

# Healthy Mom & Baby



A Guide to Healthy Pregnancy

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**“A grand adventure is about to begin.”**

**~ Winnie the Pooh**

# You're Having a Baby!



## Welcome to Riverside: Your Guide to Information and Resources During and After Pregnancy

*One of the many interesting things about having a baby is that just about every mother you know — not to mention some complete strangers — won't hesitate for a minute to tell you what it's going to be like. Just go with it and be patient. They mean well. But the fact is, you're setting out on a path that even though it's been followed many times before, and even if you've already had a baby or babies yourself, leads to a destination that's entirely yours. You'll share it with the people closest to you and with the health professionals who are helping you along the way, but it's really your very own adventure. It's starting now and we're very pleased and honored to be part of it.*

Welcome to **Riverside's Healthy Mom & Baby program** and congratulations on your pregnancy. At Riverside we deliver more than 2,000 babies a year, which gives us a lot of expertise and experience. But what's equally important for you is that we never forget that each birth is unique and highly personal. It's part of our commitment to care for others as we would care for those we love – to enhance their well-being and improve their health. So along with providing exceptional care, we work hard to make sure this very special time in your life — pregnancy, delivery and beyond — is positive and memorable for you, your baby and your family.

Your **Pregnancy Guide** provides a quick and easy way to familiarize yourself with Riverside's wide range of birthing services and special classes, plus a calendar for your appointments with your doctor, what you can expect when you — and then you and your baby — are at Riverside, some important checklists and other helpful tools and tips.

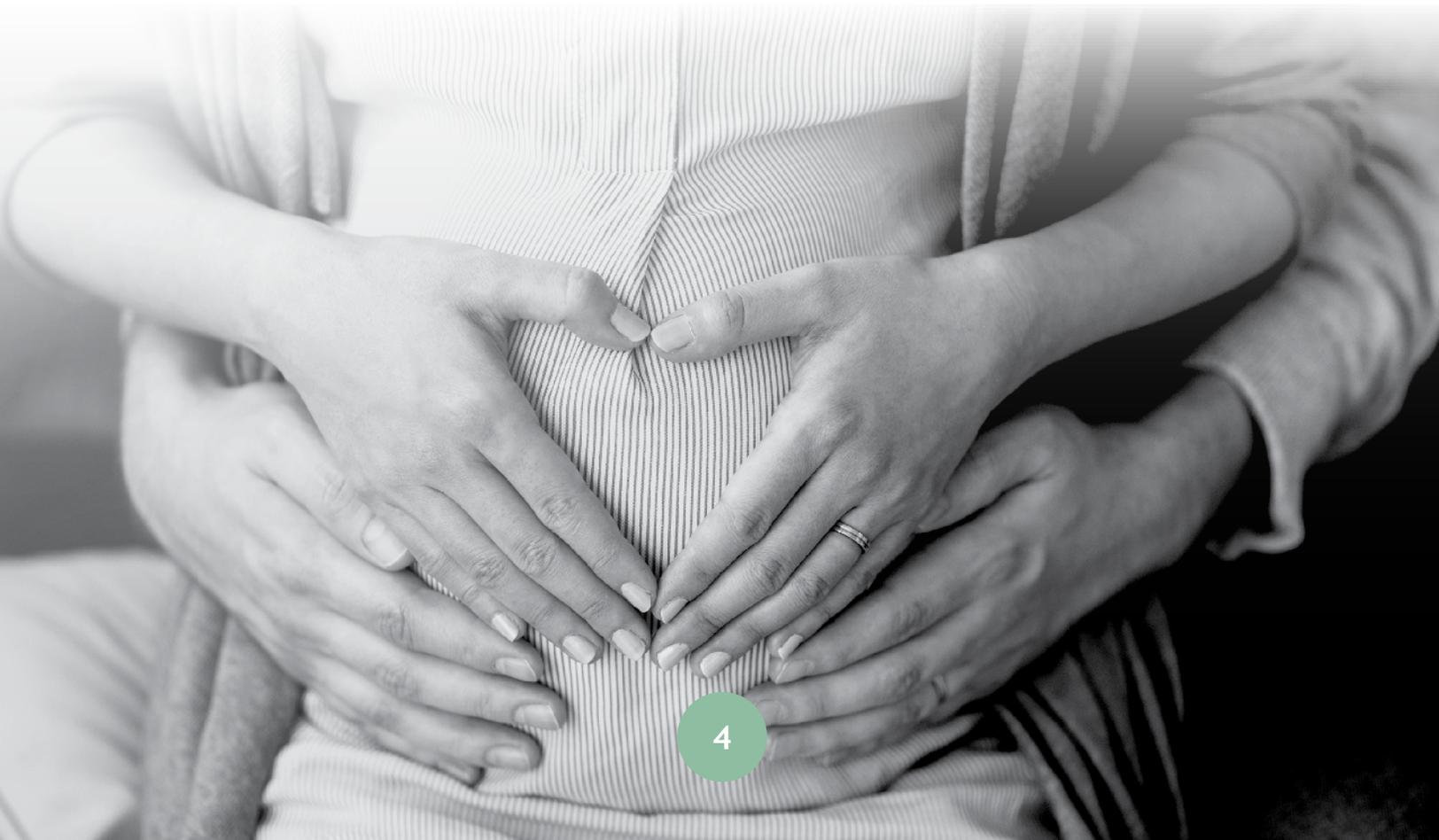
# You're Having a Baby!

## You'll also find:

- how to sign up for our electronic, month-by-month mom and baby guide newsletter
- a complete list of resources related to pregnancy, childbirth, babies and growing families
- a labor log sheet

In fact, your Healthy Mom & Baby Guide is your first step in helping to create your ideal birth experience with Riverside. And whether it's your first baby or you are adding a sibling, our physicians, staff and everyone who is part of Riverside is committed to making your experience the very best it can be. That's the **Riverside Care Difference**, and it's based on safety, healing, kindness and respect.

Congratulations on your pregnancy.





**“A mother’s joy begins when new life is stirring inside...when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone.”**

**~ Elizabeth Stone**

# Here's Where You Start



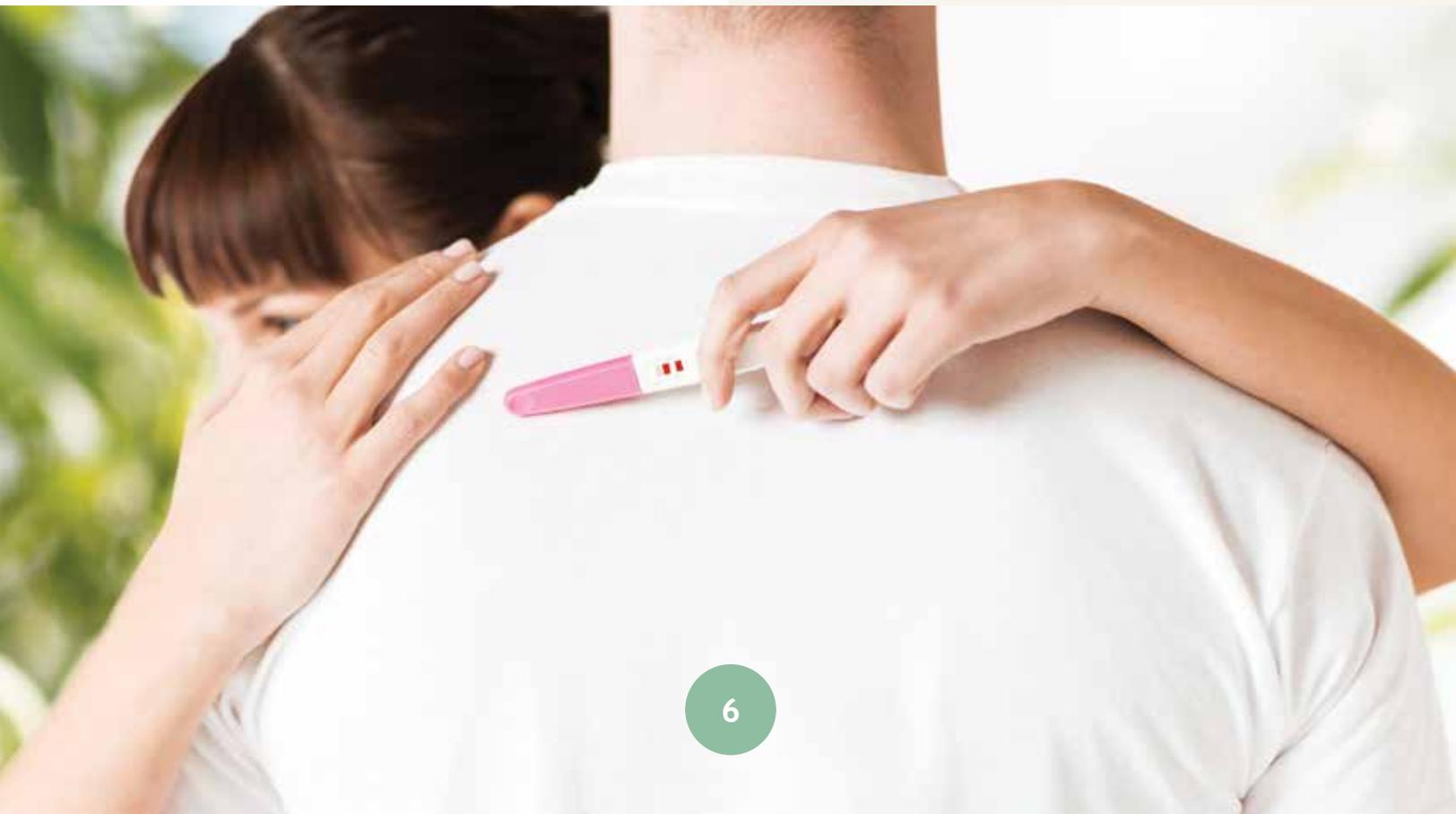
## The Very First Thing to Do?

Probably just relax for a moment and realize that you're taking part in what some people have called the one sure miracle you're likely to experience in your life. After that? Accept that this miracle comes with some pretty amazing changes.

The next thing you want to remember is the importance of your first pregnancy checkup with your doctor and all the visits that come after that.

## In This Section

- **Schedule Your Doctor Appointments**
- **Learn About the Healthy Mom & Baby Newsletters**
- **Prepare Your Questions for Your Doctor**
- **Complete Your "Do First" Checklist**



