



Welcome to Beth Israel Medical Center Maternity Tour and Registration

Dear Expecting Parents,

Congratulations on your good news and welcome to Beth Israel Medical Center. We have prepared this welcome packet for you and your family. We hope this information will make your stay with us more comfortable. -- Reviewing this material ahead of time and being prepared should make your stay less stressful; so you and your family can welcome and enjoy your wonderful new family member.

Enclosed are two of the forms – the registration form and the insurance authorization form. Please mail them to the maternity registration department. Attached you will also find a place to write names, important telephone numbers and any questions you may have.

We suggest that you keep all hospital-related materials together and keep copies of all correspondence. Please do not hesitate to contact anyone of our staff members for additional assistance and guidance. Some important phone numbers that you may need are:

Parent Education and Maternity tours	(212) 420-2999
Email biparented@aol.com or www.wehealny.org/familyed	
Mother Baby Unit	(212) 420-2935
Beth Israel Pediatrics	(212) 844-8300
Beth Israel Physician Referral	(800) 420-4004
Maternity Registration Department	(212) 256-3218
Breastfeeding Center of Manhattan	(212) 420- 2093
Board Certified Lactation	
Consultants Warm Line	(212) 420-2939
Neonatal Intensive Care Unit	(212) 420 -2944
Labor & Delivery	(212) 420-2934

We look forward to seeing you and your family in the near future and hope to have the pleasure of assisting you with the delivery of your baby. Congratulations!

Sincerely,

The Staff at Beth Israel

Preadmission information

Any questions about the registration, insurance and financial forms, or room rates, can be answered by calling the Maternity Registration Department at (212)256-3218. You may also call this number to have a Maternity registration packet mailed to you. You can also e-mail us at BIBirthRegistration@chpnet.org with any questions or to request a packet.

Once the registration form and the insurance authorization form (and the BC/BS form, if you have this insurance) are completed, please either fax them back to 212-256-3420, e-mail them to BIBirthRegistration@chpnet.org or mail them to:

Maternity Registration Department
Beth Israel Medical Center
160 Water Street 22nd floor Room 13
New York, NY 10038.

This will insure the necessary paperwork will be completed prior to admission. **PLEASE KEEP COPIES OF ALL COMPLETED PAPERWORK**

Insurance

Beth Israel accepts all major insurance plans. It is your responsibility to contact your insurance company and inquire about deductibles and co-payments that you may be responsible for.

Please contact your insurance carrier to enroll your expected baby into your insurance plan or plans. This includes additional coverage, such as your spouse's plan.

If you need further assistance, tel. # 212-256-3233

Birth certificate information

While you are here you will be given a birth certificate letter and worksheet from the Birth Registrar after your baby is born. **You must fill this form out and return it to the Nurses Station on the 5th floor before leaving the hospital.** It is the responsibility of the hospital to file a Birth Certificate worksheet with the New York Department of Health within 48 hours of your baby's birth. To avoid any errors or delays in filing your child's Birth Certificate, **please print clearly and use correct spelling** for all information as it pertains to the Birth Certificate in black or blue ink. A social security card may be requested from the same form only if a first name is given to the baby.

If a couple is unmarried and wishes to have paternity designated, a form must be completed with both parents signing it.

Correcting a Birth Certificate

Beth Israel is committed to providing the Department of Health with accurate information so that your baby's birth certificate can be issued by New York State in a timely manner.

If an error is made by the hospital, the correction will be done by us. When an error is made by the parent; or if you wish to change some information, it becomes your responsibility to go to the Department of Health (and in some cases to Supreme Court) to have the correction done.

If you have any questions please do not hesitate to call the registrar's office weekdays between 9am and 5pm at (212) 420-3918.

Your Baby's doctor

Your obstetrician or midwife can assist you with selecting a Beth Israel pediatrician who will care for your baby during the hospital stay. You may select this doctor or we can assign one. To help you select a doctor that participates in your insurance plan, is located in your neighborhood, and speaks your language, you may call Physician Referral at (800) 420 4004. You may wish to select a pediatrician at Beth Israel Pediatric Associates, located at Phillips Ambulatory Care Center, 10 Union Square East, Suites 2H and 2J. These doctors accept most insurance plans and are available for prenatal interviews for a fee of \$20. You may schedule a prenatal interview by calling 212-844-8300. Pediatricians of Beth Israel Pediatric Associates are:

Andrea Brescia, MD

Anita Ghosh-Guha, MD

Niloufar Gidfar, MD

Robin Jacobson, MD

Columba Marcantonio, MD

Camille Senzamici, MD

Emily Straus, MD

Abigail Trager, MD

Upon admission to Labor and Delivery, the staff will ask if you have selected a Beth Israel pediatrician. Your baby will be admitted to the hospital under the care of this doctor. The admitting office (nursery staff) will then alert your pediatrician about the new baby.

Beth Israel Medical Center's ParentCare e-mail Service

Expectant parents are faced with a bewildering range of pregnancy and parenting information - books, magazines, television, and the well-meaning advice of friends and family. It's difficult to know how to sort it all out. Luckily, OB patients in the OB/GYN Department at Beth Israel have a resource to guide them through their pregnancy and the first year of their baby's life: the BIMC weekly ParentCare e-mail. This free weekly service offers expectant and new parents customized information, news, and

resources from the parent education staff, and allows the hospital team to develop a richer, more supportive relationship with their patients.

