

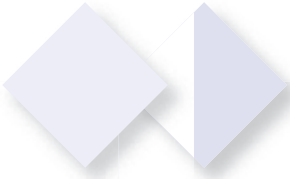


THE BIRTH CENTER

WELCOME



Welcome to
the Birth Center of
Abbott Northwestern Hospital.
We are a regional center,
dedicated to excellence
in health care for
women, infants and their families.



EVERY BIRTH is a MIRACLE

*T*he 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 collection of emotions, hopes and dreams. During this time of pregnancy and birth, you want to be cared for by professionals who provide you and your family with a sense of safety, support and compassion.

Abbott Northwestern Hospital 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 ongoing 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.

CLASSES

Classes offered by The Birth Center include:

- All About Babies
- Birth and Parenting Preparation
- New Brother/New Sister
- Breastfeeding Preparation
- Expecting Multiples
- Vaginal Birth After Cesarean
- Refresher Childbirth Preparation
- Infant Massage
- Infant and Child CPR
- Small Talk (sign language for hearing toddlers)



PREPARING FOR PARENTHOOD

Preparing for the birth of your baby may seem overwhelming, but understanding your pregnancy and knowing what to expect can help you feel more confident, healthier and relaxed. It can also help you take better care of yourself and your baby. Our prenatal education program provides knowledge and resources you need to assist you during your pregnancy and parenting experiences.

The Birth Center offers an extensive array of classes and support programs for families during pregnancy and following birth. Classes are offered during evening hours and on Saturdays to accommodate a variety of needs. For more information and a class catalog, call Medformation® at 612-262-3333.

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 additional information and a complete listing of doctors in all specialties, please call Medformation at 612-262-3333.

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 offers a wonderful opportunity to become familiar with your baby's unique needs. During this time, your nurse will assist you with any of your individual 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 other times of the day for rest, education and getting to know your baby.



Should the need arise, intensive care services are available at Children's Hospitals and Clinics in 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 in Minneapolis, offers specialized perinatal care and neonatal services in the most active regional center of its kind in the Upper Midwest.

In addition, The Birth Center offers special support services for families experiencing a high risk pregnancy, including support groups, specialized birth classes and educational materials.

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

Diagnostic services

The Birth Center offers specialized diagnostic services, including high resolution ultrasound, genetic testing, fetal echocardiography and antepartum maternal and fetal assessment.

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 physician). Support is provided for high risk pregnancy and complex care needs.

Home care

The Birth Center's OB Homecare Program provides a number of specialized services, including OB/GYN home care services for mothers, newborns and their families following a hospital delivery; services for women experiencing pregnancy complications such as hyperemesis, preterm labor, diabetes or who need close monitoring at home; and services for those requiring post-surgical wound care.

OB Homecare nurses are experienced in obstetrics, newborn care and wound care, and 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 OB Homecare at 612-863-4478.

Outpatient Lactation

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

WWW.ALLINA.COM

www.allina.com, a community service of Allina Hospitals & Clinics, provides trustworthy, comprehensive health information from local experts 24 hours a day. Use www.allina.com to find in-depth information on pregnancy and your health, support groups and health screenings, or a doctor in your community. For more information, go to www.allina.com.

ONLINE PREGNANCY INFORMATION

Allina Hospitals & Clinics offers www.allina.com – your online resource for information about many health care services. The Pregnancy Condition Center site on www.allina.com was created especially for you and offers tools and information that will be helpful to you during and after your pregnancy.

Create your own birth plan

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

Pregnancy information – by trimester

This area of the Pregnancy Condition Center site includes extensive information on each trimester of your pregnancy. Each section offers information, ideas and encouragement for each stage in your pregnancy journey.

Weekly parenting e-mail

Abbott Northwestern's free weekly parenting e-mail offers information tailored to your week of pregnancy and then the age of your newborn. To sign up, visit www.theparentreview.com/abbottnw

Pregnancy, birth and parenting class listings

Check out current class dates, times and locations for pregnancy, birth and parenting classes offered by The Birth Center.

Virtual tours

Tour Abbott Northwestern's Birth Center online. Visit www.abbottnorthwestern.com/ahs/anw.nsf/page/bc_home and click on Tour Our Facility to use the Web site's virtual tour feature.

Online nursery

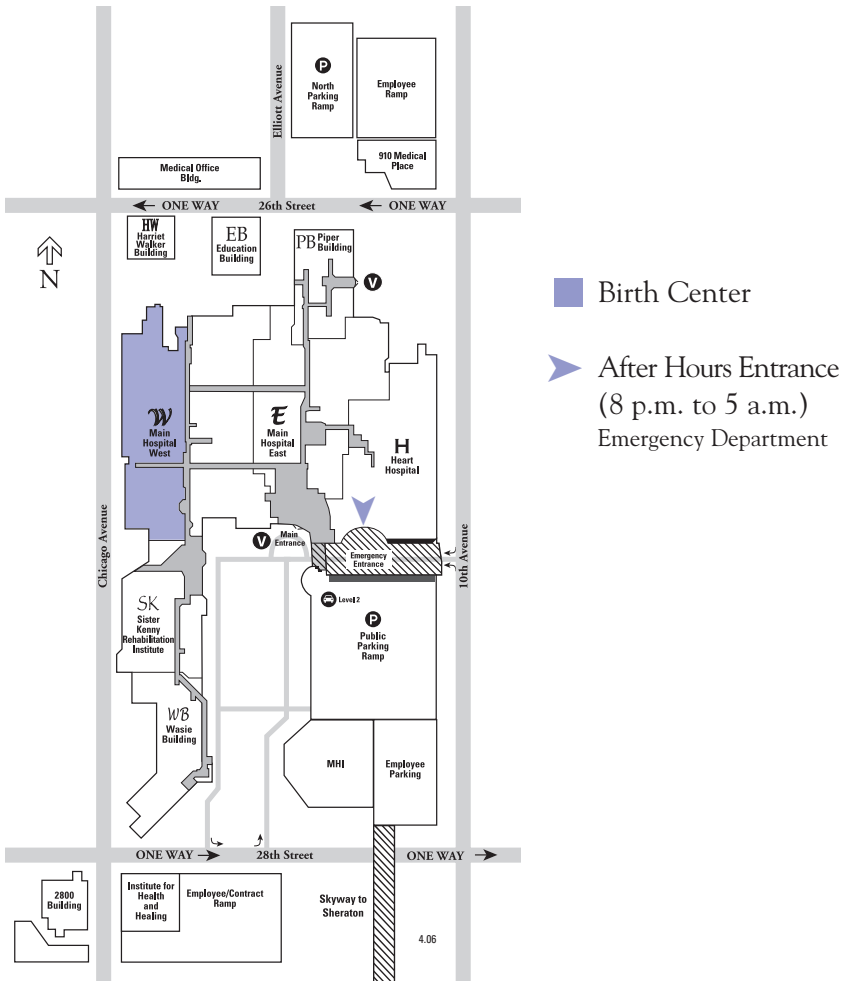
Share a photo of your newborn with friends and family across town – or across the world – by posting a photo on the Internet using our online nursery. Access Abbott Northwestern's online nursery at www.abbottnorthwestern.com/ahs/anw.nsf/page/bc_home and click on Baby Portraits.



WE INVITE YOU TO VISIT

Tours of the Birth Center are offered every week. For more information about The Birth Center, or to arrange a tour, call Medformation at 612-262-3333.

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







**ABBOTT
NORTHWESTERN
HOSPITAL**

Allina Hospitals & Clinics

**The Birth Center
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