

ABBOTT NORTHWESTERN HOSPITAL

The Birth Center



ABBOTT
NORTHWESTERN
HOSPITAL

Allina Hospitals & Clinics



Welcome

Welcome to Abbott Northwestern Hospital's Birth Center. We are a regional center, dedicated to excellence in health care for women, infants and their families. The Birth Center is part of our WomenCare[®] program, which serves the special needs of women from the childbearing years through menopause.





Every Birth is a Miracle

The birth of your baby is a miraculous event – one you will remember for the rest of your life. It is a time filled with your own special emotions, hopes and dreams. During this time, you want to be cared for by professionals who provide you and your family with a sense of safety, support and compassion.

Abbott Northwestern is known throughout the Upper Midwest for its high quality, specialized services. The Birth Center offers comprehensive services and programs, comfortable surroundings and the latest technology – all in a responsive, family-centered environment. Our commitment is to make your birth experience as natural, safe and joyful as it can be. We are honored to join you on your personal journey of pregnancy, birth and parenting.



Preparing for Parenthood

Preparing for the birth of your baby may seem overwhelming. Understanding your pregnancy and knowing what to expect can help you feel more confident, healthy and relaxed. It can also help you take better care of yourself and your baby. Our prenatal education programs provide knowledge and resources to assist you with your pregnancy and parenting experiences.

CLASSES

Classes offered by the Birth Center include:

- All About Babies
- Birth and Parenting Preparation
- New Brother/New Sister
- Breastfeeding Preparation
- Expecting Multiples
- Infant Massage
- Infant and Child CPR

The Birth Center offers many classes and support programs for families during pregnancy and following birth. Classes are offered during evening hours and on weekends to suit a variety of needs. For more information, visit allina.com/classes or call 1-866-904-9962.

Finding a Doctor

Pregnancy is a special time in a family's life. Finding the right doctor, a person you will feel comfortable with throughout your pregnancy and the birth of your baby, is an important part of the pregnancy experience. You will also need to find a pediatrician or family practitioner who will continue to work with you as you plan for your child's health care. We can assist you in this search. For more information, please visit allina.com/doctors or call Allina Physician Referral at 1-800-877-7878.

Maternal Assessment Center

The Maternal Assessment Center is often the first stop for families when they arrive at the hospital to determine if they are in labor. The center is an outpatient area within the Birth Center that provides assessment services for the mother and her infant during pregnancy.

Designed for Your Comfort

For your comfort, the Birth Center's private labor and birthing rooms offer a warm environment with supportive, skilled care providers – and technology readily available to support your birth experience. After your baby is born, parent/infant rooms provide comfortable surroundings for you to get to know your new family member.

The first days after the birth of your baby are a very special time. Getting to know your new baby is an exciting and very important process, and we encourage you to have your baby with you in your room. Participating in your baby's care helps you become familiar with your baby's unique needs. During this time, your nurse will assist you with any of your needs.

Fathers, partners and your children are welcome to visit at any time. Visiting hours for other guests are from 2-8 p.m., allowing time for rest, education and getting to know your baby.



Should the need arise, intensive care services are available at Children's Hospitals and Clinics – Minneapolis, connected by tunnel to Abbott Northwestern Hospital. When not physically able to be with them, mothers can view their babies via BabyLink, a closed-circuit TV system that allows mothers in the Birth Center to see their babies in the Children's – Minneapolis Neonatal Intensive Care Unit. Real-time viewing is available 24 hours a day.

When More Care is Needed

Most women have uncomplicated pregnancies and births and healthy babies. However, women who choose to give birth at the Birth Center can take comfort in knowing that we are prepared to handle any complication that may arise. The Perinatal Center, a collaboration of Abbott Northwestern Hospital and Children's Hospitals and Clinics – Minneapolis, offers specialized perinatal and neonatal services. It is the most active regional center of its kind in the Upper Midwest.

At the Birth Center, mothers and babies have immediate access to highly trained experts and the latest in technology. No matter what happens, you and your baby are in good hands.



Services

Comprehensive diagnostic and treatment services

The Birth Center offers specialized services to diagnose and treat any maternal, fetal or newborn condition. Our advanced technology and highly trained staff contribute to excellent care for mothers and infants.

Nursing care coordination

Professionals specializing in pregnancy and birth can help coordinate resources and assist in birth planning (care coordination services may be requested by your doctor). Support is provided for high-risk pregnancy and complex care needs. For more information, call 612-863-7585.

Integrative health services

Practitioners from the Penny George Institute for Health and Healing work with our staff to help mothers reduce pain, anxiety and stress using integrative health services like acupuncture, breath work, energy healing, guided imagery, massage therapy, relaxation techniques, reflexology and more.

Home care

Allina's OB Homecare provides a number of specialized services, including obstetric/gynecology services for mothers, newborns

and their families after a hospital delivery; services for women experiencing pregnancy complications, such as severe morning sickness, preterm labor or diabetes, or who need close monitoring at home; and services for those requiring wound care after surgery.

