AN EXPERIENCE AS PERFECT AS THE MOMENT.

You want a supportive, caring environment to welcome your baby into the world, and we want to be that place for you. Our Childbirth Center is a full-service facility providing prenatal, labor, delivery, postpartum and neonatal care. As an expecting parent, you probably have many questions. The following pages answer some of the most frequently asked questions.
GETTING READY FOR BABY

What classes and tours are offered and how much do they cost?  
Houston Methodist Childbirth Center at Sugar Land offers the following:

- Breastfeeding: $25  
- Guided Tours: Free  
- Infant CPR and First Aid: $25  
- Prepared Childbirth: $75  
- Prepared Childbirth — in Spanish: $75  
- Sibling Classes: $10 per child

How do I register for a class or tour?  
All Childbirth Center classes and tours are listed on our website. To learn more or to register, visit houstonmethodist.org/events or call 281.205.4514.

How are birthing plans handled?  
Knowing what you want for your delivery is important and allows the nurses to support your birthing plan. Please have your doctor review and approve your plan to ensure the requests can be supported in a hospital setting. Some requests cannot be accommodated, especially those that pose a potential danger to you or your baby. Your doctor should sign your birthing plan so nursing staff can be certain it has been approved.

What if my baby comes earlier than expected?  
In an unexpected moment, you can rely on us to be ready should anything unusual arise. Houston Methodist Sugar Land is prepared for those newborns who need extra care. In partnership with Texas Children’s Hospital, our level II continuum care NICU, located in the Childbirth Center, is staffed by highly-trained nurses and expert neonatology providers who monitor our high-risk and premature babies 24/7 on-site.

Babies who require a higher level of care are stabilized and transported to Texas Children’s Hospital in the Texas Medical Center. Safe and quick transfer is provided by Texas Children’s Hospital Kangaroo Crew. This is just one more assurance that your baby is receiving the best care.

With our ongoing expansion and addition of OB Emergency services, our Childbirth Center continues on the journey to opening a level III NICU, which will allow for this level of care that is not yet available in Fort Bend County.
WHAT SHOULD I BRING TO THE HOSPITAL?

Below is the list of recommended items to bring to the hospital:

FOR MOM

- Breast pump (optional) — hospital-grade pumps are available for use, however, lactation consultants are available to educate moms on proper use of their personal pumps, if needed
- Cellphone, camera, tablet and chargers
- Important documents: photo ID, insurance cards, hospital forms, birthing plan
- Loose-fitting or maternity clothes for departure
- Nightgowns, nursing bras, robe and non-slip socks or slippers
- Nursing pillow
- Toiletries, prescriptions, cosmetics

FOR SUPPORT PERSON

- An extra pillow and blanket
- Cellphone, camera, tablet and chargers
- Change of clothes
- List of family and friends to call or text when baby arrives
- Snacks
- Toiletries, prescriptions, cosmetics

FOR BABY

- Baby book
- Clothes for departure (weather-appropriate attire)
- Properly installed, age-appropriate car seat for departure
- Receiving blankets and mittens

ITEMS NOT TO BRING

- Bottles, diapers and baby wipes — these are provided by the hospital during your baby’s stay
- Jewelry
**When do I need to select a pediatrician?**
Choosing a pediatrician you are comfortable with can take some time. It’s best to start early so you can meet with several before deciding. At the latest, you should have selected a pediatrician by your 26th week.

The state requires every newborn to receive screenings which is why it is important to appoint a pediatrician when you register for delivery. Should you choose a pediatrician who does not practice at our hospital, an attending pediatrician who is already on-staff will evaluate your newborn during your stay with us.

**How do I find a pediatrician?**
Visit [houstonmethodist.org/find-a-doctor](http://houstonmethodist.org/find-a-doctor) or call the physician referral line at **281.205.4514**.

**THAT SPECIAL DAY**

**Where do I park when I arrive at the hospital?**
There is a multilevel garage facing Sweetwater Boulevard that is attached by a crosswalk to the second level of the Sweetwater Pavilion, where the Childbirth Center is located. If there is a need for a wheelchair, please pull into the circle drive at the Sweetwater Pavilion’s North Entrance for temporary parking. Once the patient is situated in the Childbirth Center, the car can be moved to the parking garage or lot. Parking is free at Houston Methodist Sugar Land and there are no time restrictions.

**Can my partner stay overnight with me in the hospital?**
Yes. The hospital provides a sleep couch for one support person, 16 years of age or older, to stay overnight.