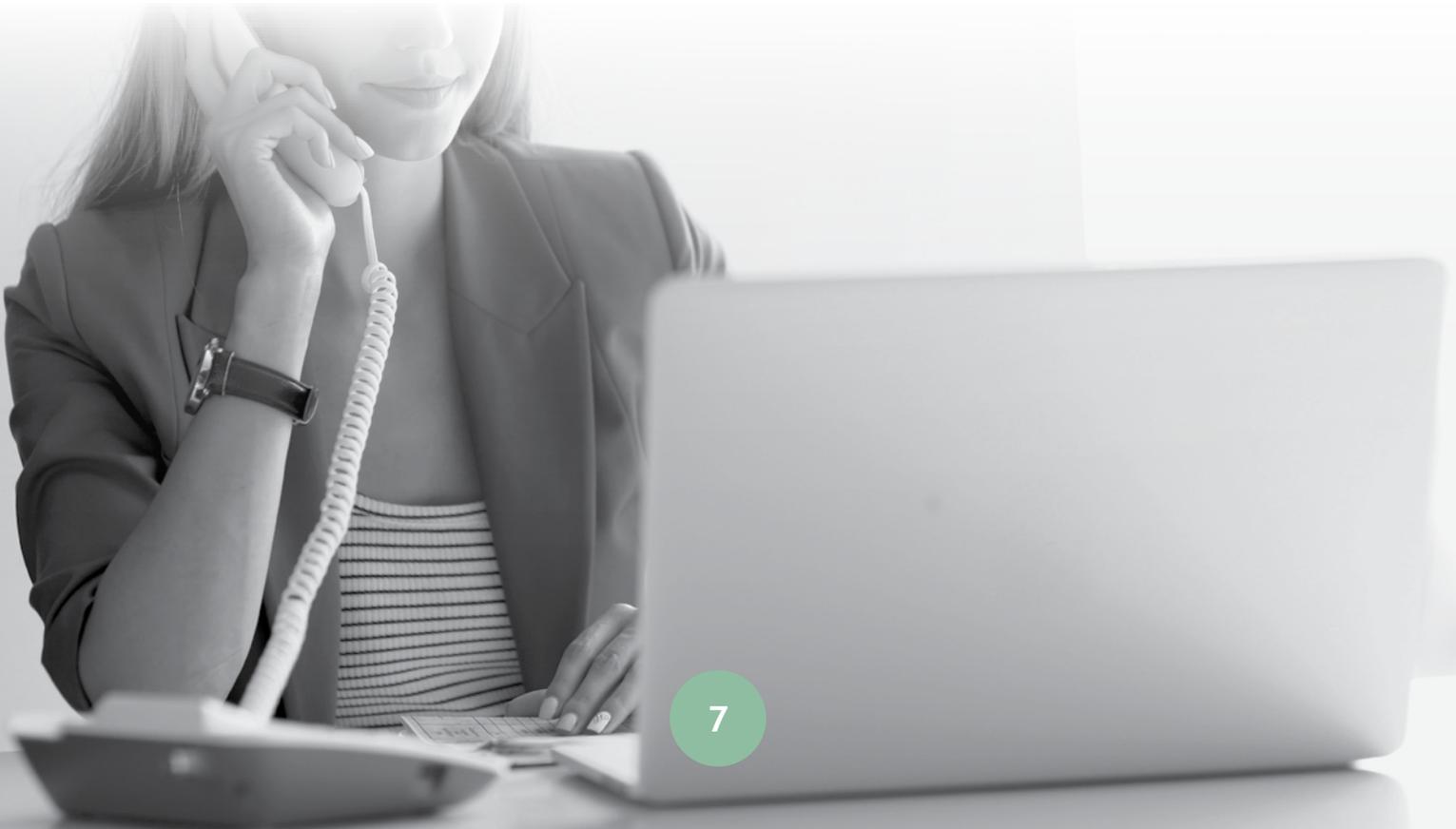
# Here's Where You Start

## Sign Up for Your Healthy Mom & Baby Newsletter

The **Healthy Mom & Baby newsletter** is 10 months of very helpful information that will guide you through pregnancy and childbirth with tips and reminders that this is one of life's most incredible journeys. Once you sign up, you will receive your monthly newsletter via your email. Your physician can tell you how to sign up to get the newsletters or you can just go online to [riversideonline.com/momandbaby](http://riversideonline.com/momandbaby).

## Your Appointment Calendar

If you're by some chance reading this in your doctor's office after just getting the good news that you're pregnant, take a moment before you leave to schedule your regular appointments between now and your due date. If you're home or anywhere else, call your doctor's office to make the appointments. These visits with your Riverside Medical Group provider are essential to good prenatal care and will give you some peace of mind — particularly if it's your first baby — about what's going on with you and your developing child. Be sure to schedule and then fill each slot on our appointment calendar (page 8 & 9).



# Here's Where You Start

## Riverside Partners in Women's Health Schedule of Obstetric Care

The schedule of obstetric care is a suggested guideline for patients to follow.  
This will vary patient to patient based on mother's and baby's needs.

**First Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
**OB Interview** This first visit is usually the longest one as there will be a lot of details to cover.  
Includes: drawing prenatal labs, urine screening, and insurance verification.

**Second Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
Between 8 to 12 weeks the first ultrasound scan will be done. First Visit with Provider  
Includes: PAP/physical, vaginal ultrasound

### Every 4 Week Visits

**Third Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
Between 15 to 18 weeks the second ultrasound scan will be done. This is the morphological scan.  
Includes: fundal height & heart tones check, AFP Tetra screen, Cystic Fibrosis screen

**Fourth Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
**Prenatal Visit** At 20 weeks, there will be a fundal height and heart tones check.

**Ultrasound (Morphology)** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 20 weeks, this is an additional 20 week appointment for the morphology ultrasound.

**Fifth Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 24 weeks, there will be a fundal height and heart tones check.

**Sixth Visit:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 28 weeks, there will be a fundal height and heart tones check, one-hour glucose test and rhogam if necessary.

# Here's Where You Start

## Riverside Partners in Women's Health Schedule of Obstetric Care

Page 2

### Every 2 Week Visits

Seventh Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 30 weeks, there will be a fundal height and heart tones check.

Eighth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 32 weeks, there will be a fundal height and heart tones check.

Ninth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 34 weeks, there will be a fundal height and heart tones check.

Tenth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 35 weeks, there will be a cervix check, as well as a Group B Strep screen.

### Weekly Visits

Eleventh Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 37 weeks, there will be a weekly cervix check.

Twelfth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 38 weeks, there will be a weekly cervix check.

Thirteenth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 39 weeks, there will be a weekly cervix check.

Fourteenth Visit: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Weight: \_\_\_\_\_  
At 40 weeks, there will be a weekly cervix check.

# Here's Where You Start

## Footnotes

### Don't Forget to Bring:

- **Medical History:** Include previous pregnancies, allergies, surgeries, illnesses and anything else that can help your doctor provide the best possible care.
- **Medications:** Bring an updated list of any medications, vitamins and herbal supplements you're taking.
- **Questions:** Have your list of questions with you, a notepad and your partner or a friend to help listen.

# Here's Where You Start

## Got Pregnancy Questions?

Another important step is to talk with your doctor about all the questions you have. Your **Healthy Mom & Baby** newsletter will answer many of your questions and will likely bring up some items you want to discuss in more detail with your doctor. While there is a lot of information available these days, especially online, you can count on your Riverside doctor to have the knowledge and experience in pregnancy and childbirth.

The questions below will help you remember to ask about everything you want to know regarding your pregnancy. Check off the questions you want to ask and add any others that you may be wondering about. Be sure to update the list when you have new questions, and to have the list with you whenever you talk with your doctor.

*What is a healthy amount of weight for me to gain?  
Am I at high risk for any problems during pregnancy?*

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*Are there any limitations on exercise (type of exercise, intensity, duration or frequency)?*

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*What do you recommend to treat morning sickness?*

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*Should I sleep in a certain position?*

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*Should I limit or avoid any recreational activities?*

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*Are there any hazards in my work environment (computers, chemicals) to be concerned about?*

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*Do any of my recreational or other activities pose any hazards that might harm the baby?*

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*What prenatal tests are recommended for me?*

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# Here's Where You Start

*Are there any beauty/spa treatments that I should avoid?*

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*Is it alright for me to perm or dye my hair?*

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*What do you recommend for normal pregnancy aches and pains?*

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*Is sex safe throughout my entire pregnancy?*

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*How should I position my seat belt around my belly?*

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*What symptoms or problems should I watch out for?*

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*How will I know I'm in labor and how soon should I call the office?*

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*Are my nipples suitable for breastfeeding? (Inverted, retracting or flat nipples can be problematic, but are easily prepared prior to delivery.)*

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*Is it safe to take hot baths during pregnancy?*

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*Other questions?*

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# Here's Where You Start

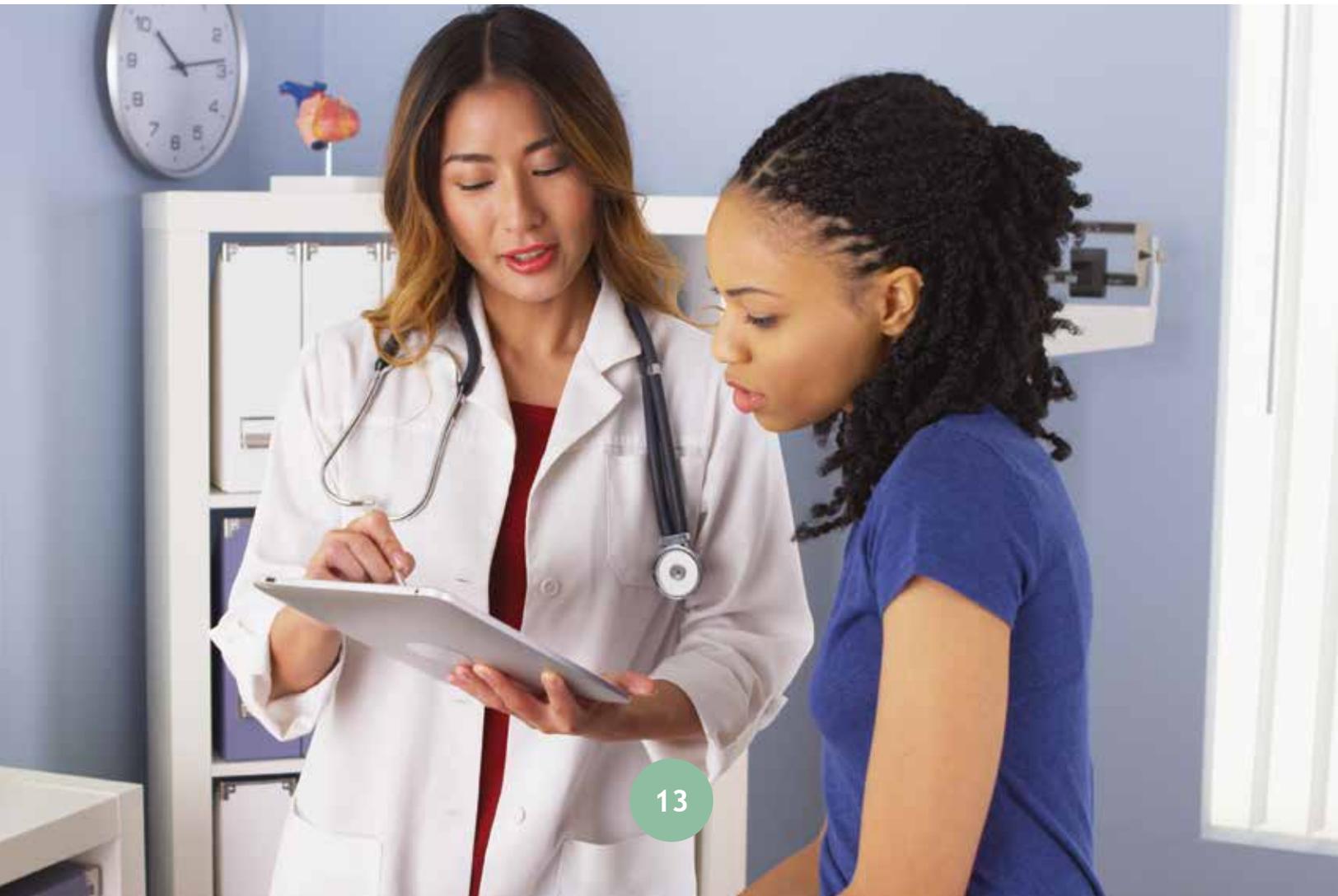
## Your 'Do First' Checklist

There are a few more things you'll want to start on right away. The short list below will help you organize what's needed.

**Confirm your next appointment** with your doctor and be sure it's on your calendar.

Sign up now for your **Healthy Mom & Baby** newsletters, which come via your email. Sign up in your physician's office or go to [riversideonline.com/momandbaby](http://riversideonline.com/momandbaby).

Take a look at the many Riverside classes available for free to expecting and new moms and families. Sign up for the ones you want and start right away. There is a complete list of Riverside tours, classes and programs in the What to Do While You Are Waiting section of this book or visit [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses).





“Life is always a rich and steady time when you are waiting for something to happen or to hatch.”

~ E.B. White, *Charlotte's Web*

# What To Do While You Are Waiting



## In This Section

- **Take a Tour, Sign Up for a Class or Program**  
Learn about Riverside's tours, classes and programs.
- **Eat Right During Pregnancy**  
Find out what's good and what's not for you and your developing baby.
- **Learn About Medicines You Can Use During Pregnancy**  
Check out which ones are safe and which ones you should ask your doctor about before taking.
- **Pregnancy and Vaccinations**  
Learn about two vaccines you should receive to protect you and your baby during pregnancy.
- **Exercise During Pregnancy**  
Learn about which types of exercise are safe and which ones you should avoid during pregnancy.
- **Weight Gain Guidelines**  
Find healthy weight gain recommendations from the Institute of Medicine.
- **Anxiety and Depression**  
Learn about the signs during and after pregnancy and how to reach out to get help.
- **Prenatal Ultrasounds**  
Learn about what to expect during your prenatal ultrasound.
- **Prenatal Genetic Testing**  
If needed, your doctor will advise you on whether you should have genetic testing.
- **Find a Physician for Your Baby**  
Do your homework on finding a pediatrician or a family medicine provider for your baby.
- **Prepare for Baby Online**  
Visit [thenewbornchannelnow.com](http://thenewbornchannelnow.com) and use password 02265 to prepare for baby.
- **Pack for the Hospital**  
Get your bag set to go so when baby's ready – you're ready.
- **Complete Your 'While You're Waiting' Checklist**  
Remember what needs to be considered and done at a time when you have a little less on your mind.
- **Should You Call Your Doctor?**  
Hints on whether you should call a provider, available 24/7 for emergencies.
- **False Labor vs True Labor**  
As you get closer to your due date learn the difference between irregular contractions and when you should go to the hospital.

