Houston Methodist Childbirth Center at Clear Lake
Childbirth Preparation List

3-5 MONTHS
• Register for childbirth classes. Visit houstonmethodist.org/patient-classes or call 281.333.8899.

5-6 MONTHS
• Preregister for your birth. Stop by the admitting office near the hospital’s front entrance 8 a.m. – 5 p.m. Monday – Friday. Or begin your childbirth preregistration at houstonmethodist.org/registration or call 281.523.2189.

6-7 MONTHS
• Attend your childbirth class
• Tour the Childbirth Center
  – Schedule your tour at houstonmethodist.org/patient-classes or call 281.333.8899.
• Choose a pediatrician and schedule an appointment to meet your pediatrician and staff.
  – Call 281.333.8899 to find a pediatrician or primary care doctor.

8-9 MONTHS
• Pack your hospital bag. Consider bringing a robe, nursing bras, slippers, toiletries, camera and video camera.
• Pack the baby’s bag. Bring receiving blankets, mittens and a weather-appropriate outfit.
• Install child safety seat in your vehicle. Install an age-appropriate car seat.
Houston Methodist Childbirth Center
At Clear Lake

IMPORTANT CONTACT INFORMATION

Call 9-1-1 in a medical emergency.

Preregistration
To preregister for your birth, visit the Houston Methodist Clear Lake Hospital Admitting Office
8 a.m. – 5 p.m. Monday – Friday.
Or begin your preregistration at houstonmethodist.org/registration or call 281.523.2189.

Tours and Classes
Tours are offered at 4:30 p.m. on the first and third Sunday of each month. Private tours are available by appointment.

Childbirth classes also are offered. Schedule your tour or register for childbirth classes at houstonmethodist.org/patient-classes or call 281.333.8899.

Childbirth Center Information
To learn more about our Childbirth Center, please visit houstonmethodist.org/clearlake/childbirth or call 281.523.2229.

Physician Referral
To find a Houston Methodist Clear Lake doctor, visit houstonmethodist.org/find-a-doctor or call 281.333.8899.
Thank you for choosing Houston Methodist Clear Lake Hospital

Congratulations! Your child’s birth is among the most significant events in your life. This is an exciting time, whether you are starting a family or adding to your family. Houston Methodist Clear Lake focuses on family centered care. Childbirth is a miraculous event for the entire family, and family centered care means keeping families together as they welcome their newest members.
Dear Mom,

You want a supportive, caring environment in which to welcome your baby, and we want to be that place for you. Houston Methodist Childbirth Center at Clear Lake is a full-service facility providing labor, delivery, postpartum and neonatal care. Our first priority is the health of you and your baby, while providing you and your family a positive and memorable experience.

We offer a home-like setting staffed with experienced nurses and specialists, including obstetricians, anesthesiologists, neonatologists and pediatricians. Our caring doctors and staff provide mothers and newborns 24-hour, on-site medical support.

Best wishes,

The doctors and staff at Houston Methodist Childbirth Center at Clear Lake
ANOTHER NEW MEMBER OF THE FAMILY

Before you meet your little one, get to know your OB/GYN.

Choose a doctor with whom you are comfortable, while also checking credentials and hospital privileges. Ask doctors to meet with you and talk about their practices and priorities. Find a doctor at houstonmethodist.org/find-a-doctor or call 281.333.8899.

You will receive the highest level of personal care while staying in our boutique-like unit. While touring the Childbirth Center, you will meet our friendly, knowledgeable staff and visit our labor/delivery/recovery/postpartum rooms. The room you check into is where you will deliver and recover. Our Childbirth Center also has two fully equipped operating suites. We perform cesarean section deliveries on the unit, ensuring you and your baby stay together and immediately bond.

Our nursery and level 2 neonatal intensive care unit (NICU) are near our operating suites, ensuring your infant receives the highest level of care.

Please ask questions during your tour, so you know what to expect after check-in. Our staff wants you to have a pleasant and memorable experience.

We look forward to meeting you.

CHILDBIRTH CENTER TOURS

The Houston Methodist Childbirth Center at Clear Lake offers tours at 4:30 p.m. on the first and third Sundays each month. Private tours also are available by appointment.

To schedule your tour, visit houstonmethodist.org/patient-classes or call 281.333.8899.
CHOOSE YOUR BABY’S PEDIATRICIAN

To choose a Houston Methodist Clear Lake Hospital obstetrician, pediatrician or primary care doctor, visit houstonmethodist.org/find-a-doctor or call 281.333.8899 for a referral.
MATERNITY PREREGISTRATION

Preregister for your stay at Houston Methodist Clear Lake by the fifth month or about 20 weeks into your pregnancy. Stop by the main admitting office near the hospital’s front entrance 8 a.m. – 5 p.m. Monday – Friday.

