

# Pregnancy Care Services

Resources Guidebook



FLORIDA HOSPITAL  
*for* WOMEN

## Delivering warmth and compassion.

At Florida Hospital for Women, we've carefully designed our four Baby Place locations to provide a personal and tailored approach to pregnancy care. From the waiting areas, to the nurses' stations, to your room, you'll experience a welcoming, nurturing environment for your family.

From prenatal visits through the birth of your baby, our experienced medical professionals are dedicated to guiding you with compassion. With convenient locations in Altamonte, Celebration, Orlando and Winter Park, we provide a wide range of state-of-the-art maternity- and fetal-care programs for you and your growing family.



**Florida Hospital for Women**

*Labor and Delivery (OB) Program*

Call (855) 840-9795 to speak to a birth experience team member.



## Trusted Experience

Florida Hospital for Women is home to world-class physicians, specialists and care teams that place special focus on the health and well-being of both mother and child throughout the pregnancy journey. Our services include high-risk pregnancy management, fertility care, advanced fetal medicine, breastfeeding support and parent education. You won't find a more integrated, comprehensive pregnancy-care destination in Florida.

## Neonatal Intensive Care Unit

Occasionally, there are times when things don't go as planned, and babies need an extra level of care. That's why we have the largest neonatal network in Central Florida. Our level 3 neonatal intensive care unit (NICU) provides access to the highest level of newborn care.

The NICU has a world-class team of neonatal specialists, supported by the newest technologies and techniques, compassionate and experienced nurses, and the latest treatments to emerge from research labs around the globe. These professionals are focused entirely on the care of critically ill infants, so you can be confident that your baby is in the best hands.

## Four Convenient Locations

Quality pregnancy care is provided throughout the Florida Hospital for Women network. Each unique location is designed to offer a tailored approach to welcome the newest member of your family.

- Florida Hospital Altamonte
- Florida Hospital Celebration Health
- Florida Hospital Orlando
- Winter Park Memorial Hospital



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## A birth experience, tailored to you.

We believe that every woman should have a voice in her birthing experience. That's why we offer a specially trained team committed to making you feel comfortable and cared for, according to your own specifications. It's our goal to deliver a memorable, one-of-a-kind experience that embraces your individual personality.

### Birth Experience Team

Your birth experience team is comprised of nurses and certified childbirth educators with one goal: to make the birth of your child extraordinary. This complimentary service includes a consultation to discuss your expectations and explore the services and amenities available to make your family feel supported and cared for.

We also specialize in creating a comfortable environment by serving as your personal liaison between your family, your doctor and the hospital. We'll help you navigate through insurance requirements, assist with forms and advise you on what to expect throughout the process.

#### THE BIRTH EXPERIENCE TEAM:

- Consults with you to create a personal birthing plan
- Answers any labor and postpartum questions
- Serves as a personal liaison between your obstetrician's office and The Baby Place
- Provides support throughout the process of pregnancy, delivery and postpartum care

### Baby's First Portrait

Infant photography is available at most hospitals before you check out. Please feel free to bring any hats, outfits or props that you would like your baby photographed with. Visit [MyBabyFacePortraits.com](http://MyBabyFacePortraits.com) to view the gallery and package options.

### Personalized Amenities

We offer a wide range of personalized amenities, which are available for an additional cost and are designed to make your stay as comfortable as possible. Combined with the complimentary services included with your delivery, they will create a truly luxurious experience. From valet parking upon your arrival to room service, you'll find your experience to be tranquil and memorable. Our all-private rooms, combined with superior service, create a special experience as you welcome your new arrival.



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## Concierge Services

Our concierge services are designed to make the birthing experience as pleasant as possible for expecting moms and their families. Currently available for purchase at our Orlando and Winter Park locations, we provide personal touches that include gourmet food delivery from your favorite local restaurant, luxurious bath products, floral arrangements, favorite snacks and beverages, baby welcome baskets and in-room massages for mom and dad. Call your birth experience team for more information about costs and availability. These services are typically not covered by insurance.

## Lactation Support

We strongly support and encourage breastfeeding because it is the healthiest method for providing infant nutrition. In fact, we provide daily lactation consultation rounds and your nurse is also available to assist with breastfeeding. After you leave the hospital, our postpartum support groups provide ongoing lactation support. Be sure to visit the Breastfeeding Support and Education Center at Florida Hospital for Women in Orlando, which offers:

- Breast-pump sales and rentals
- Breastfeeding classes
- Lactation consultants
- Personalized nursing-bra fitting (by appointment)
- A dedicated phone number you can call to talk about breastfeeding issues at (407) 303-7650

## Parenting Classes

The goal of our parent education classes is to enable you to start this new phase of your life with confidence and ease. We offer a variety of classes that cover topics such as physical and mental preparation for labor and birth, epidural anesthesia, breastfeeding, newborn care and more. Because they fill up quickly, we recommend registering for classes during your second trimester and taking them in the third trimester. A comprehensive online class is also available. To view the schedule and register for classes, visit [FHParentEducation.com](http://FHParentEducation.com).

## Comprehensive Pediatric Network

At *Florida Hospital for Children*, our team of more than 135 highly skilled pediatric specialists delivers extraordinary care across more than 35 pediatric subspecialties, including a children's emergency department, a Level IV pediatric epilepsy center, a world-renowned pediatric heart center, Central Florida's first and only pediatric bone marrow transplant unit and a level 3 neonatal intensive care unit (NICU). Additionally, we place special emphasis on preventive health and wellness programs that provide education, support and services for major pediatric health issues such as obesity and diabetes.

## Chaplain Services

Chaplain services are available to all families, with chaplains making regular visits to all floors throughout the hospital. Any Florida Hospital team member can request a chaplain for you, so feel free to ask. A chapel is open at each hospital 24 hours a day, seven days a week, and is available to all visitors.



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# We're on this journey with you.

If this is your first baby, you probably have plenty of questions running through your mind. And even if it isn't, you may need a few reminders. As they say, every journey begins with a single step. So let's get started.

## Visit Us

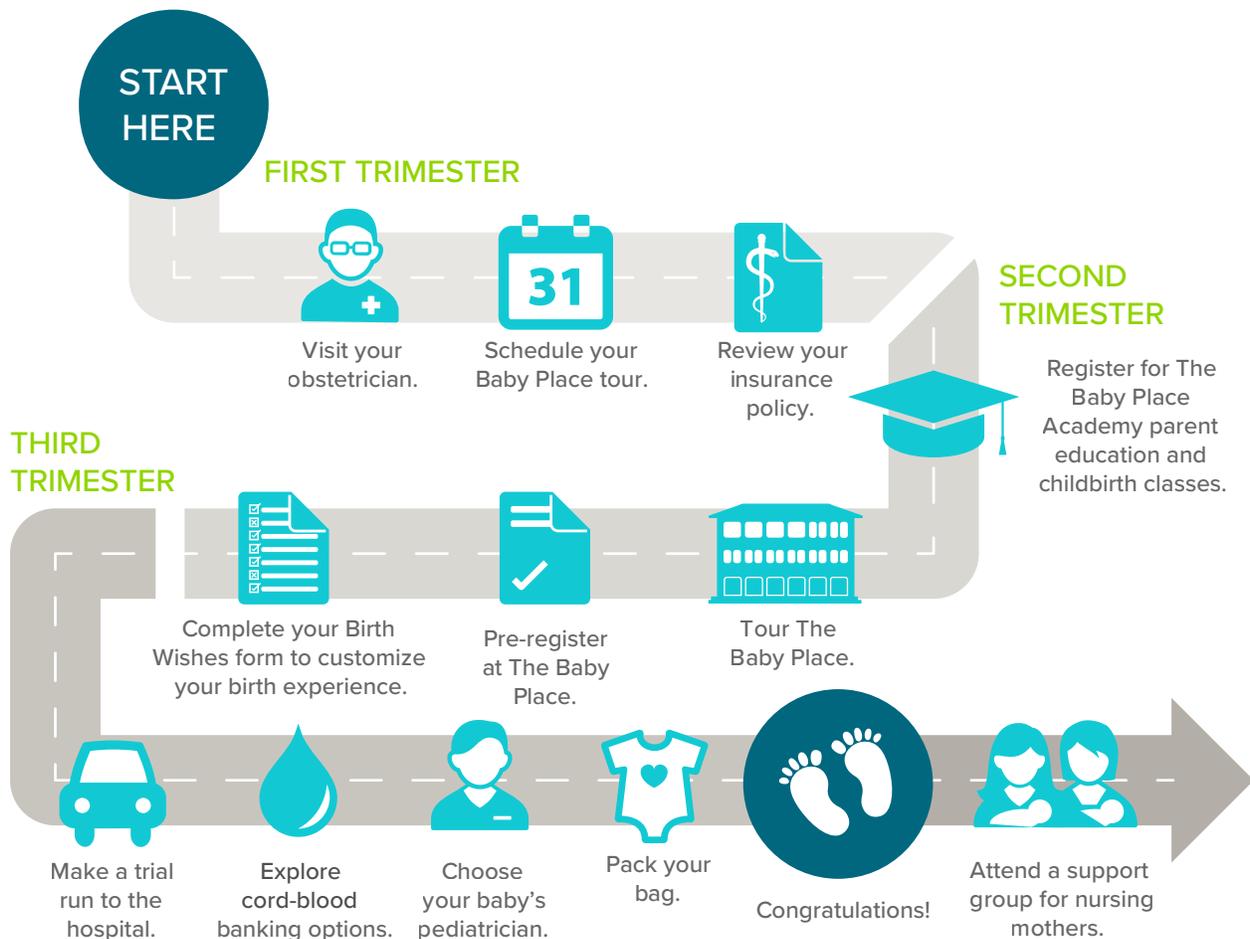
We recommend that you schedule a tour to see our birthing suites and facilities. Depending on your preference, we can schedule a private tour for you and your family, or you can join a larger group tour. Tours are offered in Spanish at the Orlando and Winter Park locations. To schedule a tour, call your birth experience team at (855) 840-9795.

## Pre-Register

You can register in person at your delivery location or online at [FH4WomenOB.com](http://FH4WomenOB.com). If you have questions regarding your preregistration, call your birth experience team at (855) 840-9795.

## Insurance Questions

If you have questions or need advice regarding your insurance coverage, your birth experience team is here to help and is only a phone call away.



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## Take charge of your care.

If you've recently learned you are pregnant, call a member of our birth experience team at the number below. We'll be happy to answer all of your questions and make an appointment for you to come visit us. You'll get a chance to meet some of our care providers and learn about the facility.

## Let's talk in person.

**To speak to a member of your birth experience team, call (855) 840-9795.**

*This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.*

*Florida Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

*ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.*

