NYU Winthrop Hospital

Your Health Means Everything™

259 First Street, Mineola, New York
1-866-WINTHROP
www.nyuwinthrop.org

A Guide for Expectant Parents

from
The New Life Center

NYU Winthrop Hospital™

Your Health Means Everything™
The arrival of a baby is one of life’s most unforgettable and significant moments. It is an event that demands nothing but the best for your entire family. Providing special attention for mothers and newborns has been a cornerstone of care at NYU Winthrop Hospital for more than a century. As Long Island’s earliest hospital, NYU Winthrop was the first in the region to establish a separate pavilion for mothers and babies – a beginning followed by many innovations in maternal-child care through the years. NYU Winthrop Hospital is designated by New York State as a Regional Perinatal Center, a prestigious designation that recognizes our ability to deliver the highest level of obstetrical and perinatal care to patients throughout the region.

Every staff member of NYU Winthrop’s New Life Center believes that the birth of a child is one of life’s most joyous beginnings, that each birth is unique, and that every mother, baby and family deserve personalized, outstanding care.

We know you have many questions about this exciting time of your life and we believe that the most satisfied patients are those who are well informed. This guide provides you with helpful information as you get ready to welcome and care for the newest member of your family. We encourage you and your partner to read it carefully and bring it with you when you come to the Hospital.

Please remember that we respect and value the trust you have placed in NYU Winthrop. We believe you have chosen the best, and we vow to fulfill your trust.

The Team that Cares for You

While the Women’s & Children’s Pavilion focuses on your comfort and sense of well-being, it is staffed and equipped to make your family’s birthing experience as positive and safe as it is happy. Members of our professional staff have advanced training and certification in obstetrics, lactation and newborn care. The team that will care for you includes: registered nurses and nurse practitioners with advanced training in maternal-child care, obstetricians, certified nurse midwives, physicians assistants, anesthesiologists, pediatricians, neonatologists and other maternal-child care specialists to offer you and your family complete quality care.
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**NYU Winthrop is...**

### New York State

**Department of Health Designated Regional Perinatal Center**

New York State is committed to ensuring that a pregnant woman and her baby will have ready access to the services they need to improve the chances they will be healthy and that a health care team with the necessary knowledge, skills and technology, will be available to handle any problems they might have. Perinatal regionalization ensures that there are hospitals that can provide a full range of services for pregnant women and their babies in a geographic region. This means parents-to-be can be sure that there are hospitals near where they live that can provide everything from a basic, uncomplicated delivery to those that can serve mothers and babies with the most complex, critical problems.

### Baby-Friendly Designated

Baby-Friendly USA, Inc. is the nonprofit national authority for WHO/UNICEF’s Baby-Friendly Hospital Initiative (BFHI). The Mission is to assess, accredit and designate birthing facilities that meet the BFHI criteria for implementing the **Ten Steps to Successful Breastfeeding** and follow the International Code of Marketing of Breast-milk Substitutes. This provides mothers and babies with the early support needed to achieve successful breastfeeding, an essential foundation for a healthy nation.

The ultimate goal of BFHI is safe infant feeding; supporting mothers to breastfeed successfully or to prepare and feed formula safely.

### Magnet® Designated

The Magnet Recognition Program® recognizes health care organizations for quality patient care, nursing excellence and innovations in professional nursing practice. Consumers rely on Magnet designation as the ultimate credential for high quality nursing. Developed by American Nurses Credentialing Center, Magnet is the leading source of successful nursing practices and strategies worldwide.
Preparing for Your Baby

**Parent & Childbirth Education**

Preparing for the birth of your new baby is exciting. It is also a special time for your family to learn and grow together. We know you must have many questions. At NYU Winthrop, education is a key component of care. The more you know about what is happening to you, the happier and more confident you will feel. That is why we offer a variety of courses. Please refer to the parent education brochure included in this booklet to learn about the various classes available to meet your needs.

For more information or to register, call the Department of Parent Education at (516) 663-2858.

**Pre-Registration for Admission**

In order to simplify and expedite your admission at the time of delivery, we would like to obtain all necessary admitting and insurance information early in your pregnancy. At the back of this guide you will find an Advance Registration Questionnaire. Please take the time to complete this form and return to your provider or:

NYU WINTHROP HOSPITAL
Admitting Department
259 First Street Mineola, New York 11501

*Please include a copy of your insurance cards, as well.*

**Planning for Your Stay**

Since NYU Winthrop Hospital cannot take responsibility for your personal possessions, please bring only essential items with you for your stay. The following list will guide you:

- maternity or nursing bra
- personal toiletry articles
- nightclothes, bathrobe, slippers
- eyeglasses
- list of current medications (unless obstetrician instructs you to bring them)
- list of important phone numbers
- only enough cash for newspapers and sundries
- this guide for reference

**Please do not bring:**

- electrical appliances (safety regulations prohibit their use)
- jewelry and other valuables

The Hospital cannot assume responsibility for the loss of money, valuables or other personal property. If you are not able to send your valuables home, please put your name on them and ask that they be placed in the Hospital safe.