Or begin your childbirth preregistration at houstonmethodist.org/registration or call 281.523.2189.

CHILDBIRTH CLASS REGISTRATION

As an expectant parent, you probably have a lot of questions. If you are already a parent, you may have concerns about your growing family. Childbirth educators and lactation consultants can help before and after delivery. Our childbirth classes for parents and family include breastfeeding, baby care and an optional Childbirth Center tour.

To register for childbirth classes, visit houstonmethodist.org/patient-classes or call 281.333.8899.
YOUR ARRIVAL AND ADMISSION
Contact your doctor to determine when you should go to the Childbirth Center.

After you settle in one of our birthing suites, your vital signs and the baby’s heartbeat will be monitored, and admission information will be collected. We recommend you have at least one support person with you during labor and delivery.

BIRTHING SUITES
Our Childbirth Center features suites in which mothers deliver, recover and remain with their newborns. We encourage new mothers to start breastfeeding at this time. Our staff also invites fathers, or another support person, in the labor and delivery or cesarean birthing suite.

We allow siblings and immediate family to stay with mom, but ask that another adult accompany children.

BIRTHING NURSES
Our Childbirth Center’s nursing staff understands how a caring nurse affects a mother’s birthing experience. We assign a nurse to provide care to each mother throughout labor and delivery. A specially trained neonatal nurse also attends every delivery, in case of complications. Our nursing team is dedicated to the health, safety and comfort of you and your baby before, during and after delivery.

AMENITIES
• Private rooms and bathrooms
• State-of-the-art delivery beds
• Baby nursery — staffed by registered nurses
• Cable television
• Guest wifi
• Large, pull-out couches for overnight guests
• Celebratory meal
• Location near the newborn nursery

DON’T FORGET CHECKLIST
Pack your bags at least one month before your expected delivery. Remember to bring:

FOR MOM:
• Nightgowns, nursing bras, robe and slippers
• Toiletries and cosmetics
• Cellphone and charger

FOR DAD:
• Electronics and chargers
• Change of clothes
• Camera
• Toiletries
• Snacks
• Contact list to call or text after baby arrives

FOR THE BABY:
• Car seat
• Receiving blankets and mittens
• Clothes for departure
• Baby book

houstonmethodist.org/clearlake/childbirth
PAIN RELIEF OPTIONS

Labor pain varies with each woman. Our goal is to ensure our patients have the safest and most pleasant birthing experience possible. Anesthesia may be an option, depending on your wishes and your doctor’s recommendations. Anesthesiologists are available around the clock and committed to providing safe and effective pain management during your labor and delivery. Epidural anesthesia and spinal blocks are most common because they allow the mother to remain alert and involved during delivery. Your doctor will discuss these options with you.

CESAREAN BIRTH

Cesarean sections, or C-sections, are sometimes planned because of a medical condition, multiple births or other concerns.

Anesthesia will keep you comfortable, if you need a C-section. In most cases, mothers are awake during the procedure, and spouses or support persons may attend. Your hospital stay may be extended a few days. However, you should be up and out of bed within hours after the procedure. Mothers who have a cesarean delivery should arrange for extra assistance at home to help care for you while you recover.

POSTPARTUM

Nurses who specialize in mother-baby care will care for you after your baby’s birth. We offer lactation support to help you learn the best technique for feeding your baby.

Doctors or staff weigh babies and give them preventive eye infection treatments and vitamin K injections. Your pediatrician will check your baby’s vital signs, including blood pressure and heart rate.
NEONATAL INTENSIVE CARE UNIT (NICU)

Houston Methodist Clear Lake is prepared for newborns who need extra care. Highly trained nurses and Texas Children’s Hospital neonatologists staff our level 2 NICU in the maternity unit. Our staff monitors high-risk and premature babies 24 hours a day.

Texas Children’s Hospital’s Kangaroo Crew transports babies born at less than 30 weeks gestation or who need a higher level of care to Texas Children’s Hospital in the Texas Medical Center to ensure your baby receives the best care possible.

NEWBORN SCREENINGS

Newborn screenings detect 26 correctable conditions, if caught early. The state requires blood tests at 2 and 14 days of age. The hospital takes the first test. Your pediatrician’s office performs the second test.

Houston Methodist Clear Lake performs a state-mandated hearing screening before discharge.
VISITOR POLICY AND HOURS

Our visitor policy promotes family centered birth, while providing a safe, calm and efficient environment.

Visiting hours are 9 a.m. – 9 p.m. Visitors must ring the doorbell to enter. One family member or friend may spend the night in the patient’s room. Children may visit, if an adult supervises them. Visitors may remain with the patient during labor or wait in the Childbirth Center’s visitor lounge.

