



The Family Birth Place



Mary Washington Hospital



We are pleased that you have chosen The Family Birth Place at Mary Washington Hospital for the birth of your baby!

Pre-register!

Prepare for you and your family's hospital stay by pre-registering. Pre-registering helps us streamline the admission process when you arrive in labor.

We offer two convenient ways to pre-register:

MyChart (preferred method) Visit MyChart.mwhc.com to sign in or sign up. Click on the menu and from the drop down, select Register for My Delivery.

Paper form Go to mwhc.com, search "Pre-registration" and download The Family Birth Place pre-registration form.

Email to: patientaccess.prereg@mwhc.com

Mail to: Patient Access, 1001 Sam Perry Blvd., Fredericksburg, VA 22401

Attn: Financial Counseling Department

Note: You will still be asked to verify your information and sign medical consent forms once you arrive to the hospital to give birth.

Choose a doctor for your baby

Choosing a doctor for your baby is a priority. If you have not chosen a doctor for your baby, please do so prior to your admission. You will want to consider both your personal preferences and any insurance requirements when making your choice. Our Mary Washington Healthcare Health Link service may help you find a doctor that meets your needs. They may be contacted at 540.741.1404.

Accepting new patients:

Mary Washington Pediatrics 540.899.3440

Mary Washington Primary Care and Pediatrics 804.448.0198.

Car Seat Safety Check

One of the most important things you can do is ensure your child is safe while riding in a vehicle. Prior to your baby's delivery, find a certified safety seat technician to install or confirm placement of your child's safety seat. Visit mwhc.com and search "Car seat safety check" to find free local resources.

What do I bring to the hospital?

Please bring personal care items such as deodorant, shampoo, slippers, etc. Do not bring jewelry, money, medications, or items of sentimental value. You will also need to bring an approved infant car seat and clothes in which to take your baby home. **Please be prepared with a \$15 payment for the child's birth certificate. Check, money order, or electronic payment are accepted. Payable to: State Health Department. Note: Cash is not accepted.**

Which entrance should I use to enter the hospital?

During the day, you may enter the hospital through any entrance. However, after 9:00 p.m. until 6:00 a.m., you may only enter through the Emergency Department. During the day, if you report to Patient Access or the Emergency Department you will be escorted to the Labor and Delivery unit. **NOTE:** If you are scheduled for an induction, please call the Labor and Delivery Unit at either 540.741.4390 or 540.741.4389 two hours prior to your scheduled time in order to help us prepare for your arrival. In the event that Labor and Delivery is at capacity, your arrival time for induction may be delayed.

What to expect during your stay

OB Emergency Room: When you first arrive in Labor and Delivery you will be placed in a room where your admission status will be determined in consultation with your doctor or midwife.

Labor Room: After you are admitted, you will be transferred to a labor room where you will be cared for by our experienced, trained and compassionate labor and delivery team. This is the room in which you will have your baby, unless you have a cesarean birth. Amenities such as a birthing ball, peanut ball, mobile fetal monitoring system, and jacuzzi are available to aid in your labor process. A sleeper sofa is in the room for your support person. We ask that your visitors not stand or sit in the hallway outside your room. Guests are welcome to use our family waiting room available on the unit or wait in the lobby area.

Recovery Room: This is a semi-private area for mothers who have undergone a cesarean birth. You will be in this area until you are determined to be ready for transfer to the Mother-Baby Unit.

Mother & Baby Room: After delivery, you and your baby will be moved to this room, where you will remain until discharge. Unless additional medical treatment is required, your baby will "room in" with you during the day and night until discharge. Expert nursing staff will provide assessment and teaching on how to care for yourself and your newborn. There is a sofa for your support person to sleep on.

The Joe and Mary Wilson Neonatal Intensive Care Unit (NICU): This is where your baby will be taken for care if he or she is born prematurely or has a special need after birth. Neonatologists from Children's National Hospital are available 24/7 and a highly trained, specialized team of nurses and staff are ready to assist your baby and provide the highest quality care.

Patient Room Service

You will find an "At Your Request" Room Service menu in your room from which you may order food to be delivered to you, if your condition allows you to eat.

Guest Food Options: We also offer a cafeteria with many dining options for friends and family members, Au Bon Pain Cafe and "We Proudly Brew Starbucks" coffee bar in the atrium area.

Food Court is located on the hospital's lower level. Hours of operation are:

Breakfast	7:00 a.m. – 10:00 a.m. (Limited breakfast after 10:00 a.m.)
Lunch	11:00 a.m. – 3:00 p.m. (Limited lunch menu after 2:00 p.m.)
Dinner	4:00 p.m. – 7:00 p.m.
Midnight meal	1:00 a.m. – 3:00 a.m.

Visitors

The most up-to-date visitation policies can be found at mwhc.com.

Additional information

Mary Washington Hospital is a **smoke-free campus**. Please refrain from smoking while on campus. We have smoking cessation services available for the public.

The Gift Shop is open*:

Monday–Wednesday 9:00 a.m. – 4:00 p.m.
Thursday and Friday 9:00 a.m. – 7:00 p.m.
Saturday and Sunday 12:00 p.m. – 4:00 p.m.

**Hours are subject to change*

We hope that this information will help you during your stay at the Family Birth Place. Should you have any questions or suggestions, please call 540.741.4486 and someone will be happy to assist you.

Internet Access

Wi-Fi is available for our patients and visitors. Select MWHC-Guest and accept our terms of service.



MyBaby.mwhc.com

Follow MWHC on Facebook, X, YouTube & Instagram.

Facebook: [MaryWashingtonHealthcare](https://www.facebook.com/MaryWashingtonHealthcare)
X: [MWHCCConnection](https://twitter.com/MWHCCConnection)
YouTube: [MWHCCConnection](https://www.youtube.com/MWHCCConnection)
Instagram: [MWHCCConnection](https://www.instagram.com/MWHCCConnection)



Mary Washington Healthcare exists to improve the health of the people in the communities we serve.

ATTENTION: Mary Washington Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

안내: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 540.741.2655 번으로 전화해 주십시오.