



| about your maternity center stay |

At Carolinas Medical Center, our collaborative approach to maternity care offers you the most positive childbirth experience possible. Our team of professionals has the collective expertise and experience to ensure the healthiest outcome for mothers and their newborns.

The following information will help ensure the wonderful birth experience you expect and deserve.

WHAT TO BRING

For a list of items you may consider bringing, see "Suitcase checklist" in the "Getting ready for baby" insert elsewhere in this packet.

INFANT SECURITY

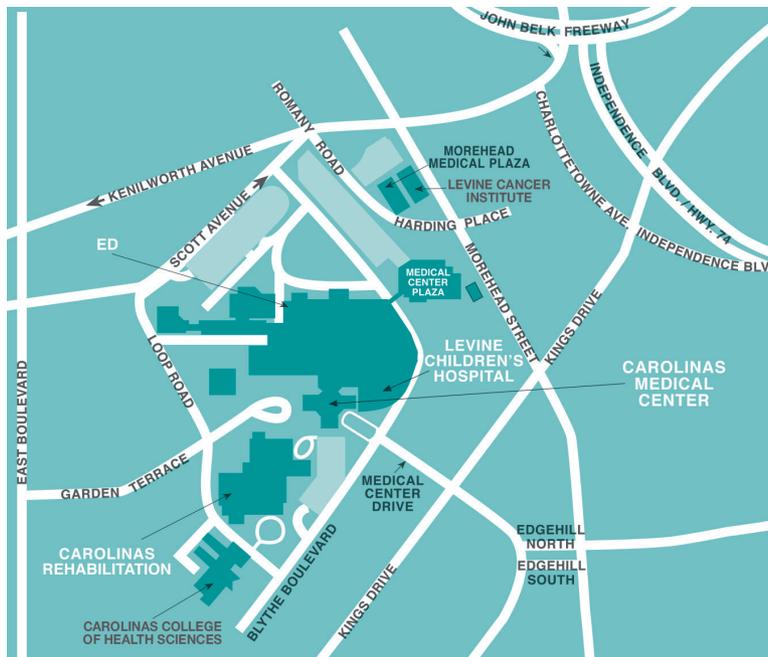
As a new parent, your baby's safety and security may be one of your most important concerns. Our infant security system delivers a high level of safety by continuously monitoring your baby's location. Entry into the maternity center is strictly monitored. Closed-circuit TV cameras are in use throughout the facility.

VISITATION

Visitors are welcome at Carolinas HealthCare System maternity centers, but please pass along these useful visitation hints to your family and friends:

- A typical labor and birth may last eight to 20 hours, and staying a long time in the waiting room is not recommended.
- Let your family and friends know that your labor partner will keep them updated.
- After delivery, you, your baby and your partner may need some quiet time together, so encourage friends and family to wait for a call from you before visiting. Mom and baby need extra attention during the recovery period (*even more important after a cesarean birth*).
- To ensure our new moms get the rest they need, scheduled "nap time" is from 2 to 4 a.m. and 2 to 4 p.m. each day. Ask your guests not to visit during these hours.

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ARRIVAL

Patients arriving in labor should enter through the main entrance of Carolinas Medical Center. Our patient transport staff will greet you and park your car in our visitor parking deck free of charge.

GOING HOME

- Your nurse and healthcare provider will help you and your baby prepare to go home.
- North Carolina law requires that infants weighing less than 20 pounds and younger than one year old be securely fastened in an approved, rear-facing infant safety seat during car travel. See car seat information in the "Getting ready for baby" insert in this packet for more information.
- Prior to discharge, you may choose to have our digital photo service take pictures of your baby. Photos are available for sharing with friends and family through a protected website.



Carolinas HealthCare System

Carolinas Medical Center | 1000 Blythe Blvd. | Charlotte, NC | 704-355-BABY (2229)

CarolinasHealthCare.org/Womens-Services-Maternity