MOTHER AND BABY HEALTH

• Anyone handling a baby should first wash their hands.
• People who are ill should not visit.
• Family and visitors must check with hospital staff before bringing food to patients.

FOOD SERVICES

• We offer a complimentary meal to celebrate your baby’s birth. Ask your nurse for details.
• Three Sisters Cafe in the south lobby is open 7 a.m. – 6 p.m. Monday – Friday for breakfast, lunch and dinner. Three Sisters Cafe is also open 7-9 a.m. and 11 a.m. – 1 p.m. Saturday and Sunday.
• Starbucks on the main lobby’s first floor is open 6 a.m. – 7 p.m. Monday – Friday.
SECURITY

Your baby’s security is as important as your baby’s health. Houston Methodist Clear Lake’s infant security system ensures the safety of you and your baby.

The Childbirth Center staff places ID bands on the baby, mother and another person of the mother’s choice after delivery to ensure proper identification. Staff members:

- Only give babies to someone with a matching ID band
- Checks ID bands before discharge. We keep one ID band for our records.

Childbirth Center employees wear a pink badge. Other hospital employees do not have pink badges. The pink badges provide extra protection, in addition to our infant security system, locked unit and surveillance cameras.

The nursing staff, parents and family supervise infants at all times. Keep your room door closed, if you choose to keep your baby with you during the night. Place your baby’s crib where you can see it and keep it away from the door.

Childbirth Center staff members wear a Houston Methodist Clear Lake ID badge with their picture on a pink background. Do not give your baby to anyone who does not wear this badge. Press your call light and ask for your nurse, if someone who is not properly identified enters your room or asks to take your baby.

INFANT SLEEP TIPS

Location and positioning can affect your baby’s safety during sleep. Risks include suffocation, strangulation, entrapment and sudden infant death syndrome (SIDS). We encourage:

- Placing babies on their backs
- Lying babies on firm surfaces, such as safety-approved crib mattresses with fitted sheets
- Keeping objects, toys and loose bedding out of sleep areas
- Keeping pillows, sleep-positioning devices, bumpers and blankets and other covers out of sleep areas
- Dressing babies in light clothing and keeping the room at a comfortable temperature to avoid overheating
- Placing cribs away from window blind, curtain and baby monitor cords to prevent strangulation
- Placing babies in their own sleep areas and avoiding bed sharing to prevent suffocation
DISCHARGE PLANNING

Most moms want to take their babies home as soon as possible. We recommend moms stay 24 hours after giving birth vaginally and 72 hours after cesarean birth to ensure:

- Your baby is ready for the outside world (stable vital signs, temperature and ability to eat/nurse adequately)
- State-mandated tests are performed when the baby is 24 hours old

State law requires infants to be transported in a car seat when going home. Plan transportation with your family and bring an age-appropriate car seat to the hospital on the day the baby goes home.

POSTPARTUM DEPRESSION

New mothers sometimes experience postpartum depression. Tell your spouse or a family member and contact your doctor, if you feel depressed or your emotions interfere with your baby’s care.

BREASTFEEDING EDUCATION

Houston Methodist Clear Lake encourages breastfeeding, the preferred method of feeding newborns and infants.

We offer lactation support to breastfeeding mothers. Our trained nursing staff can assist to ensure you are comfortable feeding your baby during your stay with us and at home.
BIRTH CERTIFICATES AND SOCIAL SECURITY CARDS

You will receive birth certificate and Social Security number applications at pre-admission to the Childbirth Center. The birth registrar will review these forms and submit them for you before discharge.

You will receive a birth facts sheet to add your baby to your insurance. Your newborn’s Social Security card will be sent to your home. You may request a birth certificate from the Texas Vital Statistics office. Contact their office at www.dshs.state.tx.us/vs or 1.888.963.7111.

How do I get a copy of my baby’s birth certificate?

You can get a certified copy of your child’s birth certificate from the registrar’s office in the city or county where the birth occurred, or you can request it from the Texas Vital Statistics office in Austin. Birth certificates can also be ordered at Texas.gov.

When will I receive my baby’s Social Security card?

A Social Security card will be sent to the mother’s address. You may contact the Social Security Administration for information at 1.800.772.1213.

When will I receive my baby’s Medicaid number?

Information you provide will be sent to Medicaid from the Texas Vital Statistics office. The infant Medicaid card will be sent to the mother’s address. For information, contact Texas Medicaid at 1.800.252.8263.
Houston Methodist Clear Lake Hospital
18300 Houston Methodist Dr.
Nassau Bay, TX 77058
Birthing Center: 281.523.2229
Hospital: 281.523.2000
houstonmethodist.org/clearlake/childbirth