

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



Baylor Scott & White
MEDICAL CENTER
CENTENNIAL

PREGNANCY CHECKLIST

Print this Pregnancy Checklist for easy reminders to help guide your pregnancy.

First trimester

- Download the [myBSWHealth](#) mobile app.



- Search the **Scrubbing In** blog for educational articles on pregnancy, childbirth and more.
- Join our Baylor Babies Facebook group. Visit [Facebook.com/groups/BaylorBabies](#).

Second trimester

- Pre-register with the hospital for your delivery at [BSWHealth.com/YourMomentCentennial](#).
- Register for a Prepared Childbirth class as early as possible. Visit [BSWHealth.com/YourMomentCentennial](#).
- Register at your favorite baby store.
- Take a Baby Care and Dads' class. Visit [BSWHealth.com/YourMomentCentennial](#) to register.
- Find a pediatrician.

Third trimester

- Take a Breastfeeding class. Visit [BSWHealth.com/YourMomentCentennial](#) to register.
- Take a virtual tour of the hospital at [BSWHealth.com/YourMomentCentennial](#).
- 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.
- Make time for a bra fitting by a professional, available at **Mother's Express**.



THE BEGINNING OF MANY BEAUTIFUL MOMENTS

We're prepared for your moment.

We're dedicated to helping you become the mother you've always dreamed of. Let this brochure be your guide through every moment.

Before your delivery

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 a woman's 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
- Antepartum testing
- Labor-Delivery-Recovery Rooms (LDRs)
- New Family Center
- Level II Neonatal Intensive Care Unit (NICU)



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, and infant CPR and safety and are offered both online and in a classroom setting. Please refer to the Parent Education class schedule on our website for details on available classes.

Tour Women's Services*

Before you deliver, you can view a video of a virtual tour of our Labor and Delivery and NICU areas, including a description of our amenities and services.

Please visit [BSWHealth.com/YourMomentCentennial](https://www.bswhealth.com/YourMomentCentennial) to view.

Make admission arrangements

We encourage you to pre-register by the fourth month of your pregnancy so that we may begin processing your admission paperwork before your delivery. To complete your admission online, visit [BSWHealth.com/YourMomentCentennial](https://www.bswhealth.com/YourMomentCentennial) and scroll down to the [Pre-register online now](#) section. Once you are done, you'll receive an email confirmation of your submission. If you have an out-of-pocket responsibility, you will receive a letter confirming your benefits and an estimate of what you will owe.

If you would like to check on the status of your registration, have questions or if there is a change in your pre-admission information, please contact our maternity financial service representative at **1.877.810.0372**.

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

Select "Start registration" under "Pre-register online now"

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.

Antepartum testing

To evaluate mom's and baby's well-being, we have a dedicated center for antepartum (during pregnancy) testing. Specialized procedures include amniocentesis, ultrasound, non-stress testing and biophysical profiles.

*Visitation guidelines and hospital-based tours and classes may be subject to change due to COVID-19.

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
- Camera
- Cellphone charger
- Breastfeeding pillow
- Breast pump

Note: Hair dryers are provided in each room.

What to bring for baby

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

- Special clothing for baby's first picture
- Socks or booties
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- Car seat that is weight and age appropriate for baby and not expired
- Pediatrician's name and contact information

*We recommend that you have a certified car seat technician help you install your car seat before you deliver. Call **682.885.2634** to make an appointment.*

Photography and videotaping*

Video and still photography will be limited to pre-delivery and will be allowed after your baby's birth at the discretion of the hospital staff.

