Get Ready for BABY

Give your baby a beautiful beginning

Birth Place & Maternity Care at Sky Ridge Medical Center

Sky Ridge Medical Center
Beyond Your Expectations
Important Phone Numbers at Sky Ridge Medical Center®

- Class Information, Registration and Tours: 720-225-BABY (2229)
- Gift Shop: 720-225-4438
- Labor and Delivery: 720-225-2300
- Lactation Line: 720-225-2233
- Main Switchboard: 720-225-1000
- Mom/Baby Unit: 720-225-2225
- Nursery: 720-225-2240
- Parent Education: 720-225-2222
- Pre-Admission: 720-225-1551
- Pre-Admission Fax: 720-225-1629
- Rocky Mountain Poison Center: 303-739-1123
- Online Class Registration: www.skyridgemedcenter.com
- Online Pre-registration: www.skyridgemedcenter.com

Sky Ridge Medical Center is located in Lone Tree, Colorado (south of metro Denver), at the southwest corner of Lincoln Avenue and I-25.
How to Use Your “Get Ready for Baby” Guide

This guide is a resource for you during your pregnancy and includes checklists, handy information and important phone numbers to ensure a smooth delivery. Whether this is your first baby or your fourth, we know your days are filled with questions and joy as you plan for your expanding family. We also know your individual experiences have created personal expectations and anxieties about birth and parenting. Our team has the experience and expertise to help you prepare for the birth of your baby. We look forward to making this a beautiful experience and memory for you and your family.

Please call 720-225-BABY (2229) to register for classes or for other questions you may have.

Financial Responsibilities
Some insurance companies do not cover the full cost of maternity care. Your personal payment for maternity care will depend on your length of stay, choice of accommodations and type of insurance. If you have minimal or no insurance coverage, the total hospital bill is your responsibility. We will gladly assist you in making arrangements for payment.

We strongly recommend that you obtain “pre-certification” from your insurance carrier. Obtaining pre-certification involves calling your insurer to confirm that Sky Ridge Medical Center is an approved provider of obstetrical care under your insurance plan.

If you don’t pre-certify, your insurance bill may increase. During the pre-certification call, double check the full range of maternity benefits available under your plan. Because the hospital stay following a delivery is brief, we also suggest that you check with your insurance carrier regarding certified length-of-stay and post-delivery benefits, such as home visits or homemaker assistance for you and your baby.

Pre-Admission Form
To take care of these financial matters as soon as possible and give yourself peace of mind, begin by completing the pre-admission form located in this guide or online at www.skyridgemedcenter.com. The information requested on the pre-admission form will help us expedite your admission to the hospital.

Please complete the form and return it to us at Sky Ridge Medical Center, 10101 RidgeGate Parkway, Lone Tree, CO 80124 or fax it to 720-225-1629. Please include a copy, front and back, of your insurance card. This information will be verified with your insurance company. If you have any questions regarding your financial responsibility, call our Pricing Hotline at 1-888-824-7655.

Online Pre-registration is Also Here for You
Just click on online pre-registration from the home page of www.skyridgemedcenter.com to start the process at your convenience.

Where to Go Upon Arrival
If you arrive between 6:00 a.m. and 6:00 p.m., Monday-Friday, please go directly to Admissions, located on the first floor of the hospital. At other times, you may enter through our Emergency Department. One of our staff members will be delighted to escort you to the Birth Place on the second floor. Convenient, complimentary valet parking is available at the entrance to our hospital, Monday through Friday, 8:00 a.m. to 5:00 p.m.

Your Baby’s Birth Certificate and Social Security Number
Soon after you deliver your baby, you will be asked to provide information for his/her birth certificate. State law requires that a Certificate of Birth be filed with the Colorado State Registrar within 10 days after birth. After your baby’s birth certificate has been completed, we will send it to the State Registrar’s Office. While at Sky Ridge, you also may begin the process of obtaining a Social Security number for your child through the state offices of Vital Records and Social Security. You should receive a Social Security card for your child about 12-13 weeks after filing.

Discharge Information
To help you better plan your stay, our typical discharge time is 11 a.m.
Our Mission at Sky Ridge Medical Center

Our mission is to be a destination facility with superior clinical outcomes that provides a “beyond expectations” service experience.

At Sky Ridge Medical Center, nothing quite puts a twinkle in our eyes like the birth of a child.

Classes to Help You Prepare for Your New Arrival

Thank you for choosing Sky Ridge for this special day. We want you to have a memorable, comfortable, quality birth while in our care.

We know that you are embarking upon one of life’s most challenging and rewarding experiences. Studies have shown that families who take prenatal classes report a higher level of confidence when they bring their baby home, greater breastfeeding success and better preparation for emergencies.

Our parent educators are nationally certified and have a passion for helping expectant parents feel empowered for their upcoming birth experience. We look forward to sharing our knowledge with you during our classes. This guide will provide you with more information on the types of classes and programs we offer at Sky Ridge.
Having Your Baby at Sky Ridge Medical Center

Our Birth Place is located on the second floor of Sky Ridge Medical Center. It is home to our Birthing Unit (for labor, delivery and recovery), antepartum services, our Mom/Baby Unit (which includes mom/baby rooms and the well-baby nursery) and our Level III Intensive Care Nursery.

