

WELCOME TO CENTRASTATE'S

# FIRST IMPRESSIONS MATERNITY CENTER

Congratulations on your pregnancy! Please use this information to prepare for your labor and delivery on our unit before the big day arrives. If you'd like to take an in person or virtual tour, or if you have any additional questions, please visit [centrastate.com/maternity](https://www.centrastate.com/maternity) or call us at **866-CENTRA7**.

## IF YOU THINK YOU'RE IN LABOR

Please notify your doctor's office if you suspect you may be in labor. You will speak to the doctor on call for instructions. They will contact the CentraState staff and let us know if you are on your way. If it is an emergency where you are experiencing a pregnancy problem or think you may be in labor and you cannot connect with the office or answering service, call CentraState's Labor and Delivery unit at 732-294-2871 and make your way to the hospital.

## VISITOR PARKING

Visitors should park in designated "Visitor Parking" areas. Parking in handicapped spaces is by permit only. Valet parking is also available to the left of the main entrance at the Medical Arts Building on weekdays from 8 am to 4 pm. The closest parking lots to the maternity unit are located outside the Emergency Department and in front of the main hospital building.

## ARRIVING AT THE HOSPITAL AFTER HOURS

For security reasons, please enter through the Emergency Department if you arrive after 7 pm. The staff will direct you to Labor and Delivery. The main doors to the medical center are locked after 7 pm and unlock in the morning by 6:30 am.

## VISITATION GUIDELINES

Please visit our website at [centrastate.com/visitors](https://www.centrastate.com/visitors) to review our up-to-date visitation guidelines. For the safety of our new moms and babies, these guidelines may change at any time. Visitors may be asked to wear a disposable mask and practice physical distancing while on site. All visitors are asked to self-screen for symptoms of respiratory illness, such as COVID-19, RSV or flu, and perform hand hygiene before entry. Visitors will not be permitted to visit if ill. WiFi is available in the hospital for patients to stay in touch with family and friends.

## MATERNITY VISITING HOURS

For the security of our new moms and babies, our maternity center is a locked unit with designated visiting hours. During labor, one designated support person and a certified doula are permitted. During your postpartum stay, one designated support person in addition to two visitors are permitted. Your designated support person is able to stay by your side throughout the duration of your stay. Visitors must be over the age of 12 and are able to visit during the hours of 10 am and 7 pm. All siblings of the newborn, regardless of age are welcomed to visit.



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## SPECIAL CARE NURSERY VISITING HOURS

One visitor at a time, such as a grandparent, is welcome during visiting hours. A parent of the baby must accompany all visitors. There is a limit of two individuals at the bedside. All visitors must be at least 18 years of age. All siblings of the newborn, regardless of age are welcomed to visit. You may be asked to leave the unit for a short time while special therapeutic or diagnostic procedures are performed.

## BREASTFEEDING SUPPORT

In addition to inpatient lactation support, CentraState offers outpatient services after discharge at the Lactation Center. Private consultations are available for breastfeeding assistance and support with our certified lactation consultant. You can utilize our services no matter where you deliver. These visits may be covered under your insurance. Please call 732-303-5258 to learn more and schedule an appointment.

## CHILDBIRTH EDUCATION

Our maternal-child health program can help you feel confident and ready for labor and caring for your newborn. To learn more about our on-demand, self-paced, and interactive program, please visit [centrastate.com/prepare-for-baby](http://centrastate.com/prepare-for-baby). Our maternity coaches will prepare you for what to expect when giving birth, bringing home your newborn, breastfeeding and more.

## HOSPITAL STAY DINING

You can order room service between 7 am and 6:30 pm. A menu is available in your room. Please ask your nurse for any assistance with ordering. Complimentary meals are available for your designated support person. Other hospital dining options include Café on Main in the main lobby and Liberty Café in the ambulatory campus. Hours and menus are posted under Dining Options at [centrastate.com/visitors](http://centrastate.com/visitors).

## CAFÉ ON MAIN

Located in the main lobby, Café on Main offers a line of breakfast, lunch, and dinner foods. Specialty coffees and bakery items are also available.

## LIBERTY CAFÉ

Located on the main floor of CentraState's Star and Barry Tobias Ambulatory Campus, Liberty Café offers a wide variety of breakfast, lunch, and dinner items, snacks, and beverages.

## CAR SEAT SAFETY

Bring your infant car seat to the unit on the day of discharge. Please read the instructions and be familiar with the manufacturers' guidelines on safely installing and using your infant's car seat before arriving at the hospital. The hospital staff cannot secure your infant in the car seat or the car seat in your vehicle. Please refer to [NHTSA.gov](http://NHTSA.gov) for more information, resources, and car seat inspection stations near you.



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