


BEFORE BABY COMES





We encourage all expectant women to pre-admit as soon as possible. Pre-admitting takes only a few minutes and can be done at any time during regular business hours. By doing so you will be more familiar with our hospital and services, and we will have vital medical information about you. We encourage you to take a tour of our facility, sign up for prenatal education classes and learn all you can about the coming months.

Pre-admitting:
658-4575

Labor & Delivery Tour:
658-4159

PRENATAL CARE

Your body is changing as your baby grows inside. Now more than ever you need to eat properly, exercise safely and get a good night's rest. Your doctor will more than likely prescribe prenatal vitamins and make recommendations for both your diet and exercise regimen. It's important to go to all your prenatal appointments and don't be shy about asking questions. You and your doctor will also discuss birthing options.

FINANCIAL ARRANGEMENTS

Please let our Admitting office know how you intend to pay for your delivery. If you have insurance, we will need to have all information on hand as soon as you are pre-admitted and before you go into labor. If you do not have insurance, our financial counselor will be happy to help you arrange an affordable plan, 658-4312.

PHYSICIAN REFERRAL

If you haven't chosen a pediatrician or should you need help finding one, please call our INFORM.D. line, 225-654-LANE (5263).



IT'S TIME

The first thing to do when you go into labor is contact your physician.

WHAT TO BRING

To make your stay more comfortable we suggest you pack a few personal belongings:

- nightgown, robe, slippers
- toothbrush, toothpaste, hairbrush and other toiletries
- clothes for the baby's trip home
- baby blanket
- any medication you are currently taking
- books/magazines
- a few dollars in change

Please leave jewelry, watches and other valuables at home.

FAMILY BONDING

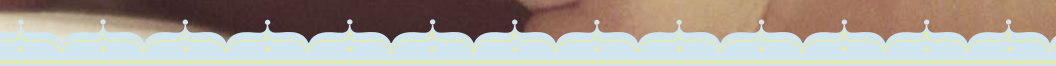
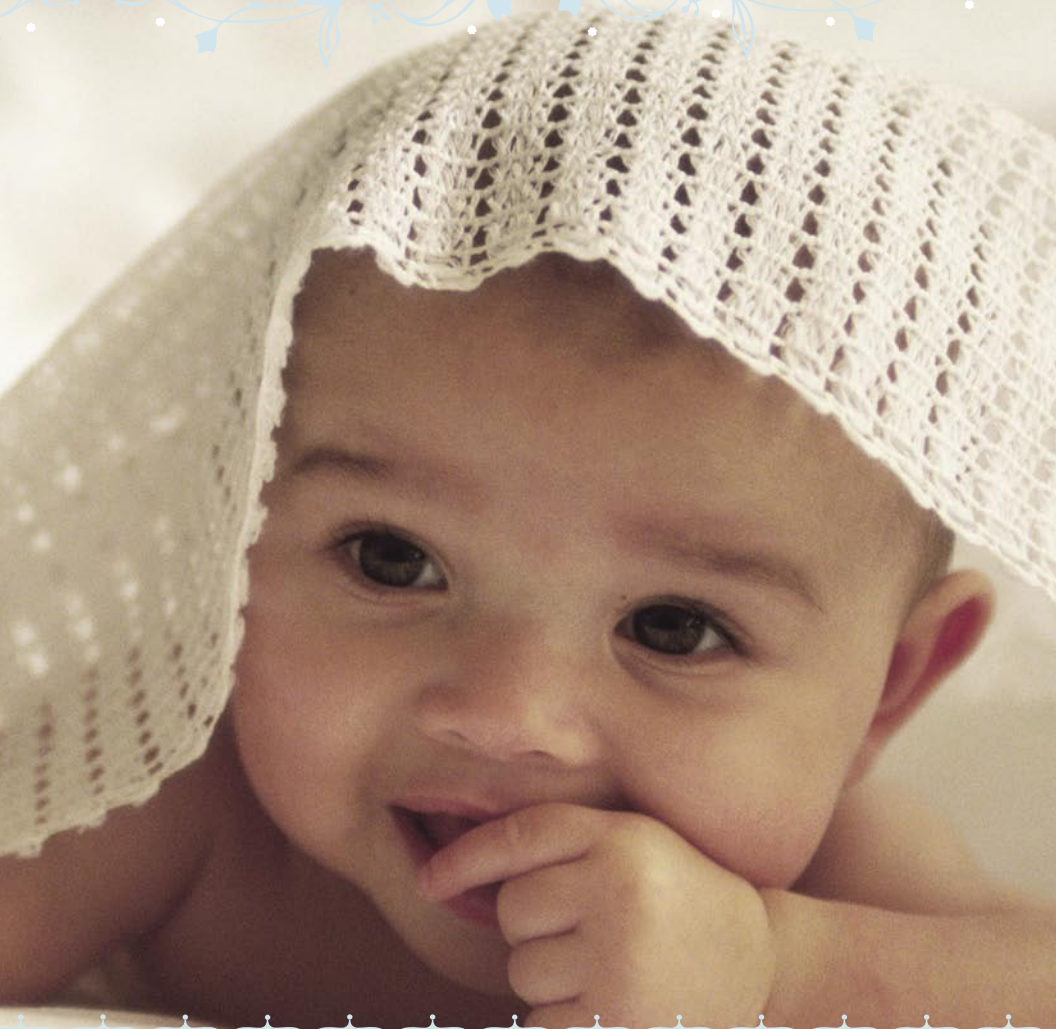
At Lane Regional Medical Center, we believe that the sooner the baby is placed in its mother's arms, the sooner the parental bonding begins. That is why we encourage mothers to have their babies "room-in". At mother's request, her newborn may stay in the room for initial assessment or be taken to the nursery so that she may rest. To promote further family bonding, we welcome dad to spend the night in the mother's room and visitors are allowed inside only with mother's permission. Children under 12 years of age may visit, but must be accompanied by an adult.


VISITATION

Visiting hours are from 8:00 a.m. – 8:30 p.m. No more than 2 visitors at a time are recommended.

JUST IN CASE

In addition to our skilled obstetricians, pediatricians and professional hospital nursing staff, Lane has neonatologists on call 24-hours-a-day to help babies who may need any special care.



 Lane Regional Medical Center

6300 Main Street • Zachary, LA 70791 • 225-658-4000 • LaneRMC.org