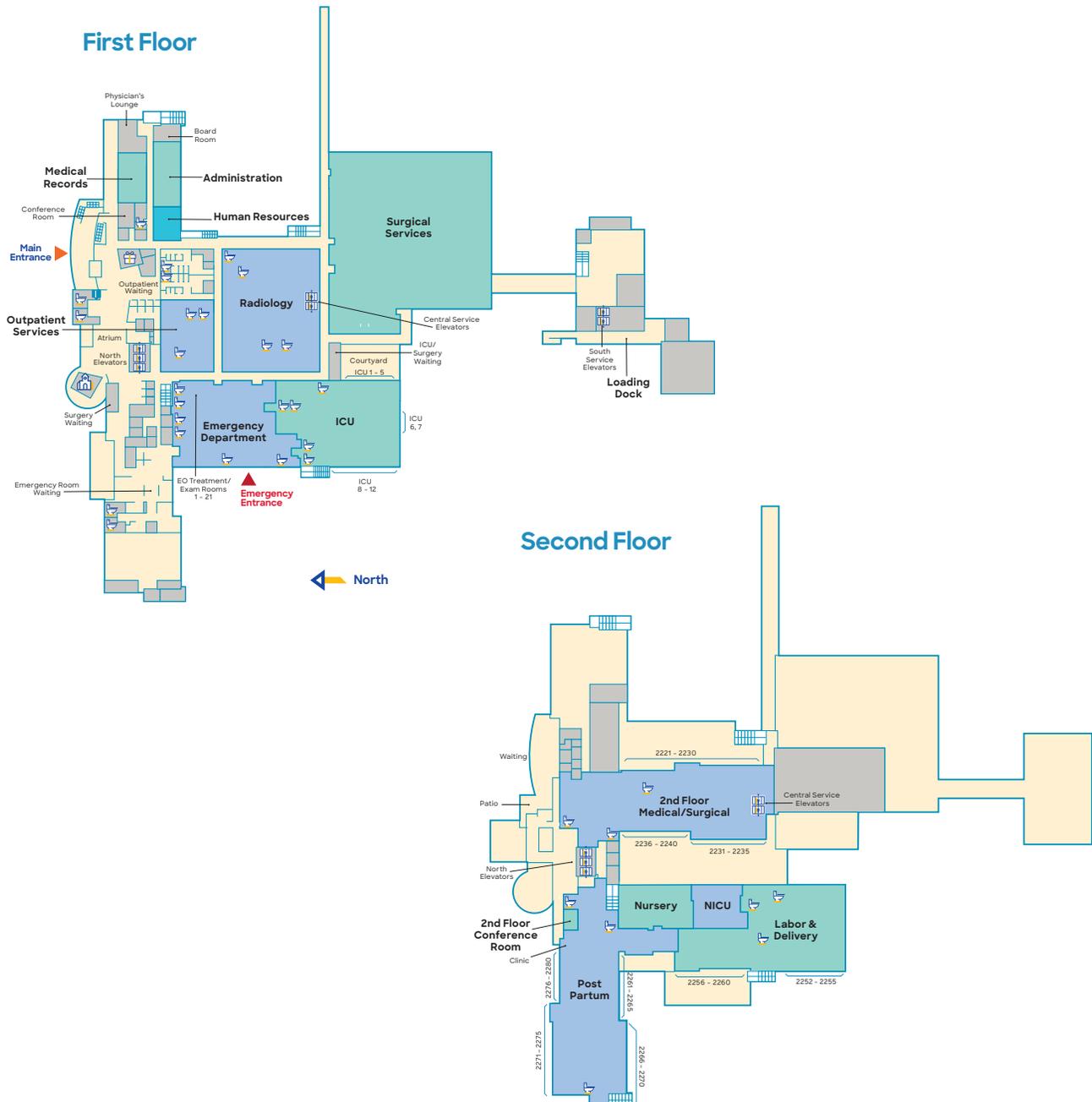


GETTING HERE

When it's time, where do you go?

Baylor Scott & White Medical Center - Centennial
12505 Lebanon Road
Frisco, TX 75035
469.764.8230

Women's Services is located on the second floor. Please utilize the intercom for entrance. After 9:00 PM, enter through the Emergency Department. The doors are locked at this time for security purposes.