You and your birth partner will enjoy the privacy of your own beautifully decorated room during your stay. Unless you deliver by Cesarean birth, you will experience labor, delivery and recovery in one of our comfortable, spacious birthing rooms.

Whenever possible, your baby will remain with you after birth. And, your birth partner is encouraged to be with you during all phases of labor and delivery. Should you deliver by Cesarean birth, you will be cared for in our surgical suites and recovery rooms, also located in our Birth Place.

The celebration continues when you are transferred to one of our mom/baby rooms. All of our beautifully appointed private rooms feature sleeping accommodations for a family member.

Special Amenities Just for You
- “At your request” meal service featuring chef-prepared meals delivered to your room.
- Skylight interactive television with free Hollywood movies and relaxation videos.
- Complimentary afternoon tea service and “baby” bundt cake.
- 24-hour free access to the Newborn Channel with programming on all aspects of newborn and infant care.
- Bella Baby photography sessions with Web access.
- Help with breastfeeding by certified lactation consultants.
- Free Internet access.

High Quality Care for You and Your Baby
Healthy Moms and Babies
The safety of you and your baby is our number one priority at Sky Ridge. Our goal is healthy moms and healthy babies throughout the birth experience. As an HCA/HealthONE hospital, Sky Ridge is committed to the Perinatal Safety Initiative that HCA/HealthONE embraces, including:
- Management of jaundice
- Maternal medication safety
- Fetal heart monitoring education
- Don’t rush your baby’s birth day…wait until 39 weeks

Our highly experienced staff offers exceptional quality care for you and your family. As the leader in deliveries in the south metro area, you can feel confident in the extraordinary team we have assembled. And, our HealthONE hospitals were the first in the metro area with OB Airstrip, allowing doctors to monitor fetal and maternal conditions on their hand-held mobile devices during the hours prior to delivery.

Neonatal Intensive Care at Sky Ridge Medical Center
As a Level III Neonatal Intensive Care Unit (NICU), Sky Ridge offers comprehensive care to some of our smallest patients. While no parent wants to think about having a child in the NICU, families at Sky Ridge can be assured that their babies are receiving the very best medical care and support, which includes appropriate equipment, technology, staffing and access to specialists to care for specific problems. Our NICU provides the best environment for premature and seriously ill babies (born at or after 28 weeks) to grow until their parents can care for them just like a full-term baby.

As part of the HealthONE network of care, you can feel more secure knowing that we specialize in maternal fetal care, have 24/7 high-risk perinatologists and the most experienced high-risk OB physicians, nurses and transport teams in the eight-state region.

Sky Ridge is Growing Again
By the end of 2014, Sky Ridge will be the largest Women’s Center in the state! As we grow to serve you better, we are enhancing our Birth Place experience with an increased level of care in our NICU, more antepartum rooms, new amenities, the addition of a Ronald McDonald House, expanded family services and more.
What You Should Know about Breastfeeding

The American Academy of Pediatrics states that routine formula supplementation of healthy, full-term breastfed infants is unnecessary. Studies show that feeding a healthy, full-term newborn frequently on demand (8-12 times in 24 hours) without supplements encourages more abundant milk production, decreases the incidence and intensity of jaundice and supports better weight gain in infants. Sucking frequently at the breast allows the infant to learn to latch and breastfeed effectively.

Benefits of Breastfeeding for Baby

- Reduces the risk of SIDS, obesity, cancer, diabetes, hypertension, asthma and other chronic diseases.
- Reduces the number and duration of illnesses.
- Breast milk is easier to digest.
- Helps your baby’s immune system mature.
- Increases the effectiveness of immunizations.

For Mom

- Overall health benefits, including decreasing the risk of breast and ovarian cancers.
- Convenient and always ready for baby at just the right temperature.
- The healthiest choice at the least cost.
- Increases the rate of weight loss in most mothers.
- Breastfed babies are healthier and mothers miss less work and spend less time and money on medical care.

We have lactation consultants to support you during your stay at Sky Ridge.

Helpful Hints for Labor and Birth

Once you are in labor, there are a few important things to keep in mind to ensure a more positive birthing experience:

Communicate with your medical team. Let them know what you need and ask questions when you are unsure about medical procedures or when you want to know how your labor is progressing.

Personalize your surroundings. Our birthing rooms are very comfortable, but you can make changes that will help you feel at home, such as bringing your own pillow or favorite music to create a more relaxed atmosphere.

Change positions frequently. Walking in the halls or sitting in a rocker will help labor progress. Even just sitting in an upright position will help.

Remain mentally flexible. Use techniques such as relaxation or controlled breathing to adapt to your individual labor pattern. Should you choose anesthesia support for birth, anesthesiologists are available 24-hours a day to assist you. It would be helpful to discuss this option in advance with your physician and your insurance carrier.