Patients can enroll at their OB provider and start receiving weekly ParentCare e-mail messages at 20-weeks gestation. Messages are personalized to the patient's due date and continue for the first year of their baby's life. During pregnancy, the hospital's messages include week-by-week information on fetal development, wellness tips, and valuable resources. After the baby is born, messages offer child development information, practical tips on baby care, health and safety, and other topics of special interest to new parents. The ParentCare e-mail also provides brief reviews of the latest research on pregnancy and newborn issues in an easy-to-understand format.

For further information, or if you are pregnant and want to sign up, please e-mail your name and expected due date to Spetro@chpnet.org.

Parent/ Family Education Classes and Programs – We encourage you to prepare for the birth of your baby by acquiring as much information and skills as possible prior to delivery. Child Birth Preparation Classes, Baby Care Basics, and Early Pregnancy classes are taught by our Nursing Educators and Lactation Consultants for a nominal fee. Our new mother's group is free. For more information or a brochure call 420-2999 or Email biparented@aol.com or www.wehealny.org/familyed

Beth Israel's free hospital Patient Education television channel offers programs on a wide variety of topics related to baby care, postpartum and parenting. After you have given birth, tune to the newborn channel 6 for English and 10 for Spanish. Breastfeeding classes are offered on the unit. Our nursing staff will assist you in learning what you need to know before going home. Please do not hesitate to ask questions or request assistance during your hospital stay.

Meet the Doulas

A free informal informational session is offered by BirthFocus and Beth Israel Parent Education Program. Doulas are specially trained birth attendants who provide comforting massage, emotional support and a calm and reassuring presence for you during labor and the birth. The doulas you will meet have additional training from Beth Israel Parent Education in hospital birth, breastfeeding, and the immediate postpartum period. You will learn what a labor support doula can do for you and how they may be able to shorten your labor and decrease the risk of cesarean section. This collaborative effort brings you options for your birth at an affordable cost. A free informational session is held once a month. Please call 718-380-4030 to register.

Breastfeeding

Breastfeeding gives babies the best start in life. It protects them from ear and chest infections, diarrhea and gastroenteritis, and lowers the risk of diabetes later in life. It also protects the mother's health by lowering the risk of ovarian and breast cancer, as well as osteoporosis. Breastfeeding also helps the mother return to her pre-pregnancy weight faster. With proper support, almost all mothers can breastfeed their babies. UNICEF, in conjunction with the World Health Organization, is working to promote breastfeeding as a very important program for all children throughout the world. Beth Israel Medical Center is the first hospital in NYC to file for Baby Friendly Status, which entails a commitment to educate every mother about breastfeeding. Within each 48 hour stay, there will be a breastfeeding class available for parents (family) to attend. Please join us. Breastfeeding and other programming are also available on the newborn channel 24 hours a day. For further information call (212) 420-2093.

Support persons

We encourage you to have a support person stay with you throughout your labor and delivery. After the baby is born, if you are in a private room and have a family member staying with you in the hospital overnight, please be aware that shower facilities are for our patients only. Nursing and physician/midwife staff will need 24 hour access to your room to care for you, so family members must be appropriately dressed at all times.

When to come in

Ask your doctor for guidelines.

What to bring

You may want to bring a robe, slippers, nightgown (or you may use the hospital gowns), toiletries and personal grooming items for yourself. The hospital will supply you with all you need for your baby during his or her hospital stay.

You will need clothing for both you and your baby to wear home. Your baby will need an undershirt, stretch suit, hat, blanket and perhaps additional clothing/blankets depending on the weather. You may have these items brought in at the time of discharge. If you are taking your baby home in a car, New York State law requires you have an approved infant car seat.

Please do not bring any valuables or expensive items with you including cameras, DVDs, camcorders, etc. The hospital cannot accept responsibility for valuables kept at the bedside.

Visiting hours

All visitors are invited to see the new family between 11 am and 8 pm. Siblings may visit at this time with adult supervision other than the new

mother. To protect our families, we ask that no one with any signs of illness visit. All visitors must wash their hands thoroughly before touching the baby.

Discharge time

Under most circumstances, you should expect to stay in the hospital for two nights after a normal delivery, or three to four nights after a cesarean section. Discharge time is at 11 am; please make arrangements for transportation home by that time.

Directions to Beth Israel Medical Center Petrie Campus

The Milton and Carroll Petrie Division of Beth Israel Medical Center is located at First Avenue and 16th Street. Go in the Emergency Entrance on 16th street for the most direct route to the Labor and Delivery. After the security station, turn left and take the Dazian Pavilion elevators to the 4th floor. Take the same elevator to the 5th floor for the Post-Partum Unit.

Directions by car

Take the FDR to 23rd Street. Drive straight to 14th street. Make a right on 14th Street. Make a right on 1st Avenue. For drop off, make a right on 16th street and go in the emergency room entrance. For parking, make a left on 17th Street. There is limited meter parking and a limited number of parking spaces at the Beth Israel Garage just off 1st Avenue. The garage is open 24 hours seven days a week.

Other commercial parking facilities in the area:

17th Street between 1st and 2nd; 333 East 14th Street;
200 East 15th Street; 130 East 18th Street and
245 East 22nd Street

Remember, if you are going home by automobile, you must have an infant car seat. The car seat must be brought by your family member at the time of discharge.

Directions by Subway

The nearest subway station is 14th Street and 1st Avenue (L train). The next closest major subway station is Union Square and 14th street. (4, 5, and 6 trains) and (R, N trains)

Directions by Bus

1st Avenue and 14th Street for cross town (Bus M14) and uptown (Bus M15)
2nd Avenue and 14th Street for downtown (Bus M15)