**Who can be with me during my delivery?**
During a vaginal delivery, we do not recommend having more than two support people, 16 years of age or older, present in the room. If you are delivering by Cesarean section (C-section), only one support person is allowed in the operating room with you.

**Are midwives and/or doulas allowed to be present for delivery?**
Yes, upon patient request, if he or she is a family member or friend acting as a support person. However, in the event of an emergency, your midwife or doula may be asked to step outside of the delivery room. Additionally, a midwife may not practice under his or her license in our facility.
What are the hospital's visitation policies?
The Childbirth Center supports family centered care with open visiting hours. After 9 p.m., visitors should keep noise to a minimum to respect patients who are resting. While the maximum number of visitors is up to the discretion of the nursing staff and doctor, we recommend that patients have no more than four visitors at one time due to the size and accommodations of our rooms.

There is no age limit for visitation. However, we ask that children under the age of 16 be accompanied by an adult at all times. Visitors should be in good health, and should wash or disinfect their hands before entering the unit.

IT’S TIME: LABOR & DELIVERY

Are vaginal births after C-sections (VBAC) offered?
Trial of labor after Cesarean (TOLAC) is a planned or attempted VBAC and is a birthing option available to expecting moms at our hospital. Please consult with your physician to determine what delivery method is best for you.

What relaxation aids do you offer?
Our new labor and delivery suites are all equipped with ambient lighting options and soothing atmospheres. We offer birthing balls to aide in stretching and relaxing the back and pelvis, as well as aromatherapy to promote comfort and calmness during your childbirth experience.
What pain-reduction/pain-relief options are offered?
We currently offer epidurals for anesthesia and IV pain medication. Aromatherapy is another option for patients who prefer not to obtain an epidural and IV pain medication. We do not offer transcutaneous electrical nerve stimulation.

Am I required to have an IV?
As a safety precaution for both you and your baby, we need to have emergency IV access. IV fluid use will be determined by your physician.

Will I be allowed to eat or drink if I am having a vaginal delivery?
Clear liquids are an option; however, patients should consult with their physician.

Will I be allowed to try different positions when pushing?
Yes. We allow patients to push in a variety of positions.

What is available for natural childbirth?
Because we offer Bluetooth wireless fetal monitoring, laboring moms can practice several techniques to help with natural childbirth contractions, such as walking, sitting, squatting or even standing in running water. Each bed also has the option to add a squat bar for extra support, and we can also provide exercise balls, peanuts and aromatherapy.

Are episiotomies common?
Episiotomies are not routine; they are only performed by doctors in the event of a fetal emergency.

Is photography allowed in the delivery room, postpartum room and/or operating room?
Photography and videotaping are not permitted during medical procedures such as delivery. However, once the baby has been delivered and staff have determined he or she is in stable condition, videotaping and photography are allowed and encouraged.

What is the hospital's policy on providing backup for home-based deliveries?
We have 24/7 on-site emergency services provided by board-certified OB hospitalists who can assist with patients’ needs in the event of any obstetrical emergency.

What fetal monitoring options are available?
The majority of our labor and delivery rooms offer Bluetooth wireless fetal monitoring, which allows you to easily move around the room according to your birth plan and your doctor’s orders.

When is the cord cut? Is delayed clamping offered?
Cord clamping and cutting is at the discretion of your doctor. It is important that you discuss this option with your doctor prior to your admission to the hospital. We also suggest including this information in your birthing plan.
What is the hospital's process for skin-to-skin bonding with my baby?
At delivery, the baby is placed skin-to-skin with mom and is only removed to obtain a birth weight. Immediately after weighing, the baby is returned to mom to continue skin-to-skin bonding and to begin breastfeeding with the support of your nurse. Our dedicated recovery unit also allows skin-to-skin bonding to take place after a C-section, once mom and baby are transported from the OR. Skin-to-skin bonding and breastfeeding are encouraged and supported by the Childbirth Center team during your hospital stay.

CARING FOR BABY

Will my pediatrician visit my baby in the hospital?
If your pediatrician has privileges at Houston Methodist Sugar Land Hospital, he or she can visit your newborn and begin providing care. If your pediatrician does not have privileges, the on-call pediatrician will see your baby while you are in the hospital, and your baby's first visit with your chosen pediatrician will be after your discharge. It is important to remember that pediatrician services are billed separately.