Monitor your physical needs. You may be given intravenous fluids to maintain your hydration. Fetal monitoring will be used to assess the baby’s heart rate and measure the frequency and length of your uterine contractions during labor. Because intravenous tubes and the fetal monitoring machine can limit your ability to move around during labor, you should discuss these issues in advance with your health care provider.

Stay positive! Have confidence in yourself and your body. Our staff is here to support you and your family during this wonderful time.

Questions to Ask Your Physician Before Giving Birth

- What can I eat or drink while I am in labor?
- What are my options for pain management?
- How much activity am I permitted when I am in labor?
- How much fetal monitoring must I experience while in labor?
- What are my second-stage options?
- Can my partner cut the baby’s umbilical cord?
- Can I immediately breastfeed my baby?
- How long will I stay in the hospital after I deliver my baby?
- Is there a nurse available to answer questions after I go home?
- How do I choose a physician for my baby?
Sky Ridge Medical Center
Provides You with the Support You Need

We offer a number of classes to prepare you, your partner and family for the birth of your baby.

**Prepared Childbirth:** The birth of your child is a special time. This class will give you the knowledge to prepare for the choices you'll make during your childbirth experience. You and your partner will learn and practice life skills such as relaxation, effective breathing, massage, positioning, stress management and coping skills. Other subjects include the joys and challenges of pregnancy, labor and how it progresses, medical procedures and interventions, pain management and Cesarean birth. This class will also help you prepare for the postpartum time and getting to know your baby. You will receive an informative guide addressing these topics and much more. A tour of our Birth Place is included. Please wear comfortable clothes and bring two pillows and a small blanket. This is a four-week, 12-hour course. We also offer - **Childbirth Preparation Fast Track:** A convenient, weekend session, which includes a tour of our Birth Place. Because of the condensed nature of this class, we ask parents to bring a lunch to enjoy during the Saturday session. Or join our - **Childbirth Preparation Express:** A six-hour, “just the facts” class intended for those who want the basics or who are unable to attend the longer series. *This class is also offered at our Sky Ridge Imaging Center in Castle Rock.*

**Baby Safe:** This course is for expectant parents and caregivers dedicated to putting safety first.

**Boot Camp for New Dads:** This course is a fun interactive class that was created for men by men. It has been named a best practice for its exceptional support of dads-to-be and fostering behaviors that greatly benefit children.

**Breastfeeding Preparation:** A good start to breastfeeding can set the stage for a more positive, rewarding experience. We also offer a breastfeeding class for women only. *This class is also offered at our Sky Ridge Imaging Center in Castle Rock.*

**Grandparents are Special:** Becoming a grandparent is one of life’s most satisfying adventures. You play a special role in your grandchildren’s lives. This class will help you gain an understanding of how and why things have changed since you raised your own children.

**Happiest Baby on the Block™:** New parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes. Our class is based on the highly effective approach to babies pioneered by Dr. Harvey Karp, author of *The Happiest Baby on the Block™*. This class is ideal for expectant families in their last trimester and babies up to three months.

**Infant Care Class:** Setting realistic expectations for your baby’s first months is important. During this class, you’ll discover the answers to the most common questions new parents have about baby care.

**Sibling Preparation Class:** Activities, discussions and practice are used in this session to teach children aged 3 to 6 years about their new role as siblings.

**Walking Tour of the Birth Place:** Sky Ridge offers a free walking tour of our Birth Place including our admissions procedures.

**Class Cancellation:** Refunds are made on a limited basis; please call 720-225-BABY at least five days prior to the start of a class to receive a refund. If we need to cancel a class, we will notify you in advance. In the event of inclement weather, please call the hospital at 720-225-1000 at least one hour before the class is scheduled.

For complete descriptions, location information and to register, please visit www.skyridgemedcenter.com or call 720-225-BABY(2229).

**Infant Security**
Sky Ridge has a state-of-the-art infant security system. However, you play a critical role in the security of your baby while in the hospital. Our staff will identify themselves verbally and must wear an official hospital photo ID badge at all times. Feel free to question anyone entering your room.

**Baby’s Picture and Footprint**
Your baby’s first picture is an irreplaceable keepsake. Our service takes digital newborn pictures upon your request and with your written consent. These can be put on a website or made into prints. This service also offers newborn announcements and photo packages for your convenience.

**Rocky Mountain Hospital for Children at Sky Ridge**
After your baby is born, Sky Ridge is also your community resource for exceptional, high quality pediatric services. Rocky Mountain Hospital for Children at Sky Ridge offers parents an array of primary pediatricians and family practice physicians.

For your peace of mind, pediatricians are in our Emergency Department from 4 p.m. to midnight weekdays and from 2 p.m. to midnight on the weekend, long after regular office hours. We also have pediatric coverage in the hospital 24/7 to care for your little one.

High standards of care, constant monitoring of quality measures and a close partnership between your child’s physician and the private practice, board-certified pediatric specialists of Rocky Mountain Hospital for Children at Sky Ridge will give you the confidence that your precious child is in experienced hands...close to home.

Just call us at 720-225-5DOC (5362) for a free referral.