish.org/locations/center-for-perinatal-bonding-and-support>

Reproductive psychiatry

<https://www.swedish.org/services/reproductive-psychiatry>

Breastfeeding support at Swedish

After-hours line

In addition to the services and groups listed below, we offer personal information after-hours and on weekends. To talk with a breastfeeding expert, please call 206-215-9853, option 3. Monday–Friday: 5–11 p.m. Saturday, Sunday and holidays: 8 a.m. to 5 p.m.

Services and supplies

Many new mothers and babies benefit from extra breastfeeding help and support after they leave the hospital. It takes patience and time to learn how to breastfeed effectively.

Before your baby is born, you can have a prenatal consult with one of our lactation experts. She will help you prepare to breastfeed successfully.

After your baby is born, lactation specialists can answer questions about breastfeeding and pumping. They also offer help for the following challenges:

- Sore nipples and breasts
- Engorgement
- Difficulties with positioning, latching on, breast refusal
- Low milk supply
- Premature or special-needs infants
- How to breastfeed twins, triplets and more
- Previous breast surgery
- Going back to work

Breastfeeding supplies and rental

You will find an extensive array of high-quality supplies for sale and pumps for rent at our lactation centers:

- Breastfeeding supplies
- Nursing bras and fitting services
- Breast pump rentals

For details, please call:

The Lytle Center at Swedish First Hill 206-215-9853
Comfort & Joy at Swedish Issaquah 425-313-7097

Private appointments

Our consultants have years of experience working with birthing parents and babies. They will provide support and education, and they can help with special breastfeeding needs.

We accept most health insurance plans. Please check with your insurance provider for details about your coverage. Cash discounts are available.

For a one-on-one appointment with a certified lactation consultant, please call:

- Swedish First Hill 206-215-9853
- Swedish Ballard 206-781-6039
- Swedish Issaquah 425-313-2377

Breastfeeding groups

For information, times and locations of these and other groups, visit Swedish.org/classes and click on “support groups.”

• Breastfeeding Support Group

A certified lactation consultant leads this group. She will answer your questions and check your baby’s growth. This is an ideal group for new moms who would like a little extra support and encouragement from other mothers. No registration is required.

• Breastfeeding Drop-In Group

This session is led by a certified lactation consultant at The Lytle Center at Swedish First Hill. Arrive anytime between 10:30-11:30 a.m. Tuesdays through Saturdays for a quick assessment of your baby’s latch and weight. During the session, you can talk with other mothers about various breastfeeding concerns. No registration is required.

Our **Express Care | Virtual team** also offers breastfeeding support. Go to www.virtual.swedish.org.

Notice of nondiscrimination and accessibility rights

Providence St. Joseph Health and its Affiliates¹ (collectively "PSJH") comply with applicable Federal civil rights laws and do not discriminate against, exclude or treat differently any individuals accessing any PSJH Program or Activity on any basis prohibited by local, state or federal laws, including but not limited to on the basis of race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status as those terms are defined under federal and state laws and rules.

In compliance with the Americans with Disabilities Act (ADA), PSJH provides qualified interpreters and other auxiliary aids and services free of charge:

- (1) to people with disabilities to communicate effectively with us, such as: (a) Qualified sign language interpreters; and (b) Written information in other formats (large print, audio, accessible electronic formats, other formats); and
- (2) to people whose primary language is not English, such as: (a) Qualified interpreters; and (b) Information written in other languages.

If you need any of the above services, please contact the Civil Rights Coordinator below. If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1.

If you believe that PSJH has failed to provide these services or discriminated in another way on the basis race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related

medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status, you can file a grievance with PSJH by contacting the Civil Rights Coordinator for your location listed below:

State/Service	Civil Rights Coordinator
Washington/ Swedish	Marlene McAninch Office of Compliance & Privacy Swedish Health Services 747 Broadway Seattle, WA 98122 Email: Compliance @ Swedish.org 206-215-2613

¹ For purposes of this notice, "Affiliates" is defined as any entity that is wholly owned or controlled by Providence St. Joseph Health (PSJH), Providence Health & Services, St. Joseph Health System, Western HealthConnect, Covenant Health Network, Inc., or is jointly owned or controlled by PSJH or its Affiliates and bears the Providence, Swedish Health Services, Swedish Edmonds, St. Joseph Health, Covenant Health Network, Covenant Health, Kadlec Regional Medical Center, or PacMed Clinics name.

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the above-noted civil rights coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW.,
Room 509F, HHH Building,
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at: <http://www.hhs.gov/ocr/office/file/index.html>.

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711)

CHÚ Ý: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn dành cho bạn. Gọi số 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-311-9127 (Swedish Edmonds 888-311-9178) (телефайн: 711).

ՈՒՇԱՐԴՈՒԹՅՈՒՆ. Եթե խոսում եք հայերեն, ապա ձեզ կարող են տրամադրվել լեզվական աջակցության անվճար ծառայություններ: Ձևագրահարեք 888-311-9127 (Swedish Edmonds 888-311-9178) (հեռախոյ (TTY) 711).

يُرجى الانتباه: إذا كنتم تتكلمون اللغة العربية، فأعلموا أن خدمات المساعدة اللغوية متوفرة مجاناً لكم. اتصلوا برقم الهاتف 888-311-9127 [أو برقم الهاتف 888-311-9178 عند الاتصال بالمركز الطبي السويدي في إدموندز (Swedish Edmonds)] (أو بخط المبرقة الكاتبة TTY لضعاف السمع والنطق على الرقم 711).

توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با شماره 888-311-9127 (Swedish Edmonds 888-311-9178) تماس بگیرید.

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711) まで、お電話にてご連絡ください。

पिआन पिउ: ने उमीं पंजाबी बोलि रे, उं 'आम' यद्विच सहायता सेवा उवाडे लयी मुदउ उिपलसि रे। 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711) 'उे काल करे।

សូមចាំអារម្មណ៍៖ ប្រសិនបើលោកអ្នកនិយាយភាសាខ្មែរ នោះសេវាជំនួយផ្នែកភាសានឹងមានផ្តល់ជូន លោកអ្នក ដោយឥតគិតថ្លៃ។ សូមទូរស័ព្ទទៅលេខ 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711)។

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711) पर कॉल करें।

LUS CEEV: Yog tias koj hais lus Hmoob, koj tuaj yeem siv cov kev pab txhais lus pub dawb. Hu rau 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการ การความช่วยเหลือทางภาษาได้โดยไม่มีค่าใช้จ่าย โทร 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711)

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Issaquah

swedish.org/issaquah