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. If you have a planned or unplanned cesarean section, the operating suites and recovery are located conveniently on the second floor. 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 keep you safe and joyful, every moment of the way. From advanced technology and comfortable Labor and Delivery rooms to understanding the needs of family and friends, we're focused on making sure your delivery is as smooth and comfortable as possible.

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.

Visitors during labor*

Family members are welcome. For the safety and privacy of our patients, we ask that you keep the hallways clear.

Security

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



*Visitation guidelines and hospital-based tours and classes may be subject to change due to COVID-19.

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 Center.

Time with baby (rooming-in)

After birth, you and your baby will be welcomed to our New Family Center. In this unit, you will receive care together unless additional care is needed. (We also refer to this as rooming-in.) 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.

Neonatal Intensive Care Unit

Our NICU is a Level II 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. Parents are encouraged to be actively involved in the care of their babies while in the NICU.



Breastfeeding

Breastfeeding is recommended for the first year 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 staff and are here to help you. Our Mother's Express breastfeeding boutique has supplies you may need and is located on the second floor across from newborn nursery. To register for a breastfeeding class, visit [BSWHealth.com/YourMomentCentennial](https://www.BSWHealth.com/YourMomentCentennial) or call [1.844.BSW.DOCS](tel:1844.BSW.DOCS).

Professional photography

A representative from a photography studio will come to your room to give you information about taking pictures. Each family receives a complimentary photo as well as the opportunity to buy more. With parents' written permission, your baby's picture will be placed on the Baylor Scott & White Babies section of [BSWHealth.com/Babies](https://www.BSWHealth.com/Babies). Your baby's photo will usually be posted within two days after the picture has been taken. For security purposes, we do not include your baby's last name.

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 if there are any abnormal results. To find out more about these tests, please ask your nurse or call [1.844.BSW.DOCS](tel:1844.BSW.DOCS).

Should your baby weigh less than 5 pounds or be younger than 37 weeks, a car seat test will be needed upon discharge. We offer free car seat inspections on-site to ensure your car seat is properly installed before you deliver. To schedule your free appointment, call 940.395.5064 or email Jessica.Harris@BSWHealth.org.



SAFE PREGNANCIES DURING COVID-19

Having a baby can be very stressful, especially during these unprecedented times. That's why we want you to know we're following enhanced safety protocols to make sure you're receiving the safest care possible.

Our Safe Care Plan

Mask policy:

Patients, approved visitors and staff in hospitals, surgery centers and clinics are required to wear masks.

Cleaning policy:

Implemented enhanced cleaning and touch-free protocols in hospitals, surgery centers and clinics, including UV-light disinfection and paperless registration.

Screening policy:

Everyone who enters our facility must pass our COVID-19 screening questions and temperature check.

Visitor policy:

As of June 23, 2020, we are restricting visitor access to only those who meet certain exemptions, including one visitor over the age of 16 for Labor and Delivery patients. For more information on visitation, please visit [BSWHealth.com/YourMoment](https://www.bswhealth.com/YourMoment).

Thank you for your understanding and support as we strive to keep you, your visitors and our caregivers safe.



WE'RE HERE FOR YOU

The physicians, nurses and staff at our center 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.

We have a variety of ways to stay connected, such as:

- Join our new moms' Facebook group at [Facebook.com/groups/BaylorBabies](https://www.facebook.com/groups/BaylorBabies)
- Celebrate these moments with other moms using [#MyBabyMoment](https://www.instagram.com/MyBabyMoment)
- Keep informed with our women-focused podcast "Now that you mention it" at [BSWHealth.com/Women](https://www.BSWHealth.com/Women)



PRENATAL CARE FROM WOMEN'S HEALTH SERVICES

[BSWHealth.com/YourMomentCentennial](https://www.BSWHealth.com/YourMomentCentennial)
1.844.BSW.DOCS



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