# What to Do While You Are Waiting

## Free Tours, Classes and Programs

### Expectant Parents Tour

The tour is free but the information — and peace of mind — you'll gain is invaluable. Lasting approximately one hour, this tour offers a preview of the birthing rooms, delivery suites and postpartum rooms at Riverside Regional Medical Center. You'll get a chance to meet our staff members and get the answers to all your questions. Reservations are required.

**When:** Call 757-875-7880 or 757-612-6029 for schedule.

**Where:** Group meets in Tower Lobby Riverside Regional Medical Center 500 J. Clyde Morris Blvd. Newport News

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

### Big Brothers & Big Sisters Tour

You're having a baby, but somebody else's life is changing, too. This special presentation for siblings-to-be takes place at the same time as the Expectant Parents Tour. The Big Brothers & Big Sisters program includes a story and demonstration of taking care of the new baby plus a tour of where mother and baby will stay during their hospital stay. Reservations are required.

**When:** Call 757-875-7880 or 757-612-6029 for schedule.

**Where:** Group meets in Tower Lobby Riverside Regional Medical Center 500 J. Clyde Morris Blvd. Newport News

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

### Childbirth Preparation Course

We get to deliver a lot of babies every year at Riverside, but this birth is yours and you have the opportunity to make it as personalized as possible. That's why our Childbirth Preparation Course offers information on pregnancy, labor and birth, along with proven relaxation and breathing techniques. It's your chance to explore the choices available to make the birth experience personal and positive.

**When:** Call 757-875-7880 or 757-612-6029 for schedule.

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880, 757-612-6029

### Baby Care Class

You're counting down the days and probably counting up all the little skills you'll need to master before your baby arrives. That's where our two-hour Baby Care Class comes in. We'll help you become familiar with all the basic aspects of daily infant care, including bathing, diapering, feeding and keeping your baby

safe. It's an easy, inexpensive and rewarding way to feel more confident about bringing your baby home.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880 or 757-612-6029

### Breastfeeding Class

There are few things more natural than breastfeeding...BUT...there are also some important techniques and skills to be learned that can help make breastfeeding more successful. In this two-hour class, our lactation consultant will help familiarize expectant parents with everything they need to know to get breastfeeding off to a great start.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880 or 757-612-6029

### Breastfeeding Moms Get-Together

This is a great opportunity to connect with other new mothers and address questions, concerns, techniques and topics of the day. Our lactation consultant is on hand to answer questions and provide support. Free weight checks for baby are available during Get-Together.

# What to Do While You Are Waiting

**When:** Meets each Tuesday from 1-2 p.m.

**Where:** Riverside Tower Café Conference Room  
500 J. Clyde Morris Blvd.  
Newport News

**Fee:** Free

**Register:** Yes, call 757-612-6029

**More info:** 757-875-7880 or 757-612-6029 or [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

## Preparation for Cesarean

If you know ahead of time that your baby will be delivered by cesarean, this is the class for you. You'll learn about the procedure, what to expect and how to take care of yourself as well as your baby after the arrival.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880 or 757-612-6029

## Comfort Measures

Childbirth has been described in a lot of ways, but the word "comfortable" doesn't usually come up. However...this special two-hour class will teach you a variety of comfort measures and coping techniques that can make a difference during labor. The class includes:

- Releasing tension and relaxation
- Positive labor positions
- Use of a birthing ball/peanut ball
- Dealing with back labor
- Use of heat and cold
- Role of the labor partner

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-612-6029

## Friends and Family Infant CPR

It's unlikely the need would arise, but if it did you'd want to know exactly what to do. This class is designed for parents, grandparents, family members, friends and anyone else who might be caring for your baby. Participants will learn how to recognize the need for CPR. Basic CPR and choking prevention will be presented.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-612-6029

## Introduction of Baby to Pet Class

This two-hour class has been designed for the expectant parents who have a pet and would like to learn some skills that will assist in a smoother transition when your baby arrives home.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-612-6029

## Breastfeeding: Back to Work or School

This two-hour session is for mothers who have already taken the breastfeeding class and are now going back to work or school and want to continue to be able to supply their baby breast milk. Some of the topics included in the class are:

- Preparing to provide your milk to your baby once you return to work or school
- Selecting the right type of breast pump for your needs
- Tips on transitioning from breastfeeding only to breast feeding and pumping
- Safe storing, refrigeration, freezing, transporting, thawing and feeding your milk to your baby
- Scheduling
- Child care

It is recommended that you take this class when you are pregnant. However, if you have a long maternity leave, you may choose to attend after your baby is born. And you are welcome to bring your baby to class with you.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-612-6029

# What to Do While You Are Waiting

## **Rookie Dads**

Rookie Dads class prepares expectant dads to face the challenges of being a new dad. This free two-part class shows dads how to take care of their baby's needs, how to interact with their new baby, and gives great tips from a father's perspective taught by a certified Fatherhood Consultant. Both sessions include lots of great take-home information as well as complimentary resource bags full of father-friendly items.

**When:** **Session 1**-Third Tuesday of each month, 6-8:30 p.m.;

**Session 2**-Fourth Wednesday of each month, 6-8:30 p.m.;

**Where:** Riverside Regional Medical Center - Conference Center in Annex D

500 J. Clyde Morris Blvd.,  
Newport News  
(the building to the left of  
Tower entrance)

**Fee:** **Free**

**Register:** Online at [www.cdr.org/fatherhood](http://www.cdr.org/fatherhood) or call 757-378-3177

**More info:** 757-378-3177 or  
757-612-6029

## **Grandparents Class**

Grandparents-to-be are invited to join this two-hour session to learn about changes affecting birth and baby care today. Topics covered are: care of a newborn, changes in the roles of grandparents, safety at home and car seat laws. We will also take a tour of the Labor & Delivery area and the Women & Infant Care Unit.

**When:** Call for schedule

**Where:** Riverside Regional Medical Center, second floor,  
Women & Infant Care classroom  
500 J. Clyde Morris Blvd.  
Newport News

**Fee:** **Free**

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880 or  
757-612-6029

## **Child Safety Seat Inspections**

If you have any questions about installing your infant car seat correctly, make sure you take advantage of this free inspection offered by Riverside Regional Medical Center. Remember, an infant/child seat only provides optimal safety when it's properly installed.

**When:** Call 757-875-7880 to schedule an appointment

**Where:** Emergency Department  
Riverside Regional Medical Center  
500 J. Clyde Morris Blvd.  
Newport News

**Fee:** **Free**

# What to Do While You Are Waiting

## Tours, Classes and Programs with a Fee 💰

### Riverside Exercise Program During Pregnancy

This is no time to stop exercising. In fact, pregnancy and the post-partum period are the times to increase and maintain your fitness. Moms-to-be can enjoy low-impact fitness classes at the Riverside Wellness & Fitness Center in Newport News. Call for more information on classes that have been approved for expectant women such as aqua aerobics, low-impact aerobics and restorative yoga.

**When:** Call 757-875-7525 for Peninsula schedule

**Where:** Riverside Wellness & Fitness Center - Peninsula  
12650 Jefferson Ave.  
Newport News

**Fee:** 💰 Free if you are a member of RWFC - Peninsula or free for expectant women who are delivering their babies at Riverside Regional Medical Center

**Register:** Yes, call 757-875-7525

**More info:** 757-875-7525, 757-612-6029

### Nutrition Counseling for Good Health

There's no time more critical than pregnancy to pay attention to what you eat. We can help with a specialized diet to help manage diabetes, high blood pressure or other conditions that can arise due

to your changing body. And for everyone else, private nutrition counseling can teach you to follow healthy new eating habits that can help avoid problems while also keeping the "spice" in your life.

**When:** By appointment

**Where:** Riverside Wellness & Fitness Center  
12650 Jefferson Ave.  
Newport News

**Fee:** 💰 Yes

**Register:** Yes, call 757-875-7533

**More info:** 757-875-7533; speak to dietitian or wellness programming assistant

### Massage

Pregnancy can bring on a whole host of common discomforts, including aching muscles, back pain, swollen ankles, sciatica and general fatigue. Massage, carried out by people who understand the kind of changes your body's going through, can bring some pleasant relief to this very natural, but sometimes uncomfortable, time.

**When:** By appointment

**Where:** Riverside Wellness & Fitness Center  
12650 Jefferson Ave.  
Newport News

**Fee:** 💰 Yes

**Register:** Yes, call 757-875-7525

**More info:** 757-875-7525

For updated information on tours and classes as well as signing up for these, visit: [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

# What to Do While You Are Waiting

## Eating Right During Pregnancy

Think of it like this: When you're pregnant, everything you put in your body is being shared with your developing baby. That's why a healthy diet is more important than ever. As a quick guide, the information below offers some tips on good nutrition during pregnancy as well as what you should eat or take — and what you shouldn't.

### Nutritional Requirements

According to the recommended dietary allowances established by the National Academy of Sciences, pregnant women require considerably more protein. Women who normally consume about 45 grams of protein a day are advised to increase their daily intake by 30 grams during pregnancy — the same amount of protein as in four cups of milk (whole or skim) or yogurt or 4 ounces of natural cheeses, canned tuna or chicken.

Remember that you don't have to give up all the foods you enjoy when you're pregnant and you only need approximately 300 extra calories per day to support your baby's growth and development. So, eat smart and make healthy food choices from the major food groups. They will provide important nutrients that you and your baby need.

For more information on healthy eating for pregnant and nursing moms visit [choosemyplate.gov](http://choosemyplate.gov).

### WHERE HEALTHIER EATING BEGINS

- High protein foods, such as lean meat, poultry, fish and beans
- Dairy products (fat-free or low fat such as milk, cheese and yogurt)
- Grain products including breads, cereals and rice with an emphasis on whole grains
- Fruits and vegetables in as much variety as possible
- Foods rich in iron, such as cereal, rice, green vegetables, eggs, liver, whole grains or enriched bread, dried fruits



# What to Do While You Are Waiting

## What's Safe and What's Not

### Some Thoughts on Fish and Shellfish

Seafood can be an important part of a balanced diet for pregnant women. It is a good source of high quality protein and other nutrients and is low in fat. However, some types of fish contain high levels of mercury that can harm an unborn child's developing nervous system if eaten regularly. Nursing mothers and small children should avoid these fish also.

#### Don't eat:

- Shark
- Swordfish
- King mackerel
- Tilefish

In general, you can safely eat 12 ounces per week of cooked fish of other species including shellfish, canned fish, smaller ocean fish or farm-raised fish.

## What You and Your Developing Baby Need to Avoid

All drugs consumed by an expectant mother are carried to the fetus to some degree. A pregnant woman should avoid all self-medication because many drugs are known to be potentially harmful to the unborn child, a potential that is greatest in the first 10 weeks.

Nonprescription drugs that may cause problems in expectant mothers and/or their babies include aspirin and drugs containing iodine. These drugs are contained in over-the-counter products, including cold and cough remedies, sleeping aids and medication that controls nausea and vomiting. Many drugs also contain alcohol and caffeine, substances that can create adverse effects when large amounts are consumed during pregnancy.

*Important: You and your doctor should review all your current medications as soon as you find out you are pregnant in order to prevent any problems for the baby's development.*

### FOODS TO AVOID

Some foods can make you and your baby sick. Avoid these foods that can cause food poisoning or contain harmful chemicals.

- Raw fish, especially shellfish
- Foods made with raw or lightly cooked eggs
- Unpasteurized juices
- Raw sprouts, especially alfalfa sprouts
- Unpasteurized soft cheeses, such as brie, feta, camembert, Roquefort, queso blanco, queso fresco and panela
- Unpasteurized milk and any foods made from it

# What to Do While You Are Waiting

Alcohol has been linked to physical deformities, brain damage and growth problems among babies born to women who drink. For this reason, it is critical that you avoid alcohol completely.

Smoking has been clearly linked to low birth weights and increased rates of infant death. Smoking also increases the risk of miscarriage and other complications. If you smoke please stop for your baby's sake, or at the very least cut down considerably.