**PLEASE BE SURE TO INCLUDE YOUR DUE DATE AND PHYSICIAN’S NAME ON ALL FORMS.** It is a good idea to make copies of these forms before returning them. Bring the copies in your overnight bag so they will be available should you need them while in the Hospital. The completed Advance Registration Questionnaire will provide us with information needed to complete your baby’s *Birth Certificate*. Please be certain this information is complete and accurate. It will become part of your official hospital record.

If you have any admission related or general questions, please call our New Life Center Registrars at (516) 663-2021.
Financial Arrangements

**Paying Your Hospital Bill & Insurance Information**

As a courtesy, NYU Winthrop will bill your insurance company on your behalf. Therefore, it is very important that you call your insurance company, inform them that you are pregnant, and verify your maternity and well-baby benefits. Please review with your insurance company any requirements (e.g., pre-certification) that must be met so that your bill is paid. Most carriers require expectant mothers to pre-certify their admission and obtain authorization for both mother and baby. Check with your insurance company regarding breast pump coverage.

You also want to enroll your baby in your insurance plan. When you make your initial phone call to your insurance company, find out how to enroll your baby. In order to add your newborn to your insurance policy, most employers and insurers require a phone call or a form to be completed. Insurance companies usually have a cut off time for enrollment, so you do not want to delay this process.

If you do not have insurance, or did not obtain an authorization, NYU Winthrop requires payment in full for you and your baby prior to your delivery. Please be sure to include your due date on your payment. You are responsible for charges and services during your hospital stay as well as a New York State surcharge, which will be applied to your bill upon discharge. NYU Winthrop will assist you in applying for Medicaid, if you are eligible.

If your insurance covers only a percentage of the delivery stay, we will estimate the amount due, and request a deposit for the uncovered portion of your admission prior to your delivery. At that time, we will also request payment of deductible or co-pays.

If you are enrolled in an HMO, you will be required to have a written referral and/or authorization number for mother and baby. Please call your insurance company to obtain these numbers and call them into a Healthcare Insurance Representative at (516) 663-8689.

If you have Medicaid, you must apply for an Unborn Medicaid number from your caseworker prior to your...
due date. Please include the information on your Advance Registration Questionnaire.

If you and your partner have family coverage, your baby's bill will be paid by the insurance of the parent whose birth month falls first in the calendar, regardless of birth year. This is a New York State regulation known as the “Birthday Rule”.

Therefore, when completing the information about your baby's insurance, it is important to remember this fact so that you can provide accurate information. Please be sure to include the birth date of both parents on the Advance Registration Questionnaire.

It is important that you or a family member call your insurance company immediately following delivery in order to avoid any financial penalties.

Balances are due upon receipt of the bill. For your convenience, NYU Winthrop accepts cash, personal checks, money orders, AMEX, VISA, Mastercard and Discover Card. Online payment is also available at www.nyuwinthrop.org. You may see the cashier located in the Admitting Department any time prior to your delivery to pay your bill. For any physician billing questions, please call the professional billing office at (516) 576-1700.

Insurance coverage does not pay for private duty nurses or personal conveniences, such as telephone and television services.

If you need financial assistance or have any questions regarding your or your baby's bill, please call (516) 663-8689, and a Healthcare Insurance Representative will be happy to help you. They can be reached Monday - Friday, 9:00 am - 3:00 pm.

**Physician Bills**

If your obstetrician requests that a neonatologist or pediatrician be present in the delivery room, you will receive separate bills from them for their services. Should your infant require admission to the Neonatal Intensive Care Unit (NICU), the Neonatal Group will either consult with your pediatrician or become the physician-in-charge while your baby is in the NICU, and you will receive a separate bill from the neonatologist in attendance. Consultations with other specialists deemed necessary for you or your baby's well-being will also be billed to you separately for services rendered. Your private pediatrician will also bill separately.

