



Women's Pavilion

at San Gabriel Valley Medical Center

Making The Right Choice

Peace of mind. As a mother-to-be, that's exactly what you need most. The birth of your baby should be one of the most exciting events of your life — but it will still require some planning. You will make decisions along the way, but perhaps most important is selecting a physician and birthing center that can meet your individual needs. A place where you can receive the highest quality of care, provided by experienced, compassionate, medical professionals.

At San Gabriel Valley Medical Center, we believe that the best beginning starts with the bond between mother and baby (and family). Our commitment to bonding and breastfeeding has earned us the designation as a Baby-Friendly Hospital. This prestigious international award, sponsored by the World Health Organization, UNICEF and Baby-Friendly USA, Inc., recognizes San Gabriel Valley Medical Center for the optimal care provided to mothers and babies.

Our team of medical professionals is experienced in obstetrical care and dedicated to providing the highest quality care for you and your baby. We have a neonatal intensive care unit — just in case — and a pain management specialist who is available to you and your physician 24 hours each day.

Loving care for every mom.

A loving start for every baby.

That is our commitment.

Making You Feel Special

San Gabriel Valley Medical Center's Women's Pavilion has only one goal:

To provide you with caring and compassionate service in an intimate, comfortable and comforting environment.

Every woman has her own personal expectations for her birth experience. We have designed the Women's Pavilion to meet your individual needs. We work as a team, through our family-centered approach to care, to help you and your family experience a healthy and happy beginning to a lifetime of memories.

Your Labor of Love

The Women's Pavilion offers you a private suite where you and your labor partner can await your child's birth — Your labor partner can be with you throughout your labor and delivery.

- Labor Delivery Recovery (LDR) Suites — These beautifully furnished and decorated suites allow moms to remain in one room during all phases of the birthing process. Each suite includes a television, private shower, and a sleep chair for your labor partner.
- Birthing Beds — These highly functional beds convert to different positions in order to make your delivery as comfortable as possible.
- Surgical Suites — Fully-equipped for cesarean deliveries, these suites are located very close to our LDR suites. This allows you and your physician the comfort of knowing that they can be accessed immediately if this should become necessary.
- Mother-Baby Suites — Our suites were designed for your baby to remain with you following delivery and throughout your stay. This special time together will give you an opportunity to get to know your little one in an intimate, nurturing environment. Our nursing staff provides couplet care – a model of care where mothers and infants are cared for by the same nurse, in the mother's room, to facilitate breastfeeding, teaching of infant feeding cues, parenting skills and to promote family attachment and bonding.

Before the Big Day

With so many things to do before your baby is born, it's nice to be able to cross a few of them off your list as soon as possible. That's why we recommend that you take the time to pre-admit by your 7th month and pack your bag (just in case!) at least three weeks before your due date. Each suite is equipped with a television to make the waiting period as comfortable as possible. What will you need during your stay? Here is a checklist:

For Mom

- Bathrobe
- Slippers
- Nursing or regular bras
- Six pairs of panties
- Toiletries (toothbrush, toothpaste, comb, brush, shampoo, lip balm, contact lenses/glasses)
- It's also a good idea to bring lotion, powder, breath mints or anything else you may need to be comfortable.
- Loose, comfortable clothes to wear home
- Insurance card

Optional Items

- Nightgown
- Socks
- Telephone numbers of family and friends

For Baby

- Baby gown
- Booties
- Undershirt
- Two baby blankets
- Car seat

For Dad or Labor Partner

- Snacks to maintain energy

Pre-Admitting Is Easy and Fast

When the baby lets you know it is time to make your way to the hospital, you will want to know that the Women's Pavilion is ready for your arrival. How? By pre-registering for your admission. You may complete the enclosed pre-admission application and return it to SGVMC at your earliest convenience.

By making your hospital arrangements in advance, you can have peace-of-mind knowing that everything will be ready for you when you arrive.

If you have hospitalization insurance, we will bill your insurance company for you. If you do not have insurance, we can assist you by referring you to our financial counselor. Our professional staff will meet with you to assist you in securing health benefits for yourself and your growing family. You may access our financial counselor by calling (626) 457-3748.

We also have cash packages available for your convenience. Our Health Benefits Representatives can meet with you individually to see which financial option is best suited to meet your needs.



It's Time!

When the time is right — and this is one decision your baby will make — please follow your physician's instructions.

You may enter the medical center through the lobby doors of the San Gabriel Valley Medical Center at 438 W. Las Tunas Drive in San Gabriel. The cross street is S. Santa Anita Street. The lobby is open from 5:00 a.m. to 9:00 p.m. After 9:00 p.m., enter the medical center through the Emergency Room entrance. Your partner may drive to the Emergency Room entrance and drop you off prior to parking. From the Emergency Room you will be taken to a Labor and Delivery Suite.

Special Delivery

With your physician's agreement, your labor partner and designated family members are welcome to be with you during the delivery.



Active Labor and Pain Relief

Like most mothers, you may wonder how long you will be in labor, how you will react to the discomfort of the contractions, or how easy the delivery will be. Every mother's childbirth experience is different, however, the goal of your labor and delivery is to have a healthy, happy mother and baby.

Many types of medications and anesthesia are available to reduce the discomfort of childbirth. If you require pain medication to decrease your discomfort and help you relax, you will be evaluated by our pain management specialist, an anesthesiologist who is available at the hospital 24 hours a day.

The type and amount of medication depends on several factors. These include the stage of labor you are in, the degree of pain relief needed, and the condition of you and your baby. If anesthesia is needed, you and your physician will decide what is best for you.

Analgesics

Analgesics provide some pain relief without total loss of feeling or alertness. They may lessen your discomfort during contractions, and you may even relax enough to sleep between contractions. These medications should have little effect on the baby.

