



# Pregnancy and Birth Guide

VCU Health Community Memorial Hospital



**VCU**Health™

Community Memorial Hospital

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## Having a baby is an amazing experience.

At VCU Health Community Memorial Hospital in South Hill, we're excited to share that experience with you. We make it easy for you and your baby to receive the care you need from providers you trust, all while staying close to home.



You no longer need to leave the area to have your baby in a safe hospital setting. Our beautiful new [Garland Birthing Center](#) has comfortable labor, delivery, recovery and postpartum rooms that offer a relaxing environment for your baby's birth.

Let us guide you through every step of your pregnancy and delivery.

## Providers You Can Count On

You're in good hands with our team of top-notch providers, who have extensive training and experience in pregnancy care and birth. The members of our team include:



### **Eric Reinertson, MD**

Dr. Reinertson received his medical degree from the University of North Dakota Medical School and completed his residency and internship at Washington University/Barnes Hospital in St. Louis, Missouri. He is board-certified by the American Board of Obstetrics and Gynecology, a Fellow of the American College of Obstetricians and Gynecologists and a member of the American Association of Physician Leaders.



### **Ramesh Seeras, MD**

Dr. Seeras earned his medical degree from the University of Saskatchewan, where he also completed his residency training in obstetrics and gynecology. Before coming to VCU Health CMH, he worked in private practice in Illinois and served as chief of the OB/GYN department at MacNeal Hospital in Berwyn, Illinois. He is board-certified by the American Board of Obstetrics and Gynecology and a Fellow of the American College of Obstetricians and Gynecologists.



### **Terry Wootten, RN, CNM**

Terry, a certified nurse-midwife, has more than 20 years of experience in midwifery and is certified by the American Midwifery Certification Board. She earned her nursing degree from the University of Virginia, completed graduate study in maternal child health at Emory University and received a master's degree in nursing from East Carolina University.

## All the Care You Need

Our attentive prenatal care will help you have a healthy, happy pregnancy.

- **Supportive group care:** Our moms love [CenteringPregnancy®](#), an innovative, small-group approach to prenatal care that integrates attentive health care, education, group support and skill-building. By taking part in CenteringPregnancy, you'll not