



Antepartum Care



Taking care of you and baby

After more than nine decades of caring for expecting mothers and babies, one thing is clear – every pregnancy is different. To say pregnancy is complex is an understatement. Unlike with other health conditions, risks associated with pregnancy can affect both the lives of mom and baby.

In recognizing the complex nature of pregnancy and with safety as our guiding principle, Saint Agnes Medical Center is proud to offer antepartum care for women experiencing high-risk pregnancies. Whether baby is a few days or a few months away, if you require hospitalization for a pregnancy-related condition, our dedicated medical team will work with you to ensure the safety and comfort of you and baby and monitor your condition closely to tailor treatments specifically for your needs.

Some common diagnoses that may require antepartum hospitalization include:

- Premature Prolonged Ruptured Membranes (PPROM)
- Cervical insufficiency (short cervix)
- Pregnancy Induced Hypertension (PIH)
- Preeclampsia
- Placenta previa
- Twin pregnancy
- Preterm labor
- Uncontrolled diabetes

What to expect during your stay

Throughout your stay, our goal is to provide high quality medical treatments while giving you opportunities to relax and recharge from the stress of your pregnancy. Though staying in a hospital can be scary, our care team will be with you every step of the way.

Visitation

The safety of you and your baby is our No. 1 priority. So in light of COVID-19, we are abiding by a more restrictive visitation policy. Our guidelines, however, are subject to change based on the prevalence of COVID within our community. For the most up-to-date policy, please consult your nurse.

Nutrition Services

Meals are provided to patients three times daily at the scheduled times below. You can make your meal selections or request additional food by calling your host at 5-3176.

- Breakfast – 7 a.m.
- Lunch – 11 a.m.
- Dinner – 5 p.m.

Medications

Like any illness, your medication regimen will be determined by the severity of your symptoms and conditions. Throughout your stay, your regimen may change to accommodate your needs. If you have any questions about any of your medications, please ask your nurse or physician.

Mental health and support

Having a high-risk pregnancy can be an extremely scary and taxing experience. The uncertainty of the health of mother and baby can lead to difficult emotions, and a long period of hospitalization can sometimes enhance feelings of anxiety, helplessness, loneliness and depression.

In many cases, patients that develop depression in pregnancy are at a greater risk of experiencing postpartum depression, which is why it's important

to find coping mechanisms now to carry with you in the future whenever you feel anxious or stressed.

At Saint Agnes, patients can participate in a mindfulness program tailored to support expecting moms through difficult emotions.

Activities include:

- Journal about your experience
- Practice gratitude
- Practice deep breathing techniques
- Chat with fellow patients, family or your care team when you need support
- Get moving with physician-approved bedrest exercises
- Pick up a hobby like art, crocheting, reading, etc.

Available services for extended stays

Should you require a stay longer than seven consecutive days, these additional services will be made available to you.

Dietary consultation

Dietary staff will work directly with you to adjust mealtimes, provide snacks and give alternate food options to find the best fit for your needs. You can also request a call prior to each meal to determine your food selection. Family or food delivery services can drop off food with guest services if it follows the doctor's orders.

Weekly social service visits

Social workers can provide emotional support, lead patients in mindfulness exercises, connect patients with helpful resources and assist with any insurance, disability or medical paperwork.

Bedrest exercise routine

To prevent muscle loss and promote range of motion, your doctor may work with our physical therapy team to design a safe bedrest exercise routine for you.

Activities cart

To help decrease anxiety, depression and boredom we offer an activities cart. Items on the cart vary, but usually include coloring books, painting and crocheting supplies, jigsaw puzzles, nail polish, playing cards and puzzle books. Portable DVD players and tablets are also available.

Access to NICU medical staff

You'll be glad to know that the pediatric team from Valley Children's Healthcare operates both a Level II and Level III NICU onsite at Saint Agnes.

Depending on your specific health conditions, your doctor may request a consult with a neonatologist (NICU physician) to discuss the health of your baby and any concerns you have. NICU providers will continue to be available to you throughout the duration of your stay to answer questions as they arise. Please ask your nurse to set up an appointment.

Wheelchair rides

When a loved one comes to visit, they may assist in wheeling patients down to the cafeteria or outdoor patio to improve mood and provide a change of scenery. Wheelchair rides must be approved by a doctor and the patient must be stable before leaving the unit.

Additional support services

For additional support beyond your hospital stay, please review these online resources:

Postpartum Support International (PSI)

This service offers online support groups, mentor program, assistance finding local resources and operates a crisis helpline.

www.postpartum.net

March of Dimes

Find information on a variety of health topics including pregnancy, NICU and postpartum care. They also provide a mobile app to help you document your pregnancy and baby's growth.

www.marchofdimes.org

Sidelines

Participate in a Facebook discussion group, request support via email or phone and find health articles regarding high-risk pregnancy.

www.sidelines.org