

Welcome to Our
**Family Birthing
Center**

A beautiful setting to
celebrate your new arrival



SAN RAMON
REGIONAL MEDICAL CENTER

 **JOHN MUIR HEALTH PARTNER**

Your Health. Our Passion.

Dear New Parents,

Thank you for visiting the Family Birthing
Center at San Ramon Regional Medical Center.

We provide a beautiful setting to celebrate
your new arrival. We look forward to caring
for you and your newborn.

The Family Birthing Center Staff



General Information

Pre-Registration

Please pre-register at the hospital Admitting Department three months before your due date. Drop by the hospital Admitting Department to register during the following hours:

Monday - Friday: 6 a.m. - 6 p.m.

Saturday: 7 a.m. - 3 p.m.

Hospital Entrances

When you come to the hospital for your delivery or other emergency visits, please note which entrances are open around the clock:

Front entrance: 7 a.m. - 9 p.m.

Emergency entrance: 24 hour access

South entrance (near the Birthing Center): 6 a.m. - 11 p.m.

Family Birthing Center

- 10 private birthing suites
- 8 private antepartum/postpartum/gynecological rooms
- Nursery (Level 1 & Level 2)
- 2 Operating Rooms

Length of Stay

Typically moms and babies will stay in the hospital as follows:

Vaginal delivery - 2 nights

Cesarean delivery - 3 to 4 nights

On Staff

- Obstetricians (see patients daily)
- Anesthesiologists (in-house 24 hours a day)
- In-house Pediatricians (attend deliveries and see patients daily)
- Private/community Pediatricians and Family Medicine doctors (some visit patients daily)
- Labor & Delivery nurses (all certified in fetal monitoring)
- Neonatal Intensive Care nurses
- Postpartum nurses
- Lactation nurses

Use of Cameras

You are welcome to use your video/digital camera during your labor. Recording of the actual delivery is at the discretion of the obstetrician. Please hand-hold your camera; as there is not enough room for a tripod. Use of your camera in the operating room is at the discretion of the anesthesiologist and the obstetrician. Photos/videos of staff and/or other patients or visitors is not permitted.

Gift Shop

Our volunteers operate the Cornerstone Gift Shop located off the main hospital lobby. The shop sells flowers, gifts, cards, stuffed animals, personal items, and toys. The gift shop is open:

- Monday to Friday – 9 a.m. to 4 p.m.
 - Monday to Friday Evenings – 4 p.m. to 7 p.m.
- (Evening hours depend on volunteer availability.)

Cafeteria

Café Ramon serving hours are as follows:

Monday – Friday

- 7 a.m. to 10 a.m. – Breakfast
- 11 a.m. to 2 p.m. – Hot entrée
- 11 a.m. to 2:30 p.m. – Sandwiches, salads & soup
- 2:30 p.m. to 3:30 p.m. – No cafeteria food service
- 3:30 p.m. to 7 p.m. – Sandwiches, salads & soup
- 5:30 p.m. to 7 p.m. – Hot entrée

Saturday, Sunday and Holidays

- 11 a.m. to 2:30 p.m. – Hot entrée, sandwiches, salads & soup
- 5:30 p.m. to 6:30 p.m. – Hot entrée, sandwiches, salads & soup

Other Food Options

Dads or partners are welcome to bring food from the cafeteria or outside to eat in the patient's room.

For safety, please note that we do not feed our laboring mothers.

As we do not have the capacity to store food, if you wish to keep any food in your room, please bring a personal cooler.

Telephone Calls

To make a call from your room phone:

Dial 9 first. Most of the local area codes are accessible. If you need to make a long distance call, you will need a calling card.

To receive calls to your room phone:

The number will be 925-275-6 followed by the number of your room. For example, the phone number to access room 136 would be 925-275-6136.

Cell phones:

You may use cell phones in your room during your stay in the Family Birthing Center, but please do not use them in the hallways.

Hospital Visitors

Visitors: Healthy visitors are always welcomed in the Family Birthing Center. We do not restrict visiting hours for those 12 years old and above, however the birthing experience can be an extremely tiring one, and we ask that dad or the partner be protective of the new mom and control visitors as appropriate. Only four visitors are allowed in the patient room at one time.

Quiet Time is Healing Time

We ask that you respect and observe our Quiet Time hours of 1 p.m. to 4 p.m.

Please note: It is more important that a new baby be allowed to feed than to be cuddled by visitors. A new breastfeeding mom may want some privacy.

We request that all visitors wash their hands before having contact with the baby.

Siblings: Healthy siblings are welcome. Please make sure that an adult, other than the patient, cares for the siblings at all times, even when packing the car to go home. All children should be free of runny noses and coughs, elevated temperatures, and should not have had any contact with any communicable diseases in recent days.

We ask an adult to accompany minors in the hospital, waiting room, the nourishment room, and hallways.

As part of our security protocol, visitors are not to congregate in the hallways. They may stay in your room or will be asked to wait in the waiting room.

Discharge

Hospital discharge time is 11 a.m.

Both mom and baby are to be seen by their doctors the morning of discharge.

Prescriptions will be sent electronically to the pharmacy of your choice.

Final discharge instructions will be completed.

A cart is available to transport your belongings to the car. We ask that belongings are loaded into the car before mom and baby are ready to leave.

For your baby's safety, we check to see that your baby is secured into your infant car seat in the room, and we will accompany you to your car.

Please read the instructions for your infant car seat and have it assembled and ready to go before being discharged home. Should you have any concerns about your infant car seat installation, please contact your local police department.

**Congratulations on the expected
arrival of your baby. We look forward
to the opportunity to share your
birthing experience.**

Family Birthing Center FAQs

1. Who can stay with mom and baby?

Only one adult may spend the night with the patient. Other children are not allowed to spend the night.

2. Who tells callers the news about the baby?

For your privacy, San Ramon Regional Medical Center staff will not give any information about you or your baby to anyone on the telephone or otherwise. You are responsible for sharing the news.

3. Who calls my doctor when I am in labor?

You must call your doctor when you think you are in labor and when you think you should come to the hospital. Follow your physician's instructions.

4. When should we select a pediatrician?

Please choose a pediatrician for your newborn before your admission to the hospital and have the information readily available. To find a pediatrician on staff at San Ramon Regional Medical Center, visit [FIND A PHYSICIAN](#) at [OurSanRamonHospital.com](#) or call **833-201-4222**.

5. Where do the father and guests purchase meals?

Only patients are provided meals and snacks. Fathers and guests can purchase meals in our cafeteria.

6. What time do we check out of the hospital?

All patients will be discharged before 11 a.m.

7. Do I need to take the child birth and prenatal classes?

We highly recommend that every new mom take a child birth and prenatal class. You will learn more about your pregnancy, labor, delivery, and post-delivery. You will learn breathing and relaxation techniques that will help you through your labor and delivery, even if you have an epidural. Visit [FIND AN EVENT](#) at [OurSanRamonHospital.com](#) to register for these classes or call **833-201-4222**.

Important Phone Numbers

Main Hospital	925-275-9200
Family Birthing Center	925-275-8296
Admitting Department	925-275-8257
Class Registration	833-201-4222
Physician Referral.....	833-201-4222



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