Epidural Anesthesia

Epidural anesthesia may be used to numb your lower body during vaginal or cesarean birth. Epidurals relax the abdominal muscles before and during the birth of your baby. After the baby is born, normal sensation soon returns. For more information on pain relief during childbirth, talk to your health care provider.

Non-Pharmacological / Natural Pain Relief Methods

Labor pain varies from one woman to another. For women who prefer to manage labor pain naturally without the use of medication, we offer natural pain relief methods to help ease the discomfort of labor. We also offer prepared childbirth education classes to help support and teach women how to manage their pain by using these techniques.

Please complete this pre-admitting form and return it to the Hospital.

Pre-admitting Form Confidential

Primary Language: English Chinese Vietnamese Spanish

Today's Date

Expected Date of Delivery - Admission Date

Pre-Admission Information

				Obstetrician's Name	Pediatrician's Name	
Patient's Name (Last, First, Middle)				Previous Name	Doctor's Name	
Patient's Home Address		City	State/Zip	E-mail	(Area Code) Home Phone No./Cell	
Sex	Birthdate	Age	Marital Status	Social Security No.	Driver's License No.	Religion Allergies
Patient's Employer				<input type="checkbox"/> Smoker <input type="checkbox"/> Non-Smoker	Diabetic <input type="checkbox"/> Yes <input type="checkbox"/> No	
Primary Insurance Holder						
Address		City	State/Zip	(Area Code) Home Phone No./Cell		
Occupation	Social Security No.		Relationship to Patient		Birthdate	
Employer of Primary Insurance Holder						
Address		City	State/Zip	(Area Code) Phone No.		
Primary Insurance Company Name						
Primary Insurance Company Address		City	State/Zip	(Area Code) Phone No.		
Primary Insured's Employer Name		Address	City	State/Zip	(Area Code) Phone No.	
Primary Insurance Group/Policy No.		Certificate or Social Security No.		Insured's Name	Relation to Patient	
Secondary Insurance Company Name						
Secondary Insurance Company		Address	City	State/Zip	(Area Code) Phone No.	
Secondary Insured's Employer Name		Address	City	State/Zip	(Area Code) Phone No.	
Secondary Insurance Group/Policy No.		Certificate or Social Security No.		Insured's Name	Relation to Patient	
		Full Name	Relation	(Area Code) Home Phone No.		
In case of emergency: give name of nearest relative or friend	Address		City	State/Zip	(Area Code) Cell Phone	
	Full Name		Relation	(Area Code) Home Phone No.		
	Address		City	State/Zip	(Area Code) Cell Phone	

All insurance identification cards will be required at time of admission or preadmission.

Have you previously been treated at San Gabriel Valley Medical Center? No Yes

Please send this form to:

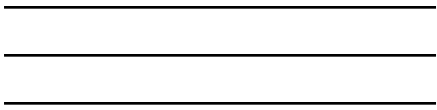
San Gabriel Valley Medical Center
Women's Pavilion Pre-Admit
438 W. Las Tunas Drive
San Gabriel, California 91776-9938



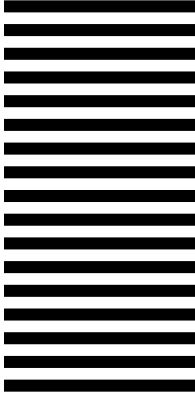
San Gabriel Valley Medical Center

AHMC Healthcare

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AHMC Healthcare

San Gabriel Valley Medical Center



TAPE CLOSED FOR MAILING

Breastfeeding Instructions

There is a great deal to learn about breastfeeding in order to make it a positive experience for you and your baby. As a designated Baby-Friendly Hospital, SGVMC upholds the highest standards for mother/baby care and feeding by ensuring and upholding the *Ten Steps to Successful Breastfeeding* and abides by the International Code of Marketing of Breast-Milk Substitutes. Our entire Women's Pavilion maternity staff has completed specialized training and will give you the information, confidence and skills necessary to initiate and continue breastfeeding your baby. This also means that if you are unable to breastfeed due to a medical indication or made an informed decision to use formula, safe preparation and feeding of formula instruction is provided to individual mothers. Certified lactation staff are also available to offer you and your baby personalized assistance when needed while in the hospital and after discharge several resources are provided to you for continued support.

Enjoying Your Visitors

At the Women's Pavilion, we've made our visiting hours flexible, so family members and friends can visit you and your new baby. While we want you to enjoy sharing your new baby, our primary concern is that moms are given time to recover prior to returning home. Moms may receive visitors between the hours of 8 a.m. and 9 p.m., unless otherwise specified. Older brothers and sisters of the new baby are welcome to visit as long as there are no signs of illness, but for health and safety reasons, we suggest other children wait until your baby is settled in at home for their first visit.

Dads are important to us, too. We have provided sleep chairs for dads, or for your labor partner, to room-in with you, if you wish.

Tours

Materni-Tea and Tour

Each month we have several Materni-Tea and Tours in honor of our Moms-To-Be. We will take you on a tour of the center to give you the opportunity to see our beautiful birthing suites, meet members of our professional medical staff and assist you with completing the necessary forms to pre-admit for your delivery. It's as easy as calling (626) 289-5454.

Important Phone Numbers

San Gabriel Valley Medical Center
(626) 289-5454

Obstetrician/Health Care Provider

Pediatrician

Labor and Delivery Unit
(626) 457-3222

Postpartum Unit
(626) 457-3242

Maternal Child Health Education
(626) 457-3277

Materni-Teas and Tours
(626) 457-3277

Admitting
(626) 570-6633

Physician Referral Service
(888) 922-8880



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438 West Las Tunas Drive
San Gabriel, CA 91776-9938

sgvmc.com

