

WELCOME TO CENTRASTATE'S

# FIRST IMPRESSIONS MATERNITY CENTER

Please use this information to prepare you for labor and delivery in our unit before the big day arrives. If you have additional questions, please submit at [centrastatematernity.com/contact](http://centrastatematernity.com/contact) and we'll be happy address.

## IF YOU THINK YOU'RE IN LABOR

If you suspect you may be in labor, notify your doctor's office. They will contact the CentraState staff and let us know you are on your way. If it is an emergency where you are experiencing a pregnancy problem or think you may be in labor, and you are unable to connect with the office or answering service, call CentraState labor and delivery unit at 732-294-2592.

## VISITOR PARKING

Visitors should park in "Visitor Parking" areas that are specially designated. Parking in handicapped areas is by permit only. Valet parking is also available in front of the hospital main lobby on weekdays from 8 a.m. to 4 p.m.

The closest parking lots to the maternity unit are located outside the Emergency Department and in front of the main hospital building.

## ARRIVING AT THE HOSPITAL AFTER 8 P.M.

Please enter through the emergency room. The main doors to the medical center are locked after 8 p.m.

## VISITING DURING LABOR

Visitors are chosen by the mother. All other visitors must wait in the waiting area located outside of the unit. Please advise your visitors that it may be an hour or longer before they will be able to visit so you have time to spend alone with your infant and bond, and so care can be provided to you and your baby.

## WAITING AREAS

Convenient waiting areas are located outside of the maternity unit. We encourage families awaiting news about the new arrival to wait in our waiting area until the father or significant other can come out to give the news. We respect the privacy of our patients and cannot give any information about the delivery or birth to family members.

For the safety and privacy of all of our patients and visitors, our waiting area is located outside of the Labor and Delivery unit.

## POSTPARTUM VISITING HOURS

For the security of new mothers and infants, the maternity center is a locked unit with limited access for visitors. Family and friends may visit from 10 a.m. to 8 p.m. The mother's support person may visit anytime.

Only children over the age of 14 or siblings of newborns are allowed to visit. Siblings must be accompanied and supervised by an adult at all times. As a precaution for newborns, children or visitors with recent exposure to infectious diseases such as chicken pox, measles, etc., or who are ill themselves with cold, flu, etc., are not allowed to visit. New parents should screen their visitors for illnesses before visiting.



## SPECIAL CARE NURSERY (SCN) VISITING HOURS

Other visitors are welcome, accompanied by a parent, from 10 a.m-8 p.m. There is a limit of 2 visitors and 15 minutes per visit. All visitors must be at least 18 years of age. The only exceptions are siblings of the newborn. You may also be asked to leave the unit for a short time while special therapeutic or diagnostic procedures are performed on your baby or another baby on the unit. Grandparents are welcome to visit when accompanied by a parent and sibling visits can be arranged with your nurse. Parents are responsible for screening their children for illness before they come to visit and for overseeing them in the SCN and waiting areas.

## BREASTFEEDING SUPPORT

We have a Lactation Center which offers one-on-one private consultations after the baby is born for any variety of concerns or assistance with getting ready to go back to work. These visits may be covered under your insurance. Please call (732) 303-5258 to learn more and schedule an appointment.

## HOSPITAL STAY DINING

You can order from room service between 7 am to 6:30 pm, ask your nurse for a menu. Your partner may order a free evening meal and can order meals thereafter for a small fee. Other hospital dining options include CentraStar Café and Liberty Café.

## CENTRASTAR CAFÉ

Main Lobby of East Tower

Hours: Mon through Fri, 6:30 am to 8:30 pm; Sat and Sun, 7 am to 8:30 pm

Offers a line of breakfast, lunch, and dinner foods.

Features specialty coffees and bakery items.

## LIBERTY CAFÉ

Main floor of CentraState's Star and Barry Tobias Ambulatory Campus, which is adjacent to the hospital and connected by an enclosed walkway

Hours: Mon through Fri, 7 am to 9 pm; Saturdays, 8 am to 3 pm

Serves a variety of breakfast, lunch and dinner foods, coffees and snack items.

## GIFT SHOP

Fresh flower arrangements and balloons can be purchased in Lori's Gift Shop located in the main lobby of the hospital. Hours (subject to change) are 8 am to 8 pm. To minimize latex in the environment for those who are allergic, latex balloons are not allowed in the medical center.

## CAR SEAT SAFETY

We suggest that you read instructions for installation of your infant's car seat prior to the day of discharge so you are familiar with how to install the seat into your car. CentraState staff cannot secure the car seat into your vehicle. You can arrange for a car seat check through your local police department prior to arriving at the hospital for delivery.