OB Homecare nurses are experienced in obstetrics, newborn care and wound care. They use the most current technology to provide care in the home setting. OB Homecare services are available in the 11-county metropolitan area of Minneapolis, St. Paul and surrounding communities. For more information, call Allina OB Homecare at 612-863-4478 or 1-800-788-8093.

Breastfeeding support and information

The Birth Center also offers an Infant Feeding Program, which provides outpatient appointments with a lactation consultant, breastfeeding retail supplies and lactation phone consultations. This service is covered by most insurances. For more information or to make an appointment, call 612-863-4638.

Online pregnancy information from allina.com/pregnancy

Allina Pregnancy Care at allina.com offers many tools and resources that will be helpful to you during and after your pregnancy. Visit allina.com/pregnancy to find in-depth information about pregnancy and your health, preparing for labor and delivery, your hospital stay, infant care and more.

Create your own birth plan. A birth plan form to help you prepare for your birthing experience is available at allina.com. Once you've completed the plan and shared it with your doctor and other health care providers, we work together to craft a birth experience tailored to you and your family.

Pregnancy information by trimester. We offer extensive information about each trimester of your pregnancy, with ideas and encouragement to help you with your pregnancy journey.

Monthly Pregnancy & Parenting eMagazine. You can receive a free monthly parenting eMagazine that offers information customized to your due date, starting with pre-conception and continuing through the first three months of parenthood. To sign up, visit allina.com/pregnancy.

Pregnancy, birth and parenting classes. Check out current class dates, times and locations.

Virtual tours. Tour Abbott Northwestern's Birth Center online. Visit abbottnorthwestern.com and go to Hospital Services. Select Birth Center Tour from the alphabetized index.

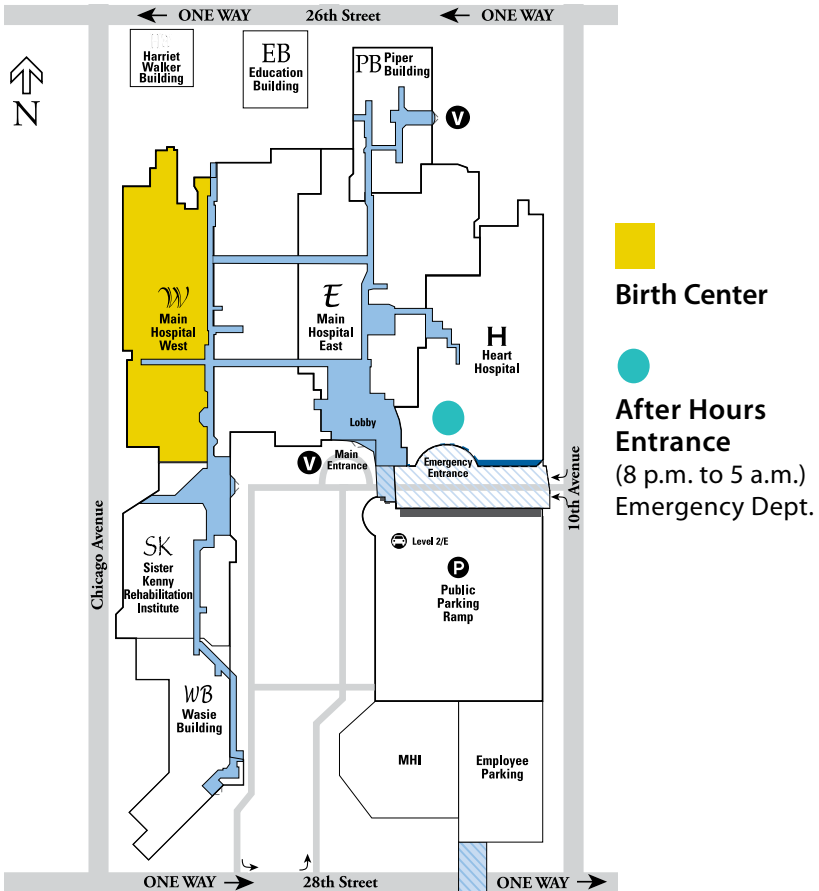
Birth portraits. The Birth Center partners with First Day Photo to provide families with an opportunity to have newborn portraits taken at the hospital. Learn more at abbottnorthwestern.com by selecting Birth Center then Services.



We Invite You to Visit

Tours of the Birth Center are available. For more information about the Birth Center or to arrange a tour, call/register at 1-866-904-9962 or go to allina.com/classes, select pregnancy, birth and parenting classes and register for the Birth Center Tour at Abbott Northwestern Hospital.

Abbott Northwestern Hospital is located at the corner of Chicago Avenue and 28th Street in Minneapolis. For directions to the hospital, call the Directions Line at 612-863-5550 or go to abbottnorthwestern.com for maps and directions.







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