What security precautions are in place to ensure my baby is safe?
The safety of your baby is our utmost priority. The Childbirth Center uses the Hugs and Kisses system, a highly respected and proven approach to security. Every infant receives an ankle monitor that sounds an alarm if tampered with or removed. The device also alerts unit personnel and the hospital’s security staff if an infant gets too close to elevators, exit doors or staircases. We also use infant ID bands that display matching serial numbers with the mother’s band, as well as one personally selected support person. This ensures the baby can be properly identified in all instances.
Will my baby be in the postpartum room at all times? Is there a nursery available?
We encourage rooming-in, the practice of keeping a baby in a crib in mom's room during the hospital stay. This arrangement allows parents the opportunity to bond with their newborn and learn basics about care, and enables us to provide support and assistance for breastfeeding. However, we also offer a transitional nursery for moms who need extra support and/or rest.

How should babies be positioned for sleep?
Infants should always be placed on their back to sleep, with no additional blankets, pillows or stuffed animals in the crib. We provide sleep sacks to every baby to support safe sleeping. Every family will be given a sleep sack to take home with them as well.

Does the hospital charge for necessities like diapers and wipes?
The cost is part of your overall hospital stay and is not itemized.

When are circumcisions performed? Who does the circumcision?
Both obstetricians and pediatricians perform circumcisions, so you should discuss this prior to your baby's birth. Should you opt for this procedure, it is usually done the day after delivery to allow the pediatrician to examine the baby first.

What immunizations and medications will my baby receive at the hospital?
In keeping with our quality of care, along with the recommendation of the American Academy of Pediatrics and the Center for Disease Control, an ointment to prevent eye infection treatment, vitamin K and the Hepatitis B vaccination are administered to all babies as preventative treatments with the consent of the parents.

What labs will be performed on my baby?
A bilirubin screen to check for jaundice is performed 24 hours after delivery. We also perform a state-required screen (PKU) to check for metabolic disorders; the results will be sent to your pediatrician.

When will my baby be bathed after delivery?
Your baby will be bathed around 12 hours after delivery to ensure that he or she has an adequate body temperature and has had time to bond with parents. Newborns are not able to control their internal temperatures and bathing them too soon can increase the risk that they will get too cold and need to be sent to the nursery or the neonatal intensive care unit.

When can we expect to be discharged?
For an uncomplicated, vaginal delivery, your physician may release you after 24 hours, depending on your and baby’s condition. For an uncomplicated C-section, your physician may release you after 48 hours depending on your and baby's condition.
What breastfeeding support does the hospital offer?
We have breastfeeding counselors and board-certified lactation consultants available to provide support and assistance to patients during the day, seven days a week. They are knowledgeable and experienced in helping new moms — and babies — develop the skills needed to successfully breastfeed.

Are hospital-grade pumps available to learn on? Should I bring any pumping supplies?
We do not recommend you use a breast pump until your milk supply is established, which could take a few days. However, if your infant is unable to breastfeed due to NICU admission, jaundice therapy or maternal risk factors, then a hospital-grade pump with parts will be supplied during your stay. In addition, the gift shop, located on the first floor, offers rental pumps. You can also bring your own pump if you need help from a lactation consultant on how to assemble, use and clean properly.

What can I expect for my first postpartum meal?
We offer a unique food service we call “Just For You,” available between 6:30 a.m. and 7 p.m., seven days a week. Patients in the Childbirth Center can order up to four meals a day, and can have snacks, juices and milk in between meals. There are several nearby restaurants that deliver to the unit in addition to food delivery services such as DoorDash, Favor and UberEats.

Congratulations!

CELEBRATION DINNER
Celebrate your new arrival with a special meal for two provided by Houston Methodist Sugar Land Hospital. Please call 281.274.8360 to place your order from the menu by 4 p.m. Your dinner will be delivered between 6 and 7 p.m. Enjoy!
For coffee, tea and other items, patients and visitors can choose from three Starbucks cafes within the hospital. Guest meal trays are available for an additional $12 and can be ordered via room service by calling 281.274.8360.

- **The Garden Café**
  - Main Pavilion Atrium
    Mon. – Fri., 7 a.m. – 7 p.m.
    Sat. – Sun., 7 a.m. – 2 p.m.

- **Starbucks**, three locations
  - Main Pavilion, first floor
    Mon. – Fri., 7 a.m. – 7 p.m.
    Sat. – Sun., 7 a.m. – 2 p.m.
  - Main Pavilion, second floor
    Mon. – Fri., 7 a.m.–2 p.m.
  - Sweetwater Pavilion, first floor
    Mon. – Fri., 7 a.m.–4 p.m.
16655 Southwest Fwy.
Sweetwater Pavilion
Sugar Land, TX 77479
**Childbirth Center:** 281.274.7080
**Main:** 281.274.7000
houstonmethodist.org/childbirth-sl