

## Having a Baby at the University of Iowa Hospital

Where do I go?

Labor and Delivery is located on the 6<sup>th</sup> floor of the Pappajohn Building. If you are parking use Ramp 4 and take the second floor skywalk. Please follow the signs to Elevator I. If you are being dropped off please use the south entrance to the building; you will see a covered area to pull into. Before coming to **Labor and Delivery** it is important to call **319-356-2616**.

Who will take care of me?

You will have a registered nurse caring for you. She or he will work with a team that could include a medical student, an OB/GYN resident, a midwife and a faculty OB/GYN physician. If you have a question about what role someone is on this team please ask!

What should I bring?

We have a place you can keep food if you have certain things you prefer to eat. We also will have a gown and basic supplies for you and the baby. Our cafeteria is open all day and you can order food by calling. The nurse can help you with this if you have questions. It is good to pack some snacks for family or friends that will be with you. You should bring clothes for you and the baby to wear home, and a car seat to bring the baby home. Also, do not forget your identification and insurance information.

How long do I stay?

The average first labor takes 12 to 20 hours. Moms who have had babies usually have much shorter labors. Once you deliver, you usually stay 2 days but it may be possible to go home after one day if things are going well and you ask to go. If you have a cesarean birth you will probably be in the hospital 3 days after the delivery.

Who may visit?

In labor and delivery you may have several people with you and we do encourage you to have at least one support person. We have open visiting hours but it is very important that sick family members or friends do not come to the hospital. After delivery, you will be tired and need to focus on your new baby so we ask that someone else take care of other children.

*We look forward to caring for you and your family!*