

# The Pavilion at Methodist Germantown



## First Steps

Guiding You Through Pregnancy and Delivery



**Methodist**<sup>SM</sup>  
**Le Bonheur** Healthcare  
**Germantown Hospital**



## YOU'RE COUNTING DOWN THE DAYS

There are few experiences in life that can rival giving birth and welcoming a new child into your family. Now that you're counting down the days to this exciting time, we hope that this packet will help answer some of your questions as you prepare for your newborn.

For more information on what to expect during your hospital stay, please visit our website [\*\*MethodistHealth.org/Pavilion.\*\*](https://www.methodisthealth.org/Pavilion)



## WELCOME TO THE PAVILION



## HIGHLY RATED FOR QUALITY

We make clinical quality and safety for you and your baby our top priority. In fact, Methodist Germantown received the highest rating for high risk deliveries by the Memphis Business Group on Health. Our team is devoted to working with you and your physician to create a positive birthing experience. We offer:

- **The highest level** of labor and delivery care possible as determined by the Tennessee Department of Health.
- **A level-III neonatal intensive care unit (NICU)** providing specialty newborn care under the management of board certified neonatologists and nurse practitioners.
- **NICU rooms** offer families additional privacy and encourage mother-infant bonding during extended stays.
- **A 24/7 board certified OBGYN hospitalist physician** – the first in the Mid-South – is on staff to assist you and your doctor.
- **A state-of-the-art infant security system** safeguards families and closely monitors your baby.

## A COMFORTABLE SETTING

The Pavilion offers hotel-inspired comforts and environmentally friendly features, including:

- **Luxury features** in every room, including a large bathroom with shower, flat screen TV, and sleeper couches or chairs for your guests.
- **Complimentary Wi-Fi.**
- **LEED Gold certification** by the Green Building Council for a healthy and sustainable building.
- A sophisticated **air-quality filtration system** to keep air clean.
- **Renewable wood accents** like bamboo flooring for a modern touch.
- **Visit** our online gallery of photos at **[MethodistHealth.org/Pavilion](http://MethodistHealth.org/Pavilion).**





## CLASSES FOR YOU & YOUR FAMILY

We offer classes to prepare you and your family before and after your child's birth. We recommend that you enroll in childbirth classes during your fifth month, and complete your classes one month prior to your delivery date.

### Methodist offers different formats for childbirth classes:

- **Seven-week Prepared Childbirth Series.** This is highly recommended for first time parents. It meets on a weekday evening for seven consecutive weeks. These two-hour classes allow time to absorb and process information, ask appropriate questions and provide an opportunity to meet other new parents.
- **From Pregnancy to Parenthood in One Day.** Condensed one-day Saturday class.

## HOW TO ENROLL

Class schedules and online registration are available at **[MethodistHealth.org/Pavilion](http://MethodistHealth.org/Pavilion)**. You may also register by calling **901.516.6645**.



## SEVEN-WEEK PREPARED CHILDBIRTH SERIES

This comprehensive childbirth class meets for two hours once a week for seven weeks. It includes an overview of anatomy and physiology, labor and delivery expectations, hospital procedures, medicated versus un-medicated births, and information and preparation for cesarean-section delivery if necessary. In addition, the class will cover breathing, relaxation, and massage techniques. The series also includes postpartum care, baby basics, breastfeeding, infant safety and CPR. The weekly schedule is as follows.

**Week 1: Introduction:** Discomforts, danger signs, true labor vs. false labor, and when to come to hospital is covered. Coping techniques are practiced.

**Week 2: Labor:** Discuss stages of labor and what to expect as labor progresses. We explore the role of the support coach. Participants view a video on natural and epidural delivery. Coping techniques are practiced.

**Week 3: Hospital Overview:** Prepares patients and support persons for hospital admission, consent forms, what to bring, etc. Pain medication is also discussed (IVs vs. epidurals).

**Week 4: The "What-If" Class:** Unplanned C-sections, inductions, and possible complications are discussed. Preparing for postpartum will also be discussed. Coping mechanisms are concluded in this class.

**Week 5: Baby Basics:** The first hour discusses how your baby will be cared for in the hospital and the procedures that take place. The second hour is a hands-on experience in caring for your newborn, including feeding, changing diapers, holding, burping and more.

**Week 6: Breastfeeding:** Benefits and advantages to breastfeeding for the entire family are discussed. The instructor will demonstrate proper positioning, correct latch-on and provide valuable information for successful breastfeeding.

**Week 7: Infant Safety and CPR:** This two-hour class includes first steps to prevention, protection, and intervention of basic safety with children. The class will educate participants in basic techniques of choking and CPR for infants. This class is informational and not for a certification.

## FROM PREGNANCY TO PARENTHOOD IN ONE DAY

This is an all-day Saturday class which covers a condensed version of most childbirth classes. The morning focuses on the labor process, common hospital procedures, breathing, relaxation, and massage.

The afternoon focuses on postpartum, baby basics, and breastfeeding. Infant safety is not included and would need to be taken as an individual class if desired.

## ELECTIVE CLASSES

**Baby Basics:** Please see description of class on week 5 of the 7 week series.

**Breastfeeding Basics:** Please see description of class on week 6 of the 7 week series.

**Gestational Diabetes Education Class:** If you have developed gestational diabetes, please talk with your doctor about the best care plan for you and your baby. This may include dietary changes, exercise and blood glucose monitoring. Methodist Germantown's gestational diabetes program can help you learn to control your blood glucose. Our caring, experienced certified diabetes education and care specialist and registered dietitians can help you learn to manage your gestational diabetes.

Our gestational diabetes services include:

- Nutritional counseling and meal planning for blood glucose management.
- Self-care guidelines during pregnancy, including physical activity, recommended screenings and blood glucose monitoring.
- Instruction in insulin or oral medication management, if needed.
- Post-partum follow-up nutritional counseling for weight management if recommended and as needed.

For more information on available class services, please visit <https://www.methodisthealth.org/healthcare-services/diabetes-endocrinology/Classes-Community-Resources-Education/> and have your health care provider call our Centralized Scheduling service department at 901.516.9000 to schedule your appointment.

**The Grandparent Connection:** This two-hour class is designed for grandparents-to-be of any age. It is intended to give grandparents a chance to identify how things have changed since they became parents. The class will discuss the role of the grandparenting connection as well as how grandparents can help during the pregnancy, birth and beyond.

**Infant Safety and CPR:** Please see description of class on week 7 of the 7 week series.

**Mind Over Body:** This two hour class provides information and practice in preparation for natural childbirth. This class teaches breathing and relaxation techniques to decrease anxiety for all delivery situations. Considered a "labor rehearsal", the class includes a review of the labor process with the main focus on teaching positioning for the various stages. You will need your labor partner to embrace the full benefits of the class. Please bring two pillows and dress comfortably.

## PRE-REGISTER FOR YOUR HOSPITAL STAY

Pre-registration can make your check-in at the hospital easy and save valuable time. Pre-register online at [MethodistHealth.org/Pavilion](https://www.methodisthealth.org/Pavilion), or you may mail the form included in this packet. Please complete the form during your first trimester. Insurance will be verified 30 days prior to due date. For questions about pre-registration or insurance, call **901.516.6966**.

## DURING YOUR STAY

We support and encourage rooming in 24 hours/day for mothers and infants, safe infant sleep, and skin to skin contact, which benefits all babies and mothers. A support person of your choosing is welcome to stay with you day and night. We offer convenient meal times to meet your nutritional needs and welcome healthy family and friends to visit you and baby any time. To help ensure a smooth transition home, we provide individualized plans of care for both you and your baby.







## METHODIST LE BONHEUR GERMANTOWN HOSPITAL

Main Hospital Number .....901.516.6000

Billing..... 901.516.1000

Prenatal & Childbirth Classes..... 901.516.6645

The Pavilion..... 901.516.6788

Insurance & Pre-Registration Questions..... 901.516.6966

Medical Records for Mom & Baby..... 901.516.1046

Request and learn more about medical records online at  
[methodisthealth.org/My-Account/Medical-Records](http://methodisthealth.org/My-Account/Medical-Records).





## CHECKLIST

This checklist is a guide to help you become prepared for the birth of your new baby.

### 1st Trimester (0–12 weeks):

- ☐ Schedule and keep OB visits.
- ☐ Pre-register for your delivery online at [www.methodisthealth.org](http://www.methodisthealth.org) or mail in your pre-registration form.

### 2nd Trimester (13–27 weeks):

- ☐ Schedule and keep OB visits.
- ☐ Register for childbirth classes.
- ☐ Discuss with your doctor whether or not you need a birth plan.
- ☐ Decide your plans for infant feedings

### 3rd Trimester (28–40 weeks):

- ☐ Choose a pediatrician and be prepared to provide his/her name to the hospital when you are admitted.
- ☐ Decide whether or not to choose circumcision if your baby is a boy.
- ☐ Become educated on the latest car seat requirements and have your car seat installed.
- ☐ Finalize your birth plan and have it signed by your doctor. Talk to your doctor about the type of birth experience you would like to have. The standard birth plan most hospitals use is beneficial for most people; however, this experience is special and should be carried out in a way that's best for you and your baby. If you decide to vary from a standard birth plan, your plan must be in writing and have your OB/GYN's signature and possibly your pediatrician's signature as well. You must bring this signed birth plan with you to the hospital when you deliver.
- ☐ Call your insurance provider and make sure your paperwork is completed and updated. Ask when you will need to add your baby's name to the plan.
- ☐ Pack your hospital suitcase.

### Birth to six weeks:

- ☐ Schedule your baby's check-up with the pediatrician.
- ☐ Schedule your check-up with your OB/GYN.
- ☐ Add your baby to your insurance plan (usually within 30 days of birth).
- ☐ You must request an official, certified copy of the birth certificate by following these steps:
  - Mail completed paperwork to address provided on Mother's copy.
  - Go to any State of Tennessee health department and order OR order online at TN.gov by following the steps listed on the Vital Records page.
  - For more information, contact the Tennessee Office of Vital Records at 615.685.4700.



Due Date \_\_\_\_\_ OB Doctor's Name \_\_\_\_\_  
(\*Doctor's name must be provided to complete registration)

## PATIENT INFORMATION

1. Name \_\_\_\_\_  
Last Name First Middle Maiden Name

2. Address \_\_\_\_\_  
Street #/Name Apt # City State Zip

\_\_\_\_\_ Home Phone # Cell Phone #

3. Age ( ) \_\_\_\_\_ Marital Status \_\_\_\_\_ Race \_\_\_\_\_  
Birth Date

4. Patient's Employer \_\_\_\_\_  
Address Phone #

5. Patient's Social Security # \_\_\_\_\_

6. Church Preference \_\_\_\_\_ Previous Admission \_\_\_\_\_  
Denomination Date Patient Name

7. Next of Kin \_\_\_\_\_  
Last Name First Relation to Patient Phone #

7. Emergency Contact \_\_\_\_\_  
Last Name First Relation to Patient Phone #

(Person to notify in emergency other than spouse or relative not living with you.)

## RESPONSIBLE PARTY INFORMATION

8. Name \_\_\_\_\_  
Last Name First Middle Relationship to Patient

9. Address \_\_\_\_\_

\_\_\_\_\_ Home Phone # Cell Phone #

10. Date of Birth \_\_\_\_\_ Social Security # \_\_\_\_\_

11. Employer \_\_\_\_\_  
Employer's Address Phone#



# INSURANCE INFORMATION

Attach a copy of Insurance Card (front & back)

PRIMARY COVERAGE	SECONDARY COVERAGE
Insured Name _____	_____
Social Security # _____	_____
Insurance Company _____	_____
Address _____	_____
City/State/Zip _____	_____
Phone # _____	_____
Policy # _____	_____
Group _____	_____
Pre-certification Phone # _____	_____
Verification Phone # _____	_____

Please mail the form during your first trimester. Insurance will be verified 30 days prior to due date. Mail the form to the hospital where you will deliver:

**Methodist Le Bonheur Germantown Hospital**  
Admissions / Maternity  
7691 Poplar Ave.  
Germantown, Tennessee 38138





[www.MethodistHealth.org/Pavilion](http://www.MethodistHealth.org/Pavilion)