



Preparing for the Big Day

It's almost here . . . the day you've been waiting for. Whether this is your first child or your fifth, you're probably filled with emotion — nervous anticipation, excitement, joy, even a little bit of apprehension. At Durham Regional Hospital, we are committed to providing a memorable experience for you and your family as you welcome your little one into the world.

Here are a few things to keep in mind:

- If you suspect labor has started or if you have any questions or problems, please call your physician.
- When you arrive at the hospital, please enter through the Emergency Room (ER). You can go straight to the back of the ER to Patient Registration. Please have your insurance card with you. One of our staff will take you upstairs to Labor & Delivery, where we will complete the registration process.
- For your comfort and safety, no more than three people are allowed in the labor and delivery room at one time. Other family members and friends are welcome to relax in our comfortable waiting area located near the elevators. Siblings or other children must always be accompanied by an adult.
- Cameras and video cameras are welcome in the room. However we ask that you not take pictures or videos of the actual birth. For security reasons, pictures of any type are not allowed at the Nursery windows.
- Patient safety is our top priority, and Durham Regional has a strict infant security system. Your nurse will explain the security system to you.
- **Wondering what to bring to the hospital?** We recommend comfortable walking shoes, a robe and gown, comfortable clothes to wear home (remember, it takes time for your body to recover — loose fitting clothes like those you wore in early pregnancy are probably the most comfortable), 3 or 4 receiving blankets, an outfit for baby to wear home (something with legs as gowns don't work well with car seats), 2 to 3 diapers, and a nursing/support bra. You may also want to bring snacks, although the hospital has a full-service cafeteria and 24-hour vending machines.
- Your baby cannot leave the hospital without an appropriate rear-facing car seat. Please make sure your car seat is properly installed and that you know how to fasten your infant in it safely. Durham County EMS is happy to answer any questions you may have about installing your car seat. Call 560-8285 to schedule an appointment.