**Constipation:** Senokot, Peri-Colace, Colace, Milk of Magnesia, Correctol, Miralax

**Cough:** Benylin Expectorant, Robitussin-Plain or DM, Dimetapp, Vicks Formula 44, Halls cough drops

**Diarrhea:** Kaopectate, Donagel PG, Immodium AD

**Headache:** Tylenol Regular, Tylenol Extra Strength, Anacin 3

**Hemorrhoids:** Anusol, Preparation H, Tucks

**Indigestion:** Mylanta, Mylicon, Riopan, Tums, DiGel, Roloids, Zantac, Maalox

**Nausea:** Dramamine, Emetrol, vitamin B-6

**Sore Throat:** Listerine, Cepastat, Chloraseptic Sore Throat Spray, warm salt water

**Yeast Infection:** Monistat

## Medicines You Can Use During Pregnancy

*If you find medicine is necessary and your doctor agrees, consider these:*

**Allergies:** Zyrtec, Claritin, Actifed

**Colds:** Tylenol, Tylenol Sinus, Tylenol PM, Tylenol Extra Strength, Actifed, Actifed Plus, ChlorTrimeton, Sudafed, Sudafed Sinus, Sudafed Severe Cold Formula, Benadryl, Afrin Nasal Spray, Sinex, Drixoral (after 16 weeks)

**Do not take any of these without consulting your doctor:**

- Aspirin or any aspirin product
- Sinutab
- Motrin
- ex-lax

**Avoid:**

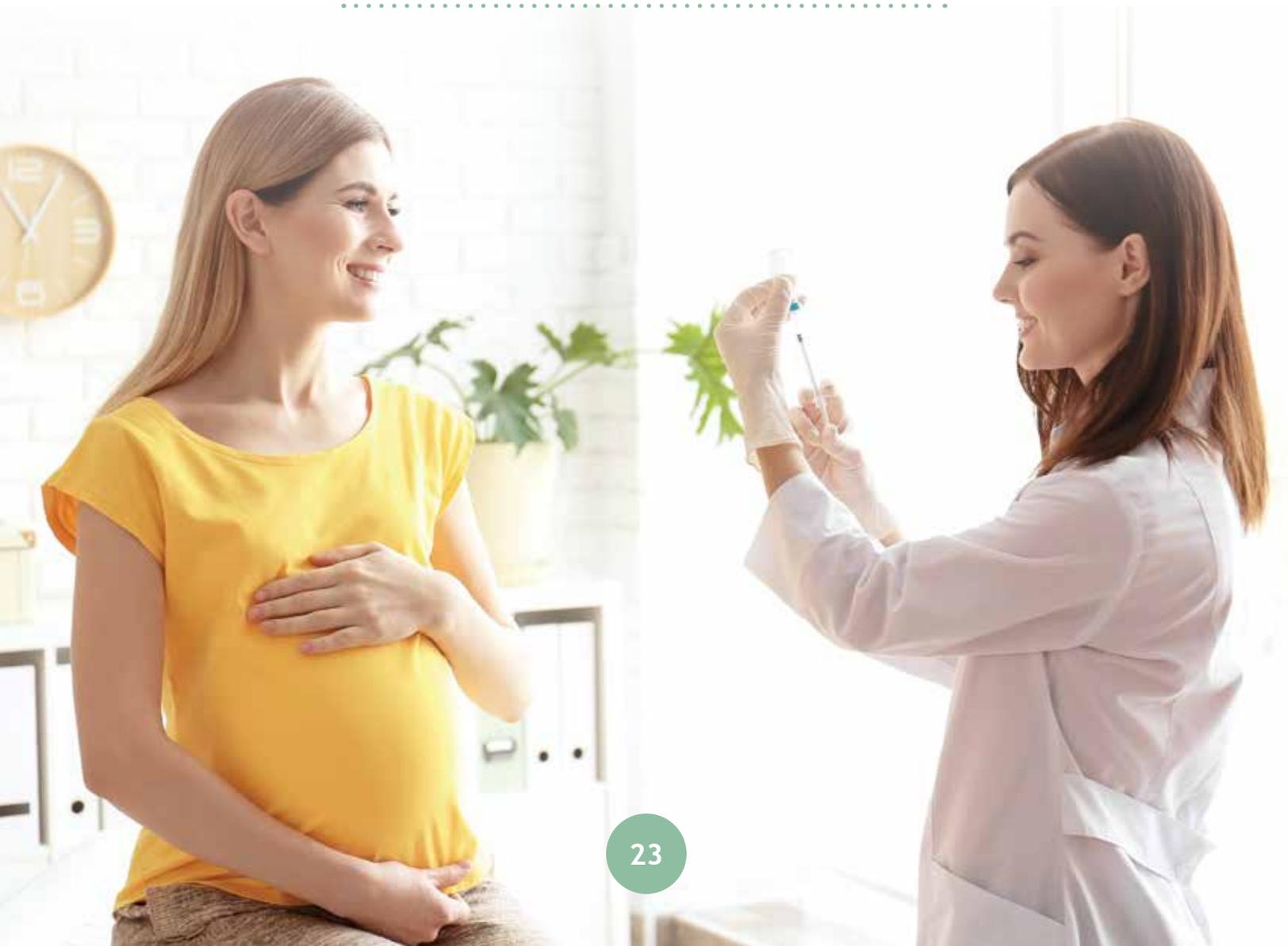
- Prescription and nonprescription drugs unless approved by your doctor
- Alcohol
- Smoking

# What to Do While You Are Waiting

## Pregnancy and Vaccinations

Our top priority is to keep you and baby healthy. That's why we want you to have your vaccines. When you are pregnant, you share everything with your baby. When you get vaccines, you are protecting yourself as well as your baby. You should get a flu shot and whooping cough vaccine (also called Tdap) during each pregnancy to help protect you and your baby.

Learn more about these two vaccines and how to protect your baby after pregnancy by visiting [riversideonline.com/ob-vaccinations](https://www.riversideonline.com/ob-vaccinations).



# What to Do While You Are Waiting

## Exercise During Pregnancy

Most kinds of exercise are safe and can be beneficial if you are healthy and your pregnancy is normal. It's important to talk to your provider so you can decide on an exercise routine that fits your needs and is safe.

Exercise can help reduce back pain and constipation, make your mood better and help with sleep. It helps your overall fitness and promotes healthy weight gain. Remember that it's important that you use exercise to maintain your health and not to lose weight while you are pregnant.

There are exercises that most experts agree are safe. These include walking, swimming and water workouts, stationary bicycling and modified yoga and modified Pilates. Again, talk to your health care provider about your exercise plan.

There are also exercises that you should avoid during pregnancy due to increased risk of injury. These include contact sports like ice hockey, boxing, soccer and basketball, because you could get hit in the abdomen. You should also avoid activities that may cause you to fall. These may include downhill snow skiing, water skiing, surfing, off-road cycling, horseback riding or gymnastics. You also could overheat by doing hot yoga or hot Pilates.

Your provider will tell you about warning signs to watch for during exercise. Examples of these may be pain, uterine contractions, chest pain, dizziness, shortness of breath, bleeding or fluid leakage from the vagina.

For more details on exercise during pregnancy, please visit [riversideonline.com/OB-exercise](http://riversideonline.com/OB-exercise).



# What to Do While You Are Waiting

## Weight Gain Guidelines

Being healthy during pregnancy should be your top goal. Research has shown that a slow and steady weight gain is best. The chart below shows weight gain recommendations from the Institute of Medicine for women pregnant with one baby.

You can read more about Body Mass Index and calculate your own BMI by visiting: [www.cdc.gov/healthyweight/assessing/bmi/](http://www.cdc.gov/healthyweight/assessing/bmi/)

If you have questions about your weight gain, talk with your health care provider.

If before pregnancy you were:		You should gain...
Underweight	BMI less than 18.5	28-40 pounds
Normal weight	BMI 18.5-24.9	25-35 pounds
Overweight	BMI 25.0-29.9	15-25 pounds
Obese	BMI greater than or equal to 30.0	11-20 pounds



# What to Do While You Are Waiting

## Anxiety & Depression

Up to one in five women are affected by anxiety or depression during their pregnancy or the first year of their baby's life, according to Postpartum Support Virginia. How do you know if you are one of these women?

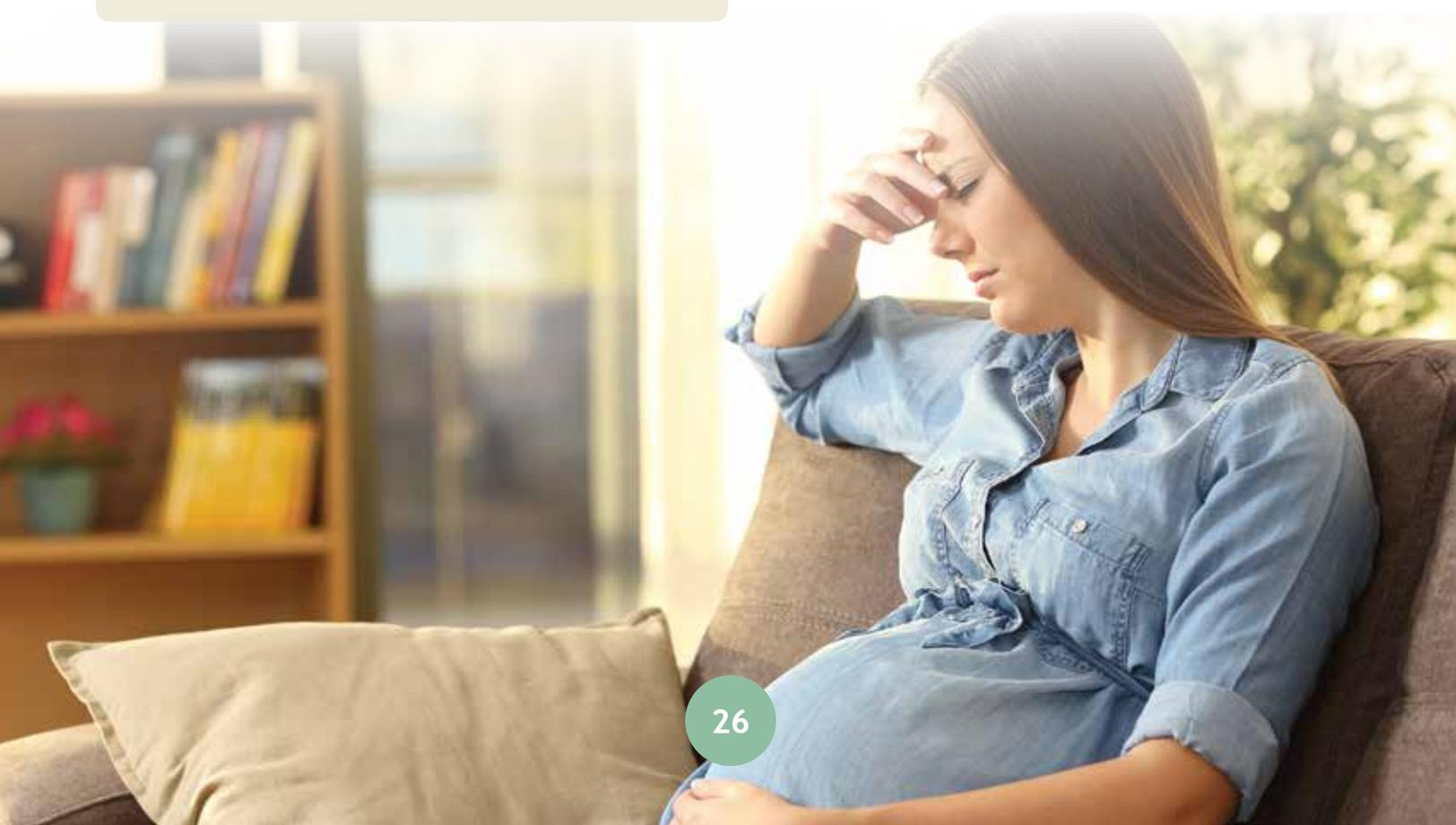
Do you feel overwhelmed, anxious, angry, sad, guilty, irritable, hopeless or exhausted but can't sleep? These may be signs or symptoms of anxiety or depression.

### Do these statements sound like what you are feeling?

- I'm supposed to be happy... why do I feel so sad?
- I worry all the time.
- Why am I such a failure?
- Everything would be better if I got a good night's sleep.
- Why can't I "snap out of it"?
- I want to run away.
- I'm having thoughts that are scaring me.

If you are feeling any of these, you are not alone and you are not to blame. Please reach out to get help. Tell your doctor or nurse how you are feeling. You can also get free support, information and resources to help you through an organization called Postpartum Support Virginia.

Please read more by visiting  
[riversideonline.com/OB-depression](http://riversideonline.com/OB-depression).



# What to Do While You Are Waiting



## Prenatal Ultrasounds

We know how exciting an ultrasound can be. After all, it's a sneak peek at your growing baby.

Most expectant mothers will have two ultrasounds during pregnancy. There are no additional scans unless your provider sees a medical need. You may want many friends and family to come to the ultrasound, but please limit your visitors to two people at these appointments due to the limited space.

The first ultrasound is called the Dating Scan. It helps to find the baby's due date. This ultrasound usually happens between the eighth and 13th weeks of your pregnancy. It is often done at your new OB appointment.

The second ultrasound is the Fetal Anatomy scan. You'll have this between the 19th and 21st weeks of your pregnancy. We'll measure and assess many aspects of your baby's growth.

Please be sure that your guests are all at the visit before the ultrasound starts. Your provider will discuss the results of these ultrasounds with you, not the sonographer.

Find out more on making your ultrasound visit productive and enjoyable by visiting [riversideonline.com/OB-ultrasound](http://riversideonline.com/OB-ultrasound).

# What to Do While You Are Waiting

## Prenatal Genetic Testing

Most parents will not need to have genetic testing. For some parents, however, genetic testing can give information about whether or not their baby has specific genetic disorders. Your doctor can give you more information about whether or not you should have genetic testing.

You can learn more about the different kinds of genetic tests by visiting [riversideonline.com/OB-genetics](http://riversideonline.com/OB-genetics).



# What to Do While You Are Waiting

## Find a Physician for Your Baby

With the number of pediatricians and family medicine providers available throughout the community, finding one you feel good about should be easy. For your convenience, we've included a list of Riverside Medical Group locations near the back of this book. Each office has responsive, supportive, family-centered care providers who will help you approach this exciting time with a sense of confidence. Please remember that we will ask you for the name of the doctor you have chosen when you come to the hospital so now is the time to start the search.

Once you've got a list of several doctors, meet with them in person. You may find that some of them will schedule an appointment with you while others may do monthly meet and greets. It's a good idea to bring your key questions with you to make sure your views are similar on key issues like breastfeeding, vaccines and circumcision.

Also, ask about office hours and how available they'll be for regular checkups as well as emergency visits. And remember, there are choices and the choice is yours. This can be a long-term health care relationship for you and your baby so be comfortable and confident in your selection.



# What to Do While You Are Waiting

## Packing for the Hospital

As the big day comes closer, be sure you have packed or made a list of those things you plan to pack for your hospital stay.

### What to Bring to the Hospital

#### *For yourself:*

- A robe and slippers
- Socks (Don't overlook these feet-warmers. Studies show that wearing them to bed can actually help you nod off faster.)
- Pajamas or nightgowns
- Bra and panties
- Shampoo and cosmetics, brush or comb
- Book and magazines (They can come in handy during a long labor.)
- Birth announcements and pen
- Telephone numbers of people you'll want to call when baby arrives
- Telephone number for your insurance company so you can add your new baby to your insurance plan
- Breast pads if breastfeeding
- Lanolin cream if breastfeeding (This nursing essential soothes sore nipples as you adjust to your baby's feeding techniques.)
- Contact lenses or glasses if you wear them
- Camera and batteries (for photographing your own baby only, please)
- Identification card with photo (like driver's license)
- Health insurance card and/or policy information
- Deductible or copayment (contact your insurance company for details) payable by check, cash, credit card
- Birth plan
- Advance directives

#### *For your baby:*

- Outfit for baby's first pictures in the hospital
- Name of the doctor you have chosen for baby

#### **You may also want to bring:**

- Sanitary pads (We have them but you may prefer your own brand for post-partum bleeding.)
- Digital watch or one with a second hand (for timing contractions)
- Cell phone and cell phone charger
- iPod or CD player that is battery-operated
- Pillow from home (It might make you feel a little cozier.)

#### **Please leave the following at home:**

- Jewelry and valuables
- Excessive amounts of cash

#### **Don't forget to pack items for the trip home, too.**

#### *For yourself:*

- Something loose-fitting, comfortable and appropriate for the season. (You'll definitely still be in maternity clothes at this point – as though you're five or six months along.)
- Low-heeled shoes

#### *For your baby:*

- Receiving blanket
- "Going home outfit" that is appropriate for the season
- Infant car seat (already installed in your car)

# What to Do While You Are Waiting

## While You're Waiting Checklist

- **Read each month's Healthy Mom & Baby** newsletter to help guide you through pregnancy and childbirth.
- **Continue your regular doctor visits.** Be sure to take your updated list of questions about your pregnancy and upcoming delivery to your appointments.
- **Take a tour** of the birthing rooms and Women & Infant rooms at Riverside Regional Medical Center.
- **Find a physician** for your baby. This can be a long-term health care relationship for you and your baby so be comfortable and confident in your selection.
- **Attend the classes** that will help you get ready for your baby's arrival.
- **Get your infant car seat safety check** done now, so when it's time to take baby home, you're all set.
- **Sign up for any additional classes** such as breastfeeding or start an exercise program at the Riverside Wellness & Fitness Center in Newport News.
- **Pack for the hospital.** Be ready. You never know exactly when your baby will decide to enter this world.



# What to Do While You Are Waiting

## Should I Call My Doctor?

Many patients have questions about when to call to doctor. Our Riverside providers rotate call so a doctor is available 24/7 to take emergency calls from patients. Here are some hints on reasons you would call the provider who is on call.

**Decreased fetal movement** – If you think your baby is not moving as much as usual, try doing “kick counts” before paging the doctor. Go to a quiet place. Lay on your left side. Drink a large glass of something cold. Count the number of times your baby moves in one hour. If your baby does not move five times, repeat for a second hour. If your baby does not move 10 times within two hours, page the doctor on call. If your baby moves more than five times an hour, you DO NOT need to page the doctor. However, we do want you to call our office the next morning and speak with the nurse.

If you are less than 26 weeks pregnant, you do not need to do fetal kick counts. It is normal not to feel your baby move regularly before then, especially for first-time mothers.

To page the doctor on call for emergencies, call 757-594-2000.

Please keep your phone line open to make sure you are available for the doctor to call you back. If the doctor has not called you within 20 to 30 minutes, please have the doctor paged again.

**Bleeding** – It is normal to have some spotting after a vaginal exam. However, if you have heavy bright red bleeding, like a period, call the doctor on call.

**Signs of Labor** – Page the doctor when you have:

- Regular contractions that are five minutes apart, lasting 45-60 seconds each consistently for one hour.
- Water continuously leaking or a sudden gush of fluid.

You **DO NOT** need to page the doctor if you “lose your mucus plug.” This is not a sign of labor.

**Swelling** – It is normal to have some swelling when you are pregnant. However, if you have swelling along with blurred vision and headache, you need to page the doctor on call.

Please page the doctor after hours only if you have a true emergency. Some things are not emergencies, for example, if you are unable to sleep at night, need a prescription or have a problem that has been ongoing for more than 24 hours. In these cases, please call the office during normal business hours and we will be happy to help you.

# What to Do While You Are Waiting

## False Labor vs True Labor

As you get closer to baby's due date, you may have irregular contractions called false labor or Braxton Hicks contractions. You may feel your uterus contract off and on before "true" labor starts. This is normal. You may notice that these contractions happen more often at the end of the day. Sometimes they may be painful.

If you are not sure if your labor is false or true, try timing the contractions. Write down when a contraction starts. Then write down when your next contraction starts. Keep track for an hour.

The below chart from the American College of Obstetricians and Gynecologists may also help you decide if your contractions are due to false labor or true labor.

Type of change	False labor	True labor
Timing of contractions	Often are irregular and do not get closer together (called Braxton Hicks contractions)	Come at regular intervals and, as time goes on, get closer together. Each lasts about 30 to 70 seconds.
Change with movement	Contractions may stop when you walk or rest, or may even stop with a change of position.	Contractions continue, despite movement.
Strength of contractions	Usually weak and do not get much stronger (may be strong and then weak)	Increase in strength steadily.
Pain of contractions	Usually felt only in the front	Usually starts in the back and moves to the front.

Sometimes the only way to tell the difference is by having a vaginal exam to look for changes in your cervix that signal the onset of labor. Contact your provider office if your labor seems to fit the "true labor" signs.

For more details on labor, please visit [riversideonline.com/OB-labor](http://riversideonline.com/OB-labor)



**“A new baby is like the beginning of all things — wonder, hope, a dream of possibilities.”**

**~ Eda J. LeShan**

# Your Baby's Birth Day



## In This Section

- **Arriving at the Hospital**  
It's time! Phone the doctor, grab your bag and carefully head out for Riverside.
- **Labor & Delivery**  
This has everything you need to remember once you're here from the stages of labor to visiting hours (Hint: there aren't any. Appropriate visitors are always welcome.), plus a labor log to record what's going on.
- **Pain Management**  
There are options to deal with some of the discomforts you'll experience, ranging from a variety of prepared childbirth techniques to medication.
- **Our Antepartum Unit**  
If your doctor determines you'll benefit from some special help before your expected delivery date, this unit offers the care you'll need.
- **Scheduled Cesarean Births**  
Here's what to keep in mind if you're having a planned cesarean section.



# Your Baby's Birth Day



## It's Time. Arriving at the Hospital

Make sure you've phoned your doctor and grabbed your already-packed bag. It's time to make that much-anticipated trip to Riverside to deliver your baby. You have most likely taken a tour of Riverside Regional Medical Center and already know exactly where it's located.

*But just in case:*

Riverside Regional Medical Center  
500 J. Clyde Morris Blvd.  
Newport News, VA 23601

### Parking

*If you arrive between 7 a.m. and 5 p.m.:* We encourage you to use our complimentary valet service, available Monday through Friday. Simply drive to the Tower entrance where a member of the valet staff will greet you. Your visitors can also use the free valet service.

*If you arrive before 7 a.m. or after 5 p.m. or on the weekend:* Please proceed to the Patient/Visitor parking area at the front of the hospital. Valet service is not available during these times.

*If you arrive between 9 p.m. and 5 a.m.:* Our Tower entrance is usually locked overnight. Simply press and release the call button that you'll see at the entrance doors. Tell the person answering that you are here to have your baby.

### Checking In

When you enter the lobby, please go directly to **Labor & Delivery**, located on the second floor. You'll take the elevators from the lobby to the second floor, turn right and then left into Labor & Delivery. One of our Labor & Delivery nurses will help you settle into your room. A member of our Admitting Department will visit you in Labor & Delivery if we need additional registration details.

### WHAT IS LABOR?

Labor is the process by which contractions of a pregnant uterus cause birth. During labor the cervix thins (effacement) and opens (dilation). The baby moves down the birth canal and is born. Delivery of the placenta is the last part of labor.

# Your Baby's Birth Day

## Labor & Delivery

Our newly renovated Labor & Delivery Unit is designed to provide each family a fulfilling and satisfying birth experience where baby and partner never leave mom's side. Our unit has 12 spacious labor and delivery rooms that include ambient lighting and the music of your choice, not only in the labor suites but also in our state-of-the-art operating rooms. In addition to our labor rooms and operating suites, our unit includes a four-bed antepartum unit, a three-bed private OB/ED for patients 20 weeks or more along and a two-bed postanesthesia care unit. We offer 24/7 coverage for OB, neonatology and anesthesia. The Labor & Delivery Unit is located adjacent to our Level III Neonatal Intensive Care Unit, where we care for infants born prematurely or those infants needing extra care after delivery.

During your labor experience you can use birthing balls, including peanut balls, and squatting bars. We also have two labor tubs that can be utilized by patients who would like a low-risk, low-intervention labor experience. In addition, we offer wireless fetal monitoring for those who would like to have increased freedom of movement. We encourage skin-to-skin contact with your baby in the labor and delivery suites as well as in our operating rooms, where we have been practicing family-centered cesarean care since 2010. We also highly encourage breastfeeding and actively work with lactation specialists, midwives and doulas.

## Safe Positioning for Skin-to-Skin Contact

### Checklist

- Face can be seen
- Head is in 'sniffing' position
- Nose and mouth are not covered
- Head is turned to one side
- Neck is straight, not bent
- Shoulders are flat against mom
- Chest-to-chest with mom
- Mom is a little upright, not flat
- Cover the baby's back with blankets
- Both are watched when sleeping or baby is being monitored

### Every Labor is Different

How long it lasts and how it progresses differ from woman to woman and from birth to birth. There are, however, guidelines for labor that your health care providers use to decide whether it is progressing normally. If it is not progressing normally, you may need medical assistance or a cesarean delivery.

If any signs of labor occur before 37 weeks of pregnancy, the labor is considered preterm. You should call your doctor **RIGHT AWAY** if you have any signs or symptoms of labor before 37 weeks.

Sometimes knowing exactly when labor has begun is difficult. You may go to the hospital and then be sent home if your labor does not progress – that is, if your cervix does not efface or dilate. This is called false labor.

# Your Baby's Birth Day

## What Happens During Labor?

The beginning of labor is defined as the beginning of opening and thinning of the cervix caused by regular uterine contractions. There are some general signs that a woman's body is preparing for labor:

- Passage of a small amount of blood-tinged mucus from the vagina called "show" or mucus plug. This may occur several weeks before labor begins or after a vaginal exam.
- Breaking of the bag of waters (the amniotic sac). If this happens, contact your doctor right away and go to the hospital.

While the two signs above are clear indications that labor is about to begin, there is only one real sign that labor has started:

- Regular, strong contractions that last more than 30 seconds that cause the cervix to thin and open.

## The Three Stages of Labor

Remember that labor is a unique experience for everyone who goes through it. While the information that follows offers some general time frames, the fact is that the duration of labor can vary quite a bit.

### The First Stage

During the first stage the cervix dilates and by the end of this stage should be opened to a full 10 centimeters. The first stage is typically the longest part of labor and can last several hours. Generally, a woman experiencing her first labor can expect to progress about one centimeter an hour during the active phase of labor. If you have had a baby before, your progress is often faster.

### The Second Stage

This is the stage when you push the baby down the birth canal and out into the world. This stage usually lasts 15 to 75 minutes but can last as long as two to three hours — or even more — depending on several factors including previous births, the position of the baby's head, and the size of the baby and the birth canal.

### The Third Stage

During the third stage of labor you will deliver the placenta and membranes that have nourished and contained your baby throughout your pregnancy. These contractions are milder — you deserve a break at this point — and usually happen within 30 minutes after the birth of the baby.

The first few hours after delivery are called postpartum recovery. During this time the uterus continues to contract as it becomes firmer and smaller. A small amount of bleeding continues and should continue to decrease. Your pulse and blood pressure return to normal.

# Your Baby's Birth Day

## Keeping a Labor Log

If you think you are in labor, you might want to record when contractions start and end on the log sheet provided on the next page. This record can help your health care provider determine if labor has begun. As labor progresses, keeping a log is your choice.

- Start timing when you begin to have tightening in your abdomen. When the pain of your contraction ends, stop the measurement. You may still feel tight.
- Repeat for your next few contractions.
- Look for a pattern of how long your contractions last and how frequently they occur.
- Use the comments column to note the strength of the contractions.

## How Are Problems Identified During Labor?

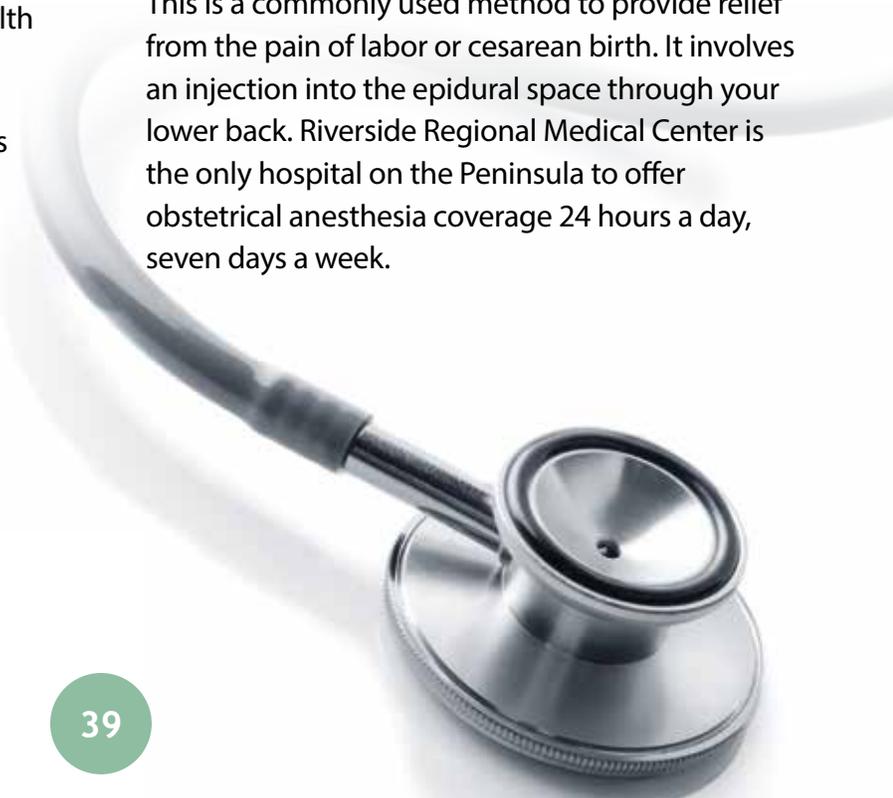
Ensuring that your labor is normal requires skill, experience and careful monitoring by your health care providers. Your vital signs, your uterine contractions and your baby's heart rate will be closely checked throughout labor. These checks are usually done with an electronic monitor or sometimes manually. If any problems are detected, your health care providers will provide the appropriate care.

## CONTRACTIONS

When your contractions are about 20 minutes apart and are continuing even if you walk around or lay on your left side, you are in labor. Think of this as your body's alarm clock telling you it's time to get to Riverside!

## Pain Management

Keep in mind that one woman's pain is another woman's discomfort as pain tolerance can vary considerably from one person to another. Some women manage the discomfort of labor by using prepared childbirth techniques, the birthing ball or peanut ball, warm showers, nitrous oxide and/or systemic medication administered through an IV. Others choose to have epidural analgesia. This is a commonly used method to provide relief from the pain of labor or cesarean birth. It involves an injection into the epidural space through your lower back. Riverside Regional Medical Center is the only hospital on the Peninsula to offer obstetrical anesthesia coverage 24 hours a day, seven days a week.





# Your Baby's Birth Day

## Our Antepartum Unit

If you need to be admitted to the hospital prior to your expected delivery date, you will be welcomed into an antepartum room. This specialized unit specifically cares for women who have high-risk pregnancies or complications that arise during pregnancy. Located directly in the Labor & Delivery area, the Antepartum area has four spacious family centered rooms with refrigerators and table to share a meal with family and friends, along with TV and DVD player in each room.

## Scheduled Cesarean Births

If you're having a planned cesarean birth, also called a C-section, you'll deliver your baby in one of the two operating suites dedicated to cesarean births. The Riverside Neonatology team routinely attends all C-section deliveries for added peace of mind. They are specialists who care for newborn infants. Your admission time will be based on when your doctor has scheduled the C-section procedure. Please check in at the Tower lobby on the scheduled day. Note: your preoperative testing should be completed before you are admitted. See the information below.

### Presurgery Diagnostic Testing

You'll need to have diagnostic tests performed within three days of your scheduled C-section, preferably within 24 hours prior if possible.

**Please contact Central Scheduling at 757-989-8830, option 2,** so we can schedule your testing. Appointments are encouraged but not required. When you come in for testing, please register at Admitting located in the Riverside Regional Medical Center's Tower lobby.

### Hours for Testing:

#### Preassessment Surgical Services

757-534-6053

Monday - Friday, 7 a.m.-7 p.m.

#### Outpatient Laboratory

757-594-2001 or 757-594-4038

Daily, 7 a.m.-7 p.m.

#### Imaging/Radiology

Daily, 6 a.m.-5 p.m.

#### EKG (Riverside Regional Medical Center)

Daily, 7 a.m.-7 p.m.

#### Admitting

757-594-2166

Daily, 7 a.m.-9 p.m.

#### Cashier

757-594-2197

Monday - Friday, 8:30 a.m.-4:30 p.m.

(Closed for lunch, 12:30-1 p.m.)

*Please bring these items with you when you come for testing:*

- Doctor's orders and prescriptions (if not already on file at the hospital)
- Your medications or a list of your medications
- Insurance information and photo ID or driver's license
- Payments or copayments if necessary (check, VISA, MasterCard, Discover, American Express or cash are accepted)



“A baby fills a place  
in your heart you  
never knew was  
empty.”

~Anonymous

# While You're at Riverside



## In This Section

- **Women & Infant Care Rooms**  
Learn about the features and amenities of your baby's first home.
- **Making Your Stay More Comfortable**  
Check out how you and your visitors can get something good to eat at midnight, grab a coffee, get online and tune in to a channel that's nothing but babies.
- **Neonatal Intensive Care Unit**  
Riverside offers the Peninsula region's only Level III NICU and that means more peace of mind for parents and highly specialized care for newborns.
- **For Your Safety and Security**  
Keeping you and your baby safe and secure is an absolute priority during the birthing experience. Find out what measures are taken.
- **Protecting Your Privacy**  
You can share the good news with the whole world. But we won't. Count on your privacy being safeguarded and valued.
- **Riverside Checklist**  
Just in case your memory's not at its all-time best, here's a quick way to remember what you want to do.
- **Baby's First Pictures**  
All babies are beautiful...but none as beautiful as yours, right? So, get baby's first picture and capture all the memories that go with it.



# While You're at Riverside



## Women & Infant Care

Having a baby can feel a little overwhelming sometimes. That's why our highly trained nurses embrace you and your baby with open arms and care for you as we would care for those we love. At Riverside Regional Medical Center our team is ready for your baby's arrival. Beautiful, natural-colored rooms help calm and relax while our staff creates a family atmosphere that helps you feel comfortable during this exciting time. Most babies stay in the room with mom after birth. Your baby will first be cared for in our specialized Labor & Delivery area and then moved to be with you in your Women & Infant Care room. Babies who need some extra attention are cared for in our Neonatal Intensive Care Unit.

Each of our spacious Women & Infant Care rooms features a private restroom and a flat screen TV with a full range of channels. Because all our Women & Infant Care rooms are private, the father or labor support person can stay with you through the night if you wish. Our chairs fold out for sleeping and we'll provide fresh linens and blankets for added comfort.

## Making Your Stay More Comfortable

To make your stay comfortable, convenient and a little more homelike you'll find some very flexible arrangements for your visitors as well as some amenities for patients and visitors alike.

### All Baby All the Time

The Newborn Channel in English and Spanish offers continuing programs about something you'll be very interested in...babies.

### Wireless Access

Free wireless access is available on our "community network" for our guests.

### In Good Taste

The Riverside cafeteria offers meals, sandwiches, coffee and more without having to leave the medical center. The Grand Grounds Coffee Kiosk in the Tower lobby serves a variety of Starbucks coffee and tea as well as pastries and snacks.

### A Good Place to Visit

Visiting hours for new moms are flexible to meet your needs and those of your visitors. All visitors should be free of infection (colds, sore throat, etc.) and it's very important to remind visitors to wash their hands before holding the baby. Fathers/support persons may visit anytime. All minor siblings must have an adult caretaker with them at all times.

# While You're at Riverside

## Baby's Pictures

Riverside has partnered with providers of in-hospital newborn portraits, to capture your baby's first moments, taken in the intimate environment of your hospital room.

It's a fast and convenient way for our parents to share the news of baby's arrival and his or her first moments. The photos are also available for parents to purchase. In addition to photographs, our providers can also help with CDs with copyright releases, birth announcements and keepsake gift items using the baby's photo.

## Neonatal Intensive Care Unit

Sometimes a baby may need some extra help in making the transition to the world. Reasons may include such conditions as prematurity and low birth weight, infections, heart problems, or a particularly difficult delivery. Fortunately, highly skilled and experienced care is available through Riverside's Neonatal Intensive Care Unit, also called the NICU and pronounced "Nick-You." The NICU brings together advanced technology, medical equipment especially designed for smaller and sicker babies, physician specialists (neonatologists), respiratory therapists and nurses trained to provide specialized care for the tiniest patients and help them get off to a good start.

This special care nursery is the only Level III NICU on the Peninsula, which means that except in very special cases, your baby won't have to be transferred to another level of care. Our Level III NICU status also means we can care for premature



and extremely premature babies who may need months of care, as well as newborns who need just a few days of extra attention.

The NICU includes CPAP (continuous positive airway pressure) therapy and both mechanical and high-frequency ventilation to support the infant's breathing. In addition, many of the incubators in the NICU are specially designed to protect babies from sensory stress caused by light and noise so they can focus on growing stronger.

### Location

The NICU is located on the south wing of the third floor. From the Tower lobby, you will take the elevator to the third floor. Follow the signage to NICU. Entry is through the security doors. We have additional NICU rooms on the south wing of the second floor if the need should arise.

# While You're at Riverside

## Visiting

Parents can visit their newborns in the NICU 24 hours a day with the exception of shift change from 6:30 to 8 a.m. and from 6:30 to 8 p.m. We do ask that only two visitors be at the bedside at one time. One visitor may accompany the mother or the other individual wearing the second matching band (used for identification and security). We ask that children be accompanied by the parent and that any child visitor be a sibling of the newborn in NICU. Our family waiting room, located in the main hallway, is available for your use at all times.

Parents may also call **757-594-3451** anytime day or night to check on their baby's progress. We also have six NicView cameras that allow you to see your baby remotely. Please check with the NICU staff for more information and availability.

## Neonatologists

Neonatologists are pediatricians who have completed additional training in the care of newborns and preterm (born early) infants. Our neonatologists and their team of specially trained neonatal nurse practitioners provide state-of-the-art care for newborns in the NICU.

## For Your Safety and Security

**Security Systems:** Multiple security measures protect your baby's safety during your stay. These include our matching band system, electronic infant security system and cameras.

**Staff Identification:** All of our staff members wear name badges with a specific design that you'll be able to recognize right away.

**Stop Drops:** Our focus on safety includes a special commitment to reducing and preventing in-hospital newborn falls and drops. While these accidents may have different causes, they almost always involve an exchange or interaction with the newborn, including breastfeeding. You can count on us to provide the information you need to know to lower the risk.

**Moving Baby:** Each time we move your baby outside of your room, we will place her or him in the bassinet. We ask that you do the same.

**In Case of Emergency:** There are multiple emergency call devices in each room for your safety, including an intercom attached to the bed and emergency pull cords in your shower and next to your toilet so we can help you right away if you should suddenly feel sick or dizzy.

# While You're at Riverside



## Protecting Your Privacy

For your privacy, as well as for security reasons, our staff will not release information about your progress over the phone. Every Labor & Delivery room and Women & Infant room includes a telephone that you and your family may use to keep loved ones informed of your progress.

### RIVERSIDE CHECKLIST

#### Insuring Your Baby

Be sure to contact your health care insurance company as soon as possible after your baby is born so they will add your new baby to your health insurance policy. In most plans, this does not happen automatically, so it's important to call.

#### Baby Pictures

Let your friends and family see your beautiful baby! Our partner can take your baby's photo during your hospital stay for friends and family.



“A baby is something you carry inside you for nine months, in your arms for three years and in your heart till the day you die.”

~ Mary Mason

# Going Home with Your Baby



## In This Section

- **Discharge**  
It's time to leave the hospital and head home.
- **Birth Certificate Information**  
Our birth registrar helps take the hassle out of the paperwork.
- **Car Seat Safety**  
We help you to make sure your baby's car seat is correctly installed.
- **Feeding Your Newborn**  
Breastfeed or bottle-feed? The decision is yours and here are some considerations.
- **Getting Back In Shape**  
While you're taking such good care of your baby, don't forget about yourself.
- **Baby's Birth Day Fund**  
Here's how to support Riverside's Neonatal Intensive Care Unit and other Riverside programs.
- **Your Postpartum Visit**  
It's important to continue health checkups after your baby is born.
- **Going Home Checklist**  
Here's a list of what to remember before you leave the hospital.



# Going Home with Your Baby

## Discharge

Just when you were getting used to things in the hospital, it's time to head home. Your physician will determine when you and your baby are ready to leave. Your nurse will help you get ready and will take you and your baby to your car. Your nurse will update you about discharge time. Don't forget that your baby needs to ride home in an infant car seat in accordance with state law.

## Headed Home

Whether it's your first baby or a new addition, you'll benefit from the in-depth information we give you prior to leaving the hospital. Our education will help you with newborn and postpartum care when you leave Riverside and head home. We'll also provide you with a Mom & Baby After Delivery Guide to help your transition go smoothly. It's great information based on a lot of experience and will help you feel ready to go home and begin your new journey. As an extra benefit, you can continue to access the newborn programs available at [thenewbornchannelnow.com](http://thenewbornchannelnow.com), using password 02265.

## Birth Certificate Information

Our birth registrar is pleased to help you gather and validate the information you need to complete the application for your baby's birth certificate and Social Security card. Once you have completed the paper work with the birth registrar, make sure to keep a copy of the proof of birth letter for insurance purposes until you receive your baby's birth certificate in the mail. We can only provide you with one proof of birth letter.

Please have a name ready for your baby with the order and spelling you choose. The name will be entered into the Virginia Division of Vital Records database and used on the application for your baby's birth certificate. After that, any changes can be made through the Division of Vital Records in Richmond, Virginia, for a fee.

# Going Home with Your Baby

If you are legally married, the father does not have to be present to be on the birth certificate. You will need his full legal name, date and place of birth and Social Security number. If you are not legally married and you would like the father's name on the birth certificate, the father must be present with a valid picture I.D. The birth registrar will explain other options and talk with you on the Women & Infant unit after your delivery. Please feel free to ask as many questions as needed.

## CAR SEAT SAFETY

Have someone trained to know exactly how it's done take a look to make certain you've installed your seat correctly. Riverside Regional Medical Center offers FREE child safety seat inspections and installations. Remember, car seats are only effective and safe if they fit your baby properly and fit in your vehicle correctly.

When: Call 757-875-7880 to schedule an appointment  
Where: Emergency Department  
Riverside Regional Medical Center  
Newport News

## Feeding Your Newborn

Choosing how and what to feed your baby is a personal decision that deserves careful consideration. Your choices include breastfeeding, pumping your breasts for milk and feeding your baby your breast milk with a bottle, or formula feeding. The American Academy of Pediatrics says "human milk is the perfect food for babies" and recommends "exclusive breastfeeding for about six months, followed by continued breastfeeding as complementary foods are introduced, for one year or longer."

This is an important health decision, not just a lifestyle choice. So be sure to talk with your doctor, hospital nurse, or lactation consultant (breast-feeding specialist) as you gather information. Some circumstances, such as medical conditions, certain medications that you might be required to take, breast surgery, or even personal choice, could lead you to decide to feed your baby formula. After you've gotten the information you need, the choice remains yours alone.



# Going Home with Your Baby

## **Breastfeeding has many benefits for you and your baby.**

- A healthy mother with an adequate diet usually produces enough milk for the baby. Take a breastfeeding class to better understand how breastfeeding works.
- Breast milk contains all the nutrients needed by the baby in the first six months of life.
- Breast milk is easier for the baby to digest and is perfectly designed to support your baby's immune and digestive systems, leading to fewer ear and respiratory infections and less diarrhea and constipation.
- Studies have shown that breastfed babies have fewer serious illnesses. Breast milk helps babies grow up healthier, with less chance of allergies, obesity, diabetes and other health problems that can show up in infancy, childhood or adulthood.
- Breast milk changes with baby's age. A mother's milk changes as her baby grows to keep meeting changing needs for optimal growth of baby's brain and body.
- Breastfeeding helps a mother's uterus return to its normal size more quickly after delivery.
- Breastfeeding mothers may have a lower risk of breast and ovarian cancer, heart disease, Type II diabetes and other illnesses.
- Breast milk requires no preparation.
- Breastfeeding can help the mother return to her normal weight faster.

If you decide to breastfeed your baby, Riverside offers breastfeeding classes, a breastfeeding support group, private outpatient lactation consult appointments and breast pumps. Some insurance companies will assist with the purchase of a breast pump so we suggest contacting your insurance company during your pregnancy to find out your benefits. Riverside Durable Medical Equipment uses Roberts Home Medical serviced by STORKPUMP. Call 1-844-993-3740 or email [orders@storkpump.com](mailto:orders@storkpump.com).

Talk with your physician's office about receiving your STORKPUMP Breast Pump Order Form along with a physician's order to receive your breast pump.

Some women may want to breastfeed, but do not have the situation or support to do so exclusively. Even if you plan to formula feed, breastfeeding only for just two weeks helps your baby's gastrointestinal tract mature properly. This strengthens your baby's immune system and helps your baby tolerate formula when you decide to start giving some to your baby. Remember, it does not have to be "all or nothing." Even a little breast milk that can be included every day in addition to formula feeding is good for your baby.

While most women are able to provide all the milk their baby needs, there are a few cases where breastfeeding is not possible. If this happens, or if the mother prefers not to breastfeed, baby should be given a manufactured formula. Milk from animals or plants alone (cow, goat, soy or almond milk) should NOT be given to baby. They lack many nutrients your baby needs. Your baby's doctor will recommend a formula.

Your baby can thrive with breast milk or formula. However you decide to feed your baby, enjoy this special experience.

# Going Home with Your Baby

## Getting Back In Shape

You have nine months of doing what's needed to take good care of your developing baby and then a lot of years to look after your child's well-being...so don't forget about taking care of yourself too. It's best to wait some time before beginning any exercise routine, especially if you had a C-section. Everyone has different needs and abilities so talk with your doctor and get some recommendations on exercise and activity, nutrition and rest.



Keep in mind that Riverside Wellness & Fitness Centers offer personal nutrition counseling as well as a variety of fitness classes for new mothers. To sign up for a class or for more information, call 757-875-7525 for the Peninsula location and 804-693-8888 for the Gloucester location.

## Baby's Birth Day Fund

What you give now to the Riverside Baby's Birth Day Fund can make a difference in the health and quality of life of newborns and families throughout the community for years to come. The Baby's Birth Day Fund was established in memory of "Momma" Mary Thompson who, for over 25 years as a nurse with Riverside, touched the lives of more than 30,000 families through her work in Birthing and Family Health Services.

The Baby's Birth Day Fund supports Riverside's Neonatal Intensive Care Unit and other programs of Riverside dedicated to caring for the youngest — and most vulnerable — members of our community.

The fund is administered by the Riverside Health System Foundation to provide donors with the best possible tax advantages.

You can mail your contribution to:  
*Riverside Health System Foundation*  
*701 Town Center Drive*  
*Suite 1000*  
*Newport News, VA 23606*

You can also call 757-234-8740 or visit [riversideonline.com/foundation](http://riversideonline.com/foundation) to make your donation online.

# Going Home with Your Baby



Your provider will also want to hear about how you feel on a day-to-day basis. Are you getting enough sleep? Eating healthy? Getting out of the house? Exercising? Are you feeling upbeat or depressed? Is your partner helpful? If needed, your health care provider may refer you to support services.

You may still be dealing with some aches and pains related to pregnancy or childbirth and you may have some questions about how your body has changed. You may also have questions about your labor and delivery, and about postpartum issues like breastfeeding, birth control, exercise, sex and work. It helps to jot down the questions you want to ask and any other issues you'd like to discuss.

Think about the topics listed above and bring your questions to your appointment. Your postpartum visit is important because it's the transition from pregnancy to well-woman care. And when you are in good health, you have more energy and are better able to care for your new baby.

## Your Postpartum Visit

Your body changes in many ways during pregnancy. That is why it is important for you to have a health exam four to six weeks after your pregnancy. This health exam is called your "postpartum visit." Our health care team can help you schedule your postpartum visit before you go home with your new baby.

After giving birth, it's important for you to keep up the healthy habits you practiced while you were pregnant. Your health care provider is your best resource for making sure you're on track. During your postpartum visit you will receive a pelvic exam and Pap smear. Your bleeding should have stopped or slowed. If you had a C-section, your incision should be healing well. You may also have a breast exam. If you are breastfeeding, let your health care provider know if you have any questions or concerns.

# Going Home with Your Baby

## Going Home Checklist

- **Car Seat**  
Don't forget: Your baby needs to ride home in an infant car seat AND it's important that the seat is correctly and safely installed.
- **Application for Birth Certificate**  
Be sure you took care of the paperwork with the Riverside birth registrar and that you have a copy of the proof of birth letter, which you will need for insurance purposes until your baby's actual birth certificate arrives in the mail.
- **Breastfeeding Supplies**  
If you're breastfeeding, do you have a breast pump to use at home? If there's anything else you need to know, be sure to ask.
- **Nursery Items**  
Are you stocked with diapers and all other items baby will need? For the complete list, see the **Month 8 Healthy Mom & Baby Newsletter**.





“Before you were born I carried you under my heart. From the moment you arrived in this world until the moment I leave it, I will always carry you in my heart.”

~ Mandy Harrison

# Resources for You and Your Baby



## In This Section

- **Helpful Phone Numbers**  
The numbers you need for Riverside services and physicians.
- **Community Resources**  
A convenient guide to a comprehensive range of community programs and services.
- **A Physician for Your Baby**  
Locations in our region where the pediatricians and family medicine physicians are accepting new pediatric patients – including your baby!

# Resources for You and Your Baby

## Helpful Phone Numbers

**Riverside Regional Medical Center:**  
757-594-2000

**Riverside Nurse:** 757-595-6363

**Coordinator for Maternal Child Training:** 757-612-6029

**Riverside Wellness & Fitness Center:**  
Newport News - 757-875-7525  
Gloucester – 804-693-8888

## OB/GYN Physician Offices

**Riverside Partners in Women's Health**  
401 Oyster Point Road, Suite A  
Newport News, VA 23602  
757-249-3000

**Riverside Partners in Women's Health**  
12200 Warwick Blvd., Suite 510  
Newport News, VA 23601  
757-534-5700

**Riverside Partners in Women's Health**  
7547 Medical Drive, Suite 1200  
Gloucester, VA 23061  
804-693-2670

**Riverside Partners in Women's Health**  
120 Kings Way, Suite 3400  
Williamsburg, VA 23185  
757-253-5600

## Community Resources

### Hotlines

Battered Women/Domestic Violence: 757-723-7774

Poison Control Center:  
800-222-1222  
Runaway Switchboard:  
800-621-4000

Consumer Product Safety:  
800-638-2772  
Child Abuse Hotline:  
800-552-7096

### Education and Services

**Breastfeeding**  
Riverside Breastfeeding Educator:  
757-594-2624

**International Lactation Consultant Association** - a professional association for lactation consultants and breastfeeding promotion advocates, [ilca.org](http://ilca.org)

**La Leche League International**  
Promotes the benefits of breastfeeding and offers training materials  
800-LA LECHE, 800-525-3243 or  
757-723-4110, [lilli.org](http://lilli.org)

Learn more about breastfeeding and what medical professionals think about it from these organizations and sites:

- American Dietetic Association, [eatright.org](http://eatright.org)
- National Conference of State Legislatures – state laws about breastfeeding, [ncsl.org/research/health/breastfeeding-state-laws](http://ncsl.org/research/health/breastfeeding-state-laws)
- World Alliance for Breastfeeding Action, [waba.org.my](http://waba.org.my)
- Virginia Breastfeeding Task Force, [vabreastfeeding.org](http://vabreastfeeding.org)

### Car Seat Safety

Make sure you select the right kind of car seats to keep your new baby and older children safe in a car. If you would like to make sure your car seat is installed properly or need help with installation, Riverside Regional Medical Center offers free child safety seat inspections and installations.

**When:** By appointment

**Where:** Emergency Department  
Riverside Regional Medical Center  
500 J. Clyde Morris Blvd.  
Newport News

**Fee:** Free

**Register:** To schedule an appointment, call 757-875-7880

**Low Income Safety Seat Program**  
Newport News: 757-594-7311  
Hampton: 757-727-1172, ext. 21715

# Resources for You and Your Baby

## **Crib and Sleep Safety**

Of all the places in the world, cribs should be safe. The problem is that older ones can actually be dangerous if they don't conform to current recommendations. So, watch out for chipping paint, splinters or crib rails that are more than 2 3/8 inches apart. Learn more about choosing a safe crib at the American Academy of Pediatrics website: [healthychildren.org](http://healthychildren.org).

You can reduce your baby's risk of dying of Sudden Unexplained Infant Death Syndrome, also called SIDS or crib death, by making certain that you and anyone else caring for your baby, including family, friends and any babysitters, place your baby on his or her back at night or for a nap. Please take the time to visit [healthychildren.org/safesleep](http://healthychildren.org/safesleep)

You can also learn more about reducing your baby's risk by closely reading the "Safe to Sleep" campaign materials from the National Institute of Child Health and Human Development at [safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov)

**Birth Defects and Prevention  
March of Dimes**  
[marchofdimes.org](http://marchofdimes.org)

## **Folic Acid**

Folic acid is important, even before you get pregnant. It can help prevent birth defects of the baby's brain and spine. The simple step of taking an appropriate dose of folic acid every day can cut birth

defects in half! To learn more, visit the Centers for Disease Control and Prevention online at [cdc.gov/ncbddd/folicacid/index.html](http://cdc.gov/ncbddd/folicacid/index.html)

## **Breastfeeding: Back to Work or School**

This two-hour session is for mothers who have already taken the breastfeeding class and are now going back to work or school and want to continue to be able to supply their baby breast milk. Some of the topics included in the class are:

- Preparing to provide your milk to your baby once you return to work or school
- Selecting the right type of breast pump for your needs
- Tips on transitioning from breastfeeding only to breastfeeding and pumping
- Safe storing, refrigeration, freezing, transporting, thawing and feeding your milk to your baby
- Scheduling
- Child care

It is recommended that you take this class when you are pregnant. However, if you have a long maternity leave, you may choose to attend after your baby is born. And you are welcome to bring your baby to class with you.

**When:** Call for schedule

**Where:** Call for location

**Fee:** Free

**Register:** Yes, [riversideonline.com/babyclasses](http://riversideonline.com/babyclasses)

**More info:** 757-875-7880 or 757-612-6029

## **Support Groups**

Riverside offers a variety of support groups for our community:

### **Forget Me Not**

A Perinatal Bereavement Support Group, whose goal is to offer a safe and relaxed atmosphere while providing support to mothers and fathers as well as family and friends who have experienced a pregnancy loss or the loss of an infant. We invite any individuals in the community to join our group at any time.

**More info:** Please call for details, 757-612-6029, 757-594-2745 or 757-594-2273

### **Postpartum Support Virginia: Williamsburg, Newport News**

Postpartum Support Virginia helps new and expectant mothers and their families overcome anxiety and depression.

There are many locations where the group meets in a safe, healing space to share experiences, emotions and support surrounding perinatal depression and anxiety.

# Resources for You and Your Baby

For more information, visit [postpartumva.org](http://postpartumva.org).

Support groups are held twice a month on Friday afternoons. Please contact us for more information. Support groups are free of charge and children are welcomed.

**More info:** Diana McSpadden, volunteer with Postpartum Support Virginia, [dmcspadden@postpartumva.org](mailto:dmcspadden@postpartumva.org), 757-349-6441 or Moms on Call Warm Line, 703-829-7152 (no fee), Laura Jones, 757-599-6863, Taylor Harrison, 757-534-5721

## Parenting/Counseling

**Catholic Charities**  
757-875-0060

**Child Development Resources**  
A nonprofit agency changing the lives of babies, toddlers and their families. 757-378-3169 or 757-378-3161

**Virginia Department of Health**  
The Commonwealth of Virginia has educational programs on many health topics through the Virginia Department of Health. [vdh.virginia.gov](http://vdh.virginia.gov)

**Virginia Department of Social Services**  
804-726-7000

**Virginia Division of Vital Records**  
804-662-6200

**Virginia Division of Women, Infants and Children**  
This state program helps eligible Virginia residents with nutrition needs. 888-942-3663, [vdh.virginia.gov](http://vdh.virginia.gov)  
Newport News: 757-247-2184  
Hampton: 757-727-1140

**Healthy Families**  
Newport News: 757-926-6009  
Hampton: 757-727-1300

**National Counseling Group**  
[ncgcommunity.com](http://ncgcommunity.com)  
757-847-9376

**Planned Parenthood**  
757-826-2079

**Smart Beginnings**  
Virginia Peninsula  
757-240-2731  
11832 Canon Blvd.  
Newport News, VA 23606

**Paternity Establishment Program**  
Learn what you need to know about adding the father's name to your child's birth certificate. If either parent is unsure who the child's biological father is, genetic testing should be done.  
866-398-4841  
Email: [vapep@csfmail.org](mailto:vapep@csfmail.org)

**Domestic Violence**  
Virginia Sexual and Domestic Violence Action Alliance  
24-hour hotline: 800-838-8238  
Text: 804-793-9999  
[vsdvalliance.org](http://vsdvalliance.org)  
or national 24-hour toll-free hotline 800-799-SAFE (7233) and 800-787-3224 (TTY)

## Financial & Emergency Aid

**Social Services** (Medicaid, food stamps)  
Newport News: 757-247-2300  
Hampton: 757-727-1840

**Salvation Army**  
Walk-in outreach center for food, clothing and diapers, must provide proof of income/expenses 757-838-4875

**United Way First Call**  
Human services referral line for food, housing, counseling and financial aid 757-594-4636

## Free Medical & Dental Clinic

**Lackey Clinic**  
757-886-0608  
[lackeyclinic.org](http://lackeyclinic.org)

# Resources for You and Your Baby

## Health Insurance

If you have health insurance, your insurance company should have a website and a helpline or other contact that you can call. Remember, your insurance company wants you to have a healthy baby, so they may have information and services just for you.

If you do not have health insurance, Virginia has a family and children's health insurance program called Family Access to Medical Insurance Security. FAMIS is available to families whose income meets the state Medicaid income requirements. To find out more about medical insurance options in Virginia, go to [coverva.org](http://coverva.org).

## Shelter and Housing

Salvation Army  
757-838-4875  
H.E.L.P. Organization  
757-850-9600  
Menchville House  
757-833-5980

## Substance Abuse Assistance

Newport News/Hampton  
Substance Abuse Center  
757-788-0400  
Project Link  
757-788-0500  
South-Eastern Family Project  
757-245-1070

## Virginia Birth-Related Trauma and Injury

Virginia Birth-Related Neurological Injury Compensation Fund is a program to provide lifelong care for infants with serious birth-related injuries. It applies to those babies born at a participating hospital or cared for by a participating doctor. Learn more: 800-260-5352, [vabirthinjury.com](http://vabirthinjury.com)

# A Physician for Your Baby

## **Riverside Brentwood Medical Center - Family Practice**

10510 Jefferson Ave., Suite A  
Newport News, VA 23601  
757-594-3800

## **Riverside Brentwood Medical Center - Pediatrics**

10510 Jefferson Ave., Suite E  
Newport News, VA 23601  
757-594-2846

## **Riverside Callao Medical Arts Practice**

17452 Richmond Road  
Callao, VA 22435  
804-529-6141

## **Riverside Commonwealth Family Practice**

12715 Warwick Blvd., Suite 0  
Newport News, VA 23606  
757-930-0091

## **Riverside Eagle Harbor Primary Care**

13478 Carrollton Blvd.,  
Unit D & E  
Carrollton, VA 23314  
757-238-7043

## **Riverside Elizabeth Lakes Family Practice**

191 Fox Hill Road  
Hampton, VA 23669  
757-850-1311

## **Riverside Fishing Bay Family Practice**

16681 General Puller Highway  
Deltaville, VA 23043  
804-776-8000

## **Riverside Internal Medicine & Family Care**

5231 John Tyler Highway  
Williamsburg, VA 23185  
757-220-8300

## **Riverside King William Medical Center**

4917 Richmond  
Tappahannock Highway, #1-B  
Aylett, VA 23009  
804-769-1245

## **Riverside Mathews Medical Center**

10976 Buckley Hall Road  
Mathews, VA 23109  
804-725-5005

## **Riverside Patriot Primary Care**

2855 Denbigh Blvd., Suite A  
Grafton, VA 23692  
757-968-5700

## **Riverside Primary Care Hidenwood**

12420 Warwick Blvd.  
Buidling 3, Suite 4A  
Newport News, VA 23606  
757-594-4431

## **Riverside Primary Norge**

7364 Richmond Road  
Williamsburg, VA 23188  
757-345-0011

## **Riverside Tappahannock Family Practice**

300 Mount Clement Park,  
Suite C  
Tappahannock, VA 22560  
804-443-6063

## **Riverside Warsaw Medical Arts**

16 Delfae Drive  
Warsaw, VA 22572  
Pediatrics 804-333-1260  
Family Practice 804-333-6400

## **Riverside White Stone Family Practice**

30 Shady Lane  
White Stone, VA 22578  
804-435-3133

## **Riverside Williamsburg Family Practice**

120 Kings Way, Suite 1400  
Williamsburg, VA 23185  
757-345-2555

### FIND A DOCTOR

Use Find A Doctor on [riversideonline.com](http://riversideonline.com) to learn more about the health care providers at these locations.

### MYCHART

All of our providers are connected by an advanced electronic medical record. You can access your health record 24/7 using Riverside MyChart. You can also use MyChart to communicate with your doctor, request prescription refills, see your test results, schedule appointments and more. Read about MyChart and enroll at [mychart.riversideonline.com](http://mychart.riversideonline.com)



## The Riverside Care Difference

Every member of our team commits to the Riverside Care Difference when they join Riverside. Our Riverside Care Difference is the way in which we deliver care and services, as a team, by putting our patients and customers at the heart of all we do. The Riverside Care Difference represents our ongoing commitment to provide you with the best care possible:

To keep you safe  
To help you heal  
To treat you with kindness  
To respect your wishes

### Our Riverside Mission:

To care for others as we would care for those we love, to enhance their well-being and improve their health



# We're here for you 24 hours a day.

Call **Riverside Nurse** to talk to an experienced, registered nurse skilled in assessing symptoms and advising callers on their healthiest course of action. You can also count on an easy referral to a Riverside physician.

757-595-6363 or toll free 800-675-6368

View Health Information under the Patients & Visitors tab on [riversideonline.com](http://riversideonline.com)

## Riverside MyChart

**Manage your health online 24/7 using the features in MyChart:**

- Communicate with your doctor
- Access your test results
- Request prescription refills
- Schedule your appointments online
- View bills and pay online
- Follow your loved one's health

Enroll online at [mychart.riversideonline.com](http://mychart.riversideonline.com) or at your physician's office. For technical support call 757-534-9440 or email us at [mychart@rivhs.com](mailto:mychart@rivhs.com)