Nassau Anesthesia Associates will bill you separately for the anesthesiologist's services. The charges will be based on the type and complexity of the anesthesia service rendered in conformity with the established fee schedule of Nassau Anesthesia Associates. Please note that not every insurance plan is accepted. If you have any questions about these charges or insurance coverage, please call the Nassau Anesthesia Associates Office at (516) 741-0570. If your insurance coverage is a Local/Union, please provide your pediatrician and Nassau Anesthesia Associates with a signed medical claim form.
Your Hospital Stay

**Heading for The Hospital**
After consulting with your physician/midwife, go directly to the New Life Center with your support person. Please stop at the Registrar located in the New Life Center waiting area and sign in. The registrar will direct you to the labor and delivery staff who will care for you and your baby and will help you relax and feel secure.

**Labor Coach/Labor Support**
You are permitted to bring one Labor Coach and one support person or significant other. They can be with you throughout the labor and delivery. Should a Cesarean Section be necessary, your support person may remain with you only if epidural or spinal anesthesia is utilized, and general anesthesia is NOT required.

**Obstetrical Anesthesia/Pain Management**
The Hospital's obstetrical anesthesia service guarantees that an anesthesiologist is available 24 hours a day, 7 days a week, in order to ensure your safe and comfortable delivery, and to handle any problem that may arise unexpectedly. This service is available at all times and is essential for optimum care of all mothers in the New Life Center. It is therefore necessary to charge all patients delivering at NYU Winthrop for this service. If you wish to use an acupuncturist, please speak with your practitioner.

**The Delivery**
The active labor and delivery will take place in our New Life Center, furnished with specially designed birthing beds. If it is determined that your baby might benefit from medical support or evaluation at the time of delivery, a pediatric specialist will be present. Most births are routine events. However, should an unanticipated need arise for special care during delivery, pediatric specialists are always available. After the delivery of your child, the staff will ensure your privacy and provide you with the opportunity to begin bonding with your new baby. We encourage mothers who wish to breastfeed to begin immediately after delivery. All mothers and newborns benefit from skin-to-skin contact, giving babies many advantages when transitioning to life after delivery. These advantages include: easier breathing, more stable blood sugars, natural progression toward breastfeeding, increased sleep states, decreased risk for jaundice, and finally, beneficial exposure to bacteria on the mother’s chest may prevent the baby from becoming sick in the future. It is most beneficial to place the baby in close contact with the mother’s skin immediately after birth, which is commonly called skin-to-skin contact. The mother gives off heat better than a warmer and swaddling with a blanket. Breast-feeding should begin within 30-60 minutes after birth. Babies placed skin-to-skin on their mother breastfeed sooner and for longer sessions. The close contact between mother and baby increases the mother’s release of oxytocin and endorphin, supporting mother-baby bonding. Babies placed directly on the mother’s skin during painful procedures such as vaccinations or a heel stick have less pain. It will benefit your baby and help you relax. During your labor and after delivery, your labor coach must be prepared to be the liaison between you and your family, keeping them up to date on your status. The staff is not permitted to release information.


Family Centered Care

Patient- and family-centered care is an approach to the planning, delivery and evaluation of healthcare that is grounded in mutually beneficial partnerships among healthcare providers, patients, and families. It redefines the relationships in healthcare. Patient- and family-centered practitioners recognize the vital role that families play in ensuring the health and well-being of infants, children, adolescents and family members of all ages. They acknowledge that emotional, social and developmental support is integral components of healthcare. They promote the health and well-being of individuals and families and restore dignity and control to them. Patient- and family-centered care is an approach to healthcare that shapes policies, programs, facility design and staff day-to-day interactions. It leads to better health outcomes and wiser allocation of resources, as well as greater patient and family satisfaction.

Expecting a baby is not just for mothers. At NYU Winthrop, Family Centered Care is designed to help your entire family begin adjusting to a whole new life. Our Family Centered Care is based upon the belief that every family is unique, with individual needs and wants.

Spiritual Care

The Pastoral Care and Education Department at NYU Winthrop Hospital is a satellite of “The HealthCare Chaplaincy,” an accredited Center of the American Association for Clinical Pastoral Education. We support the rights of the patient to express their values and beliefs by providing chaplaincy services through which the spiritual needs of the patients, caregivers and family members can be met. It is widely believed that healing is more than a physical process. Emotional and spiritual health are vital as well. In addition, the hospital can assist patients in reaching out to their own personal clergy. You can call the Pastoral Care Department at (516) 663-4749 for more information.

Care for Your Newborn

To support mother-infant bonding/non-separation, newborns are cared for immediately after birth by specially trained nurses. Mother and newborn are transferred together to the Mother/Baby unit. Your newborn's first bath will occur after you are transferred to the mother/baby unit and your baby's temperature is stable. If your pediatrician does not have privileges at NYU Winthrop, a staff pediatrician will care for your baby. If you need a pediatrician, contact us at 1-866-WINTHROP.

Mother-Baby Care

The nurses on the Mother/Baby units (North Pavilion 2 and Potter 2) are specially trained to care for both you and your baby. Feel free to ask questions about your recovery or the care and feeding of your baby.

We support non-separation of mothers and newborns and encourage you to keep your baby at your bedside. “Rooming-In”, as this is known, is strongly encouraged and the preferred way for you to bond with your baby. Rooming-in provides early and prolonged contact between you and your baby. This enables your newborn to get to know you, see you, respond to your voice and touch, and begin developing feeding and waking patterns. The same nurse will care for you and your baby. This will facilitate learning about your own care, as well as that of your new baby. Breast-feeding is fostered when mother and
baby are together. Remember, never leave your baby alone or unsupervised in your room.

**Your Baby's Safety**
To ensure your baby's safety, you, your baby and your significant other will wear identification (ID) bands until your baby is discharged. Please do not remove these ID bands before discharge. If you are released from the Hospital before your baby, please bring your ID bands back with you when the infant is discharged. Never leave your baby alone or unsupervised in your room. Your ID bands will be checked each time should separation of you and your newborn be necessary.

**Patient Education**
Parenting is both exciting and challenging. Since new mothers are in the hospital only for a short time, and there is so much to learn about parenting, attending baby care and breast-feeding classes before the baby is born is beneficial. Reading and attending classes during the antepartum period will help ease your transition into parenthood and will make you feel more comfortable and confident with your newborn. Most postpartum education will be incorporated into your care. Daily breast-feeding classes are offered on the unit. For a list of other classes consult the brochure located in the back of this guide. Educational programming, which may be viewed in your room, are also available and written information will be provided to you before discharge. A Parenting/Newborn Channel is provided free of charge in English and Spanish on the Hospital's closed circuit TV channel. Consult the program.

**Hearing Screening for Your Newborn**
The Joint Committee on Infant Hearing recommends universal newborn hearing screening before an infant is 3 months old. Registered Nurse Screeners perform the universal Newborn Hearing Screening before your baby is discharged. The Nurse screener will provide you with education as well as the results of the test and answer any questions you may have.

**Immunizations**
Your health is your baby's best defense against disease and illness. This is why staying up to date with your own vaccinations is so important. Please come to the hospital knowing your immunization history. We recommend your baby's caretaker(s) receive the TDAP vaccine. We offer some vaccines for your convenience while you are here in order to ensure the health and safety of both you and your baby. You will be billed separately for services rendered.

**Visiting**
We hope to maximize your birth experience and assist in teaching self-care as well as care for your newborn. Therefore, we recommend that you limit your visitors to allow you to get adequate rest.
Going Home

**Could It Be the Baby Blues?**

Many women experience unexpected mood changes after the birth of a child. NYU Winthrop is the first hospital in Nassau County to develop a program where the mother/baby nurse assess and refers a new mother at risk for PMAD to the hospital home health agency for continued assessment, care and support after discharge. The Baby Blues are what some mothers experience one to three days after delivery of their babies. Symptoms of crying, sadness, irritability, fatigue and frustration come and go but usually go away on their own within one to two weeks.

Perinatal Mood & Anxiety Disorders (PMAD) effects one out of five childbearing women regardless of age, marital status, race, education and income. Mood swings similar to Baby Blues last throughout the day and for an extended period of time. The symptoms may appear two weeks to one year after delivery or after discontinuing breastfeeding. If you believe you or anyone else you know is suffering from PMAD please consult a physician or healthcare provider. For more information, visit the Postpartum NY website. Toll-free State-wide Helpline 855-631-0001 or 631 422-2255 (Hablamos Espanol).

**Preparing for Departure**

Your obstetrician/nurse-midwife and pediatrician must complete discharge exams and write discharge orders before you and your baby can leave the Hospital. Patients who have had a vaginal delivery are usually discharged 48 hours after delivery; 72 hours if you have had a Cesarean Section. If you wish to be discharged early, consult with your obstetrician and pediatrician.

Please have one of your family members take home some of your belongings the night before you are scheduled to be discharged.

When you are ready to leave, you may dress the baby in clothes that were brought in from home. Please do not take any Hospital clothing or blankets home. You will be escorted to the main entrance in a wheelchair accompanied by a Hospital representative.

**PARKING:** Please have the person coming to take you home drive into the First Street entrance and notify the parking attendant. When the discharge procedure is completed, your car may be parked in front of the Hospital. Please DO NOT leave the car unattended because the lanes in front of the Hospital are clearly marked FIRE LANES. They must be cleared immediately in case of fire, and the Nassau County Police Department patrols the area regularly.

**Car Seat Safety: It’s the Law**

According to New York State Law, ALL children under age 4 and up to 40 pounds must be secured in a federally approved child safety seat when riding in passenger cars, station wagons, recreational and passenger vans, and pick-up trucks operated in the State. When purchasing your car seat, make sure it has passed federal safety tests. Look for a label on the seat or shipping box that says, “Meets Federal Standard 213-80 or Meets Federal Standards.”

Car seats and children should NEVER be in the FRONT SEAT! New York State Law prohibits ALL children from sitting in the front passenger seat whether or not air bags are present!

- For INFANTS (birth up to 20 lbs.), the safety seat MUST BE IN THE REAR SEAT FACING THE BACK of the car.

Please familiarize yourself with the use of the car seat before the day of discharge, and leave the Rear Facing Car Seat in the car to facilitate a smoother discharge. Even the smallest newborn traveling home from the hospital in a car cannot be held securely in the arms of an adult, if an accident should occur.
Special Services

**Perinatal Testing Center**
In a comforting and personal setting, the Department of Obstetrics and Gynecology operates a Maternal-Fetal Medicine Center. It is equipped with the most advanced and sophisticated ultrasound and amniocentesis and Doppler technology, including state-of-the-art telemetry equipment, which, if necessary, is used to monitor the well-being of you and your baby prior to delivery.

**Fetal Surgery**
NYU Winthrop Hospital is home to the only fetal surgery program on Long Island. Fetal Surgery is an option for pregnancies in the presence of a surgically treatable fetal abnormality discovered very early in gestation which, if left untreated in-utero, will cause progressive and irreversible fetal damage as the pregnancy progresses to term. The mission of our Fetal Evaluation and Treatment Team is to provide the best care and treatment options to complicated pregnancies through comprehensive evaluation and, when appropriate, in-utero treatment for conditions such as fetal anemia, twin-to-twin transfusion syndrome and fetal/placental tumors.

**High-Risk Antepartum Care**
Most pregnancies and births are routine. However, should you need special care, NYU Winthrop is also a “high-risk” maternity center, providing the most advanced care. The Antepartum Unit is staffed with physicians, physician assistants and nurses specially trained in high-risk obstetrics. They work closely with your obstetrician to ensure that you and your baby receive the most appropriate, up-to-date care. Additionally, if your physician determines that you are “high risk” due to a medical problem, such as elevated blood pressure, diabetes, premature labor, etc., you may be admitted to this unit during your pregnancy. All patients have access to antepartum testing. Obstetrical sonography, fetal echo cardiology, amniocentesis, Doppler studies, and electronic fetal heart rate and uterine monitoring are available and performed by highly trained staff. Educational needs are assessed on an individual basis, with written information and video available for patient use. Private childbirth education classes, baby care and breast-feeding instruction can be arranged.

**Neonatal Intensive Care Unit (NICU)**
Some babies, e.g., those born prematurely or with health problems such as breathing difficulties, infections or surgical needs, require special attention. It is reassuring to know that if your baby needs intensive care, NYU Winthrop’s Neonatal Intensive Care Unit (NICU) is one of the most advanced facilities of its kind. A team of doctors and nurses, specially trained in newborn medicine, use the most advanced technology and techniques, and provides expert, continuous observation and care for the babies.

**Pediatric Specialty Services**
With more than 10 pediatric specialties, and over 40 programs and services, our facility has medical experts across a variety of fields. Choosing the right pediatric specialists can be a difficult decision, but with NYU Winthrop’s Department of Pediatrics, you can rest assured knowing that your little one is in
capable hands. Each division is staffed with the best professionals in their field. Our specialties include pediatric endocrinology, pediatric gastroenterology, pediatric cardiology, pediatric pulmonology, pediatric nephrology, pediatric infectious diseases, clinical genetics, pediatric neurology, pediatric urology, and a unique pediatric hematology/oncology facility.

Breast-Feeding Support

Breast-feeding your baby can be rewarding, satisfying for you and healthy for your baby. We suggest breast-feeding on demand, eight-to-twelve times per day during the first weeks of life. If you plan to breast-feed, the staff, certified breast-feeding counselors, will encourage and support you. Our goal is to help you breast-feed for as long as you choose, and to help you incorporate breast-feeding into your lifestyle. NYU Winthrop has registered nurses with special education in lactation consultation and years of experience in helping new mothers nurse their babies. Certified Lactation Consultants provide support, education and professional advice.

The Breast-feeding Support Program includes:

- Prenatal classes with fathers. Grandparents are welcome to attend
- Postpartum classes where mothers receive hands-on guidance
- “Warm-Line” telephone counseling
- Community support services
- Hospital-grade breast pumps available for inpatients
- Weekly breast-feeding support group

Cord Blood Collection

After a baby is born and the umbilical cord is cut, the small amount of blood remaining in your baby's umbilical cord following delivery can be used to save the life of a child or an adult suffering from any of more than 80 diseases or disorders. We want you to know that you have choices about what you do with your baby's cord blood. You have the option of paying a private company to collect and store your newborn's cord blood. If you are not going to hire a private company, you can donate your newborn's cord blood to a public cord blood bank which can provide another source of hope for patients. For more information, visit the National Cord Blood Program website.

Birth Certificate

New York State requires submission of a birth certificate within 5 days of birth. When you fill out an application for a Birth Certificate, the New York State Department of Health requests certain information for statistical purposes only. Much of this information you already included on your pre-registration form. After the birth of your baby, you will complete a request for Birth Certificate Information form, including your newborn's name which you will give to the nurse or
bring to the admitting office, before you leave the Hospital. The baby's Birth Certificate will be filed with the Village of Mineola and mailed to you within three-to-four weeks. Should you experience a delay in receiving your baby's Birth Certificate, notify the Village of Mineola at 516-746-0750.

**Acknowledgment of Paternity**

If you are unmarried and wish to establish legal paternity, you and the child's father must complete the Acknowledgement of Paternity application when completing the Birth Certificate form. The form must be signed by the baby's mother and father in front of two witnesses, and then the Hospital files it with the Village Registrar along with the Birth Certificate application. The Acknowledgement of Paternity can be obtained from the Admitting Department or the New Life Center registrar.

**Social Security**

On the request for Birth Certificate Information form there is a section asking if you want the Hospital to apply for your baby's Social Security Number and requiring your signature. If you check “yes,” the Admitting Department will file the application for you. After your baby's birth is registered in the Vital Statistics Office in Albany, the information will be sent to Social Security, and you will receive your baby's Social Security Card in approximately four months. If you check “no,” you can go to the nearest Social Security Office at your convenience to apply for your child's Social Security Number. You will be asked to provide proof that you are the child's parent or legal guardian, as well as proof of the child's age, identity and citizenship.

**Baby Photos**

A professional photography service is available to capture your newborn's special moment. You are under no obligation to purchase the pictures. NYU Winthrop Hospital DOES NOT endorse, and IS NOT affiliated with, any photo studio or firm for baby photos.

**Circumcision**

The decision regarding circumcising a son is a personal one, and parents are encouraged to discuss this option with their obstetric and pediatric healthcare providers. If you choose to have your son circumcised, your obstetrician will ask you to sign an informed consent. The procedure may be done on the first day of life or before discharge. Brit Milah services can be arranged by the staff on the mother/baby unit.

**New York State Metabolic Screening**

New York State Law requires that hospitals perform metabolic screenings on all infants in order to identify any infant who may have a rare disease. These tests are performed on one tiny sample of blood obtained by pricking the baby's heel. The blood is allowed to dry on a piece of absorbent paper, which is sent to the laboratories at Wadsworth Center in Albany. The sample is usually taken on the day of discharge. Your pediatrician will inform you about the test results ONLY if they reveal a possible problem and further test must be done.
Important Information for Expectant Mothers

The New York State Department of Health recommends that all women be offered HIV counseling and testing during pregnancy. The HIV test can be conducted in your doctor's office with a small amount of blood. You will usually have your results within 2 to 3 weeks. The results are confidential. Learn the facts about HIV and pregnancy to protect your baby. Your doctor can answer your questions, so you can decide what's best for you and your baby.

If You are HIV Positive

- There's a one-in-four chance that your baby will get the virus. But you can take special medicine while you are pregnant that may reduce your baby's chance of being infected with HIV.
- Your doctor can test your baby to find out if he or she is infected, and, if so, provide the special medical care your baby needs.
- You can get care to help you stay healthy longer.

New York State Hepatitis-B Birth Dose Program

After delivering, while your baby is being evaluated in the Delivery Room, the nurse caring for you and your baby will administer the Hepatitis-B vaccine birth dose. This is a three vaccine series. The subsequent doses will be administered in your pediatrician's office.

Important Telephone Numbers

- Admitting (Birth Certificate Information) ....................(516) 663-8685
- General Information ..........................................(516) 663-0333
- Healthcare Insurance Representatives ......................(516) 663-8689
- Nassau Anesthesia Associates .............................(516) 741-0570
- Parent Education ...............................................(516) 663-2858
- Department of Obstetrics .....................................(516) 663-2264
- Department of Pediatrics .....................................(516) 663-2288
- Welcome Center .............................................1-866-WINTHROP
- Patient Relations ...............................................(516) 663-2058

Public Health Law Disclosures

Maternity Information

Hospitals (and birth centers) must provide maternity patients (at the time of pre-booking) and the general public, upon request, with written information that contains brief definitions of maternity-related procedures and practices including statistics specific to each hospital.

This information can help you to better understand what you can expect, learn more about your childbirth choices, and plan for your baby's birth.

Most of the information is given in percentages of all the deliveries occurring in the hospital during a given year. For example, if 20 births out of 100 are cesarean section, the cesarean rate will be 20%. If external fetal monitoring is used in 50 out of 100 births, or one-half of all births, the rate will be 50%. Different types of hospitals have different groups of patients, some at higher risk for complications than others. Of course, numbers alone can't tell you that one hospital is better than another for you.

This information also does not tell you about your doctor's or nurse-midwife's practice. However, the information
can be used when discussing your choices and wishes with your doctor or nurse-midwife, and to find out if his or her use of special procedures is similar to or different from that of the hospital.

You should play an active role in making your childbirth the kind of experience you want. To do so, you need information. Take part in childbirth preparation classes and read books about childbirth. Ask questions and discuss your wishes with your doctor or nurse-midwife.

### WIC Program

WIC is a federally funded nutritional program for pregnant women, infants and children under the age of five years. Eligibility is based on income and size of your household.

To apply for WIC you will need to contact the Health Department - WIC. They will forward an application to you to be completed by you and your Obstetrician or Midwife. WIC will then set up an interview to review your application, proof of residency and income. You may apply for WIC at the onset of your pregnancy. At the time for the birth of your baby, your Pediatrician will need to complete another form with your baby's weight and blood type. Bring the completed form to your local WIC Office to obtain vouchers for formula.

Breast-feeding mothers remain eligible for WIC for up to one year after the birth of their baby. Medicaid recipients are automatically eligible for WIC.

**NASSAU HEALTH DEPARTMENT WIC**
290 Old Country Road, Mineola, NY 11501
(516) 571-3449

**SUFFOLK HEALTH DEPARTMENT WIC**
225 Rabro Drive, Hauppauge, NY 11788
(631) 853-3014

**NEW YORK CITY WIC**
309 E 104th St #1, New York, NY 10029
(212) 427-3909

### Notice for Prenatal and Maternity Patients

**Are You and Your Baby Safe?**

You might not be, if there is domestic violence in your life. Here are some questions to help you know if you’re being abused:

**Does your partner hurt you with words?**

Does your partner insult you and make you feel worthless?

Does your partner put you down in front of other people?

**Does your partner hurt you physically?**

Does your partner push, slap, hit, punch, kick, choke or beat you?

Does your partner make you do sexual things you don’t want to do or hurt you during sex?

**Is your partner in charge of everything?**

Does your partner tell you who you can and cannot see or talk to?

Does your partner control all the family's money?

**Does your partner scare you?**

Does your partner lose his temper, get very jealous or break things?

Does your partner threaten to hurt you, the kids, pets or himself?

Victims of domestic abuse are not always physically hurt. If you answered “yes” to any of the questions above, you might be abused. You or your children could be in danger.
You are not alone. 
You are not to blame.
You do not deserve to be abused.

Did you know that domestic violence sometimes starts or gets worse during pregnancy.

And you’re not the only one getting hurt:

- A woman who is abused during pregnancy may be more likely to have a miscarriage, infections, bleeding, anemia and other health problems. These can affect both her and her baby.
- She is twice as likely to have a low birth weight baby.
- Most men who hit their partners also beat their children. Some also sexually abuse children.
- Kids whose fathers beat their mothers can suffer from health problems, sleep problems, anger, guilt, fear and anxiety.
- Each year, more than 1,000 children in the U.S. die from injuries caused by their parents, guardians or others.

You and your baby do not deserve to be treated this way.

You have a right to be safe.

Help is available.

What type of help do you need?

Hotlines:
A counselor will talk to you on the phone and give you information, or just listen. She or he will also tell you places near you to call or go to for more help, if you want it. Hotline numbers can be found at the end of this brochure.

Support Groups:
You can talk with other women who have gone through what you’re going through (a support group). It can help you feel less alone and you can share ideas and information on safety.

Services for Children:
Many programs have counseling and support for kids to help them understand what is happening. It gives them a chance to talk about their feelings.

Advocacy and Other Support Services:
Someone can help you through the “system.” This person is a domestic violence advocate. Advocacy services often include help finding legal advice, counseling, healthcare, housing, a job and social services.

Police and the Courts:
Police can help in many ways, such as getting you and your children to a safe place in an emergency. Family and criminal courts can help by issuing an order of protection or by deciding custody, visitation or child support.

Shelters:
Most counties have shelters and safe homes where you and your children can stay. Shelters can help you get many of the services listed above.

YOU ARE IMPORTANT
No woman deserves to be abused. No one “asks for it,” and no one should have to live in fear. You owe it to your children to keep them - and yourself - safe.

You are not alone.

Help is available.

New York State Hotlines
Adult Domestic Violence.............English 1-800-942-6906 (24 hours, 7 days a week) Spanish 1-800-942-6908

National Committee to Prevent Child Abuse......................1-800-342-7472 Prevention information and parent help-line

Office of Children & Family Services .................1-800-342-3720 To report child abuse

The services listed above are available in most communities. Anything you say is confidential.

Public Health Law 2803-p Disclosure of Information Concerning Family Violence
Victim’s Rights Notice

If you are the victim of domestic violence

The Police Can Help You:
- Get to a safe place away from the violence.
- Get information on how the court can help protect you against the violence.
- Get medical care for injuries you or your children may have.
- Get necessary belongings from your home for you and your children.
- Get copies of police reports about the violence.
- File a complaint in criminal court, and tell you where your local criminal and Family Courts are located.

The Courts Can Help You:
- If the person who harmed or threatened you is a family member or someone you’ve had a child with, then you have the right to take your case to the criminal courts, the Family Court, or both.
- If you and the abuser aren’t related, weren’t ever married or don’t have a child in common, then your case can be heard in the criminal court.
- The forms you need are available from the Family Court and the criminal court.
- The courts can decide to provide a temporary order of protection for you, and your children and any witnesses who may request one.
- The Family Court may appoint a lawyer to help you in court if it is found that you cannot afford one.
- The Family Court may order temporary child support and temporary custody of your children.

New York Law States “If you are the victim of domestic violence, you may request that the officer assist in providing for your safety and that of your children, including providing information on how to obtain a temporary order of protection. You may also request that the officer assist you in obtaining your essential personal effects and locating and taking you, or assist in making arrangements to take you and your children to a safe place within such officer’s jurisdiction, including but not limited to a domestic violence program, a family member’s or a friend’s residence, or a similar place of safety. When the officer’s jurisdiction is more than a single county, you may ask the officer to take you or make arrangements to take you and your children to a place of safety in the county where the incident occurred. If you or your children are in need of medical treatment, you have the right to request that the officer assist you in obtaining such medical treatment. You may request a copy of any incident reports at no cost from the law enforcement agency. You have the right to seek legal counsel of your own choosing and if you proceed in family court and if it is determined that you cannot afford an attorney, one must be appointed to represent you without cost to you. You may ask the district attorney or a law enforcement officer to file a criminal complaint. You also have the right to file a petition in the family court when a family offense has been committed against you. You have the right to have your petition and request for an order of protection filed on the same day you appear in court, and such request must be heard that same day or the next day court is in session. Either court may issue an order of protection from conduct constituting a family offense which could include, among other provisions, an order for the respondent or defendant to stay away from you and your children. The family court may also order the payment of temporary child support and award temporary custody of your children. If the family court is not in session, you may seek immediate assistance from the criminal court in obtaining an order of protection. The forms you need to obtain an order of protection are available from the family court and the local criminal court. The resources available in this community for information relating to domestic violence, treatment of injuries, and places of safety and shelters can be accessed by calling the following 800 numbers. Filing a criminal complaint or a family court petition containing allegations that are knowingly false is a crime.”

Get Help Now
Get Safe
Stay Safe

Call:

Adult Domestic Violence English 1-800-942-6906
(24 hours, 7 days a week) Spanish 1-800-942-6908

or call your local Domestic Violence Program