

## Educational Classes

Having a baby can be one of the most exciting times in your life! Burgess Family Beginnings staff is here to help you give birth to a healthy baby by delivering excellent care with a personal touch.

We will assist you as new parents by providing encouragement, support and education during and following your pregnancy.

### Early Pregnancy and Third Trimester Education Classes Cover

- Changes you can expect in your body during and after your pregnancy
- Growth and development of your baby
- Ways to keep yourself and your baby healthy during the pregnancy
- Hospital and community resources
- Any topics you would like covered to meet your personal pregnancy needs

### Prepared Childbirth Classes

*These classes help prepare you for:*

- Later stages of your pregnancy
- Labor, childbirth and recovery
- Post-delivery care of yourself
- Care of your precious newborn

### Register for Class

*Our classes are held at various times throughout the year to accommodate people's busy schedules. To learn more about class dates, please call the Burgess Education Office at 712-423-9354.*

## Burgess is pleased to partner with these physician clinics

*Burgess Family Clinics*  
Sloan & Dunlap, Iowa

*Family Medicine Clinic*  
Onawa, Iowa



## Maternal Health Services

- Prenatal Care
- 4D ultrasound exams
- Gestational diabetes education
- External version (*turning a breech baby into proper head-down position*)
- Pain control options for delivery (*breathing, coaching, or epidural*)
- Vaginal delivery
- Cesarean delivery
- Tubal ligations after delivery
- Newborn circumcisions
- Follow-up care for your newborn and the whole family.



**When you're growing a family, Burgess is ready to give you the attention you need and deserve.**

# Burgess FAMILY BEGINNINGS

## Take a Tour

You are welcome to schedule a tour anytime before delivery if you did not do so in one of our classes. Simply call and ask for a Burgess Family Beginnings Nurse at 712-423-2311.

## Financial Information

Please stop by the hospital's front desk and check in with our Business Office weeks before your expected delivery. It will help us start the paperwork to file your insurance or make other financial arrangements for you if you don't have insurance or Medicaid coverage.



**Burgess**  
FAMILY  
BEGINNINGS

**BURGESS**  
Health Center

1600 Diamond Street  
Onawa, Iowa 51040  
(712)423-2311



**BURGESS**  
Health Center

Onawa, Iowa

## Our Patient Suites

Burgess Family Beginnings offers beautiful suites in the comfortable and intimate setting of our unit where you will labor, deliver and stay with your baby.

You'll appreciate our extra touches like sofa sleepers, soothing artwork, flat screen TVs with DVD players, handsome furnishings and carpeted hallways. Inside each room is a spacious private bath with whirlpool tub and shower to further enhance the quiet and relaxing setting of Burgess Family Beginnings.



## Time for Delivery

Our nurses are there to help coach you through labor. Then when it's time for baby's arrival, you deliver in the comfort of your room. We welcome your husband or other significant person to support you during labor and delivery.

If your baby requires a cesarean delivery, we make that a personable and meaningful experience.



### What to Bring

We encourage you to bring:

- a nightgown
- hairbrush
- blow dryer
- cosmetics
- lotion
- toothbrush and paste
- clothes for baby's trip home

### Infant Car Seat

You also must bring an approved infant car seat for your newborn as required by Iowa law.

## Babes and You

We like our moms and babies to stay together. That means your newborn stays in the room to allow for your hands-on loving care.

Your nurse will share educational information with you and help you learn to bathe, change and hold your newborn and provide other basic care to you and your baby. When you need a break, your infant can snooze in our beautiful new nursery which features outside steps that allow little ones to get a better peek at baby.



### Visiting hours

10:30 a.m. to 2:30 p.m.  
5:30-8:30 p.m.

During other times our nurses offer you one-on-one instruction about your care and your baby's care to ensure you are prepared to go home.

### Breastfeeding: Your Baby's Best Choice for Nutrition

Breastfeeding is a healthy choice for your baby's nutrition. While your physician and our staff encourage mothers to breastfeed, we will support and assist you with whichever choice you make. For interested mothers, there is an electric breast pump with disposable supplies available to meet your needs.

## Extra Safety Measures

### Visitors

During your labor, visitors will be limited as needed in order to maintain your privacy and provide you with a calm, quiet environment.

After delivery, visitors are welcome in your room. For your newborn's safety, we encourage visitors to wash their hands before handling the infant, and we discourage visits by any persons sick with a cold or other contagious illnesses.

### Security System

When you arrive to deliver we will review the variety of security measures we offer to keep your newborn safe and secure at Burgess.

### We're Tobacco Free

Our new tobacco free policy keeps you and your newborn free from second-hand smoke. If members of your family smoke we ask them to respect our policy and refrain from smoking on our hospital grounds.

## Extra Services to Meet Your Needs

### Take-home Instruction Book

While in the hospital your nurse will give you a take-home book that outlines many aspects of postpartum and newborn care.

### 4D Ultrasound Imaging, the Latest Available

Burgess offers 4D ultrasound imaging which provides physicians and parents with amazing images of your newborn. With this new advanced technology, your doctor will obtain the diagnostic images needed to assess your baby's development and you'll receive exciting keepsake pictures that highlight facial features of your precious newborn.



### Web Nursery Baby's Photo on Our Web Site

Want to place your precious son or daughter's photo on the Burgess web site for family and friends to see? It's one of the most popular steps our new parents take after delivery to share their joy with others. Simply fill our consent form after delivery. Within three days after your discharge your newborn's photos will be posted on [www.burgesshc.org](http://www.burgesshc.org).

### You May Even Use A Computer In Your Room

Want to share your news with family and friends with email messages? You can sign up for our internet access patient computer which we wheel to your room for easy use.

### Gift Basket

You will leave Burgess with a basket of delightful gifts – a baby spoon, a cuddly teddy bear, a hand-knitted baby cap and booties from the hospital auxiliary. You'll also receive a classic children's book through the school systems "Books for Babies" program.



### Extra Home Care Service to Help You

- Homemaker support
- Home photo therapy with bilirubin lights
- High-risk childbirth follow-up
- Synagis injections to prevent RSV in high-risk newborns
- After delivery home visits to provide assessments, well-mom/baby care and teaching
- Post c-section care
- Prenatal monitoring for hypertension or pre-term contractions