



## UPMC Lititz Women's Place

1500 Highlands Drive, Lititz PA 17543

**Main Hospital : 717-625-5000 • Directions: 717-625-5746 • Women's Place: 717-625-5420**

*At UPMC Lititz, we understand that welcoming a new baby into the world is a special experience. Whether you're choosing where to give birth, looking for classes to help you prepare for parenthood, or a new mom looking for support, we have caring, expert providers and a host of resources and information to help you navigate welcoming a new baby into the world.*

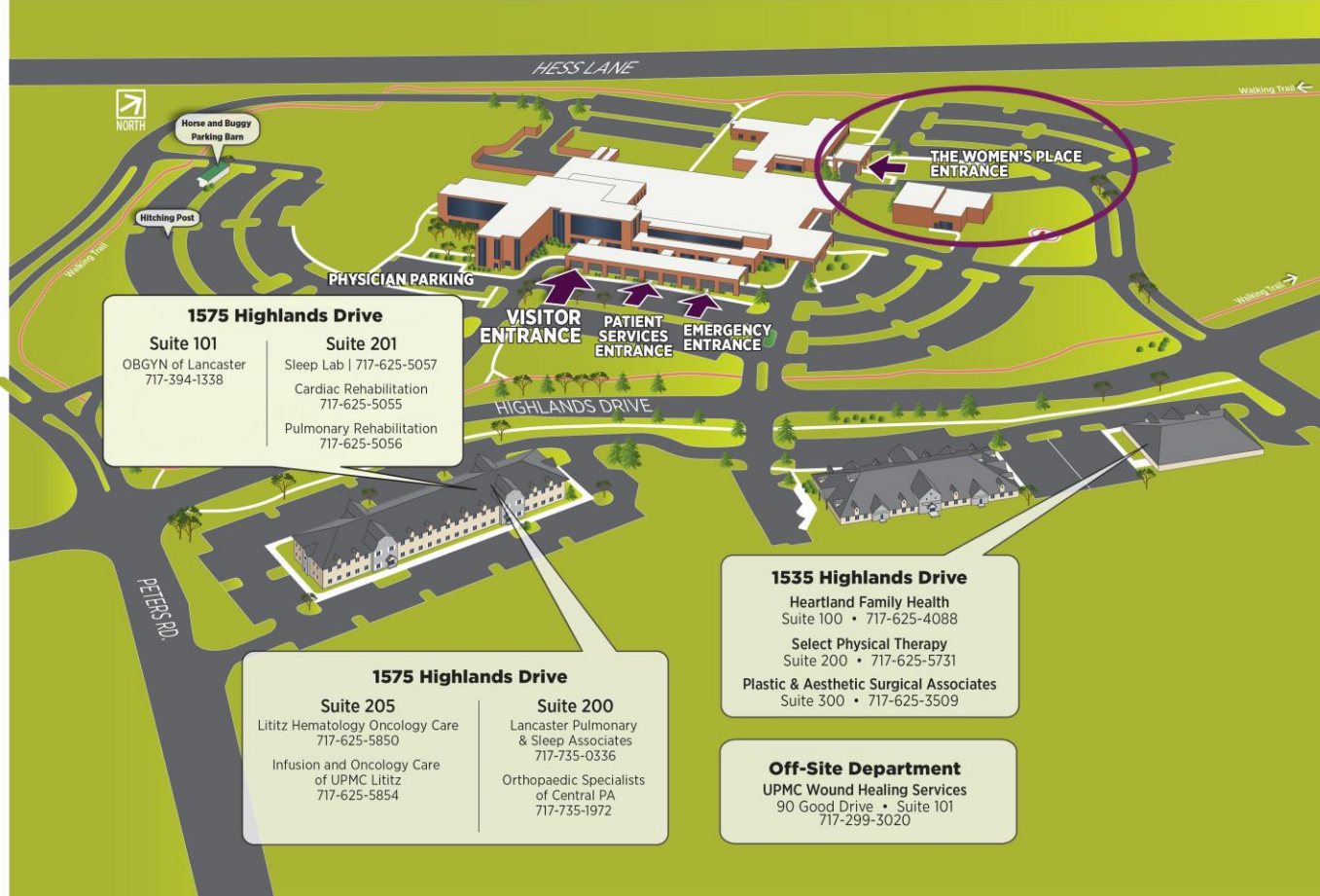
## Welcome to The Women's Place

From the moment you enter our doors, you will be in the care of a skilled team of physicians, certified nurse midwives, and nurses. A certified nurse midwife or physician is in the hospital at all times to offer around-the-clock care. The Women's Place staff consists of obstetric professionals who understand your concerns and compassionately meet your needs while providing exceptional medical attention.



### UPMC Lititz Is Baby Friendly

UPMC Lititz has earned the Baby Friendly designation, awarded by Baby Friendly USA, to those hospitals and birth centers meeting specific criteria set forth by international experts in the Ten Steps to Successful Breastfeeding. Having achieved this honor, we are recognized for offering excellence in maternity services, with a focus on infant feeding and mother/baby bonding.



## Where to Go

The Women's Place at UPMC Lititz has a private entrance, separate from the main hospital. To access the Women's Place, enter the UPMC Lititz campus using the driveway across the street from 1535 Highlands Drive. Ample free parking is available.

[?](#) Click here for more details!



## The Women's Place

Upon entrance, you will be greeted at our registration desk. Support persons will be screened upon entry and have their temperature scanned.

Please note, patients are limited to the same one support person for the entire stay. For more details about our current support person policies, please visit [UPMCPinnacle.com](https://www.upmc.com/pinnacle).

Available to your support person is a spacious waiting area, vending machines, and gift shop. A full cafeteria is located in the main hospital, which can be accessed through the Emergency Department.

# Nursing at The Women's Place

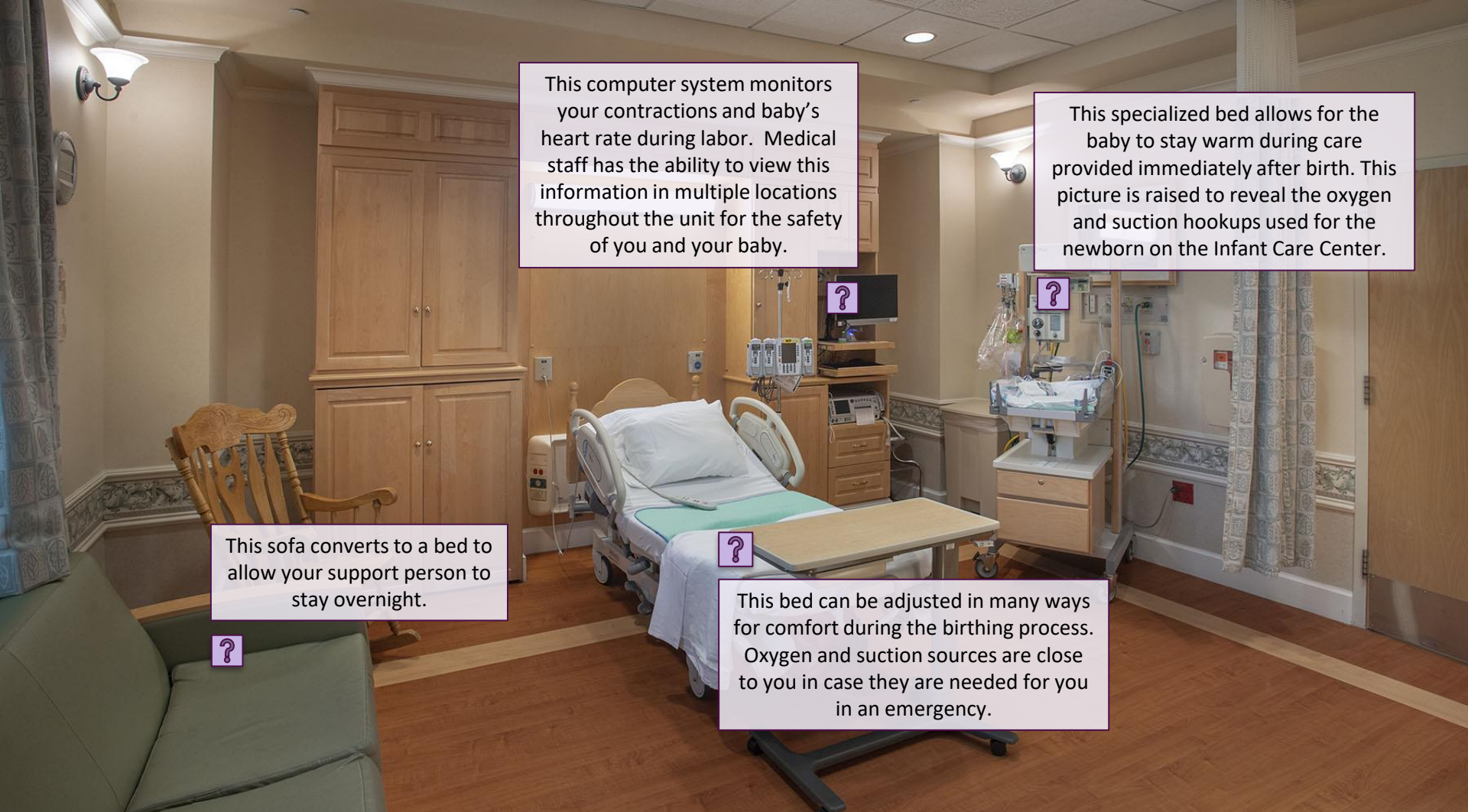
A mother-baby nurse will care for you and your baby, and promote learning about your unique newborn. As a result, bonding and attachment are enhanced, babies are happy, and you can leave the hospital more confident in your parenting skills.

While in Labor and Delivery, your nurse will continue to care for your baby. This may include:

- Assess baby's transition to life after birth
- Weigh and measure baby
- Help you initiate and maintain breastfeeding
- Administer vitamin K injection
- Administer erythromycin eye ointment
- Take footprints
- Apply ID bracelets and security tag
- Test baby's blood sugar, if needed



*Main Nurses Station*



This computer system monitors your contractions and baby's heart rate during labor. Medical staff has the ability to view this information in multiple locations throughout the unit for the safety of you and your baby.


This specialized bed allows for the baby to stay warm during care provided immediately after birth. This picture is raised to reveal the oxygen and suction hookups used for the newborn on the Infant Care Center.

This sofa converts to a bed to allow your support person to stay overnight.

This bed can be adjusted in many ways for comfort during the birthing process. Oxygen and suction sources are close to you in case they are needed for you in an emergency.

## Single Room Maternity Care

The UPMC Lititz Women's Place features Single Room Maternity Care. Your labor, delivery, and postpartum care is completed in the same room, offering family-centered care for mom and baby together.

Click  on the image for more details!

# Pain Management Options

As your labor progresses, we will monitor your pain and provide you with information on the pain management options available to you, including:

- **Medication-free pain management or "natural childbirth."** These options include the use of drug-free comfort measures such as relaxation and breathing techniques, massage, walking, position changes, counter-pressure, and water therapy. Medication-free childbirth enables you to move more freely during labor and may result in a more alert baby, which helps to promote early breastfeeding.
- **Pain medication**
- **Epidural anesthesia**
- **Nitrous oxide.** Nitrous oxide (also known as nitrous or laughing gas) is a colorless, nonflammable, tasteless, and odorless gas. It is self-administered on demand by the patient.



*Many of our birthing suites include a private whirlpool with therapeutic jets for soaking.*



*Pediatric Hospitalist Team at UPMC Lititz*

## Newborn Care at the Women's Place

The staff at UPMC Lititz understand that the first few hours after birth are an important time for you and your baby. That's why we make sure that your baby receives all the screenings, tests, and procedures that he or she needs to prevent problems and treat any underlying health issues.

Whenever possible, we perform your baby's tests and procedures in your hospital room—and some tests and procedures can even be performed while you are holding your baby skin to skin. Some care that we will provide in your room includes:

- Newborn assessment
- Monitoring of vital signs and adaptation to life after delivery
- Promotion and support for breastfeeding
- Newborn bath when baby's temperature is stable, baby has had at least one successful breastfeeding, and is at least eight hours old
- Continued skin-to-skin after bath to keep your newborn warm
- Blood sugar monitoring, if indicated
- Collection of newborn screenings and other specimens
- Hepatitis B vaccine
- Critical congenital heart disease screening
- Newborn hearing screening
- Promotion of parent-infant bonding





## Level III NICU

UPMC Lititz is the only full-service hospital in Lancaster County with a Level III NICU. Our Level III NICU, which allows us to care for infants born at 27 weeks and above, is designed to meet the needs of premature and sick full-term babies. This nursery is staffed by neonatologists and our skilled nursing staff. The medical and nursing staff is available for you and your baby 24 hours a day and welcomes your calls and visits to the unit.

# Going Home With Your New Baby

It is normal to feel anxious as well as excited about bringing your new baby home. UPMC Lititz's caring staff will provide the information, support, and resources you need to start your life together with confidence.

## Discharge

Most discharges take place between 10 a.m. and noon. Ask your support person to arrive by 9 a.m. to carry your belongings to the car before you leave. Your physician and your baby's physician will visit and officially discharge you and your baby. A nurse will review the discharge instructions for you and your baby, and ask you to sign them before you are taken to the main entrance in a wheelchair.

## Car Seats

Pennsylvania law requires that all children under age four be properly restrained and transported in a federally approved car seat that is appropriate for the child's age, height and weight. Before your due date arrives, you should have your car seat or infant seat base checked by a certified passenger safety technician in your area to make sure that it is properly installed. Your baby will not be discharged unless you have an appropriate car seat.

# Additional Resources

## Virtual Classes

To decrease the potential spread of the coronavirus we have suspended our in-person prenatal classes, tours, and postpartum support groups for the remainder of 2020. In the interim, UPMC is offering virtual classes. Classes offered virtually include early pregnancy, baby care, breastfeeding, childbirth, HypnoBirthing, and a grandparent class. [Click here](#) to learn about our upcoming classes.

## Lactation Services - 717-625-5337

Our staff includes board-certified lactation consultants, and we provide individualized, personal breastfeeding support during your hospital stay. We also offer prenatal and postnatal consultations, outpatient phone follow-up, lactation outpatient visits, and breast pumping equipment for use on the unit or for rental after discharge.

## Vaginal Birth After Caesarean Section (VBAC) program

If you had a caesarean section (C-section) with your prior delivery, you may be able to deliver your next baby vaginally. Having a vaginal birth after C-section can be a safe choice for many women. We encourage you to meet with your obstetrician early to discuss and develop a plan for delivery. Our primary goal is a healthy mom and a healthy baby.

## Mobile App

Available at [UPMCPinnacle.com/YoMingo](https://UPMCPinnacle.com/YoMingo), our mobile app offers evidence-based education on pregnancy, childbirth, postpartum, breastfeeding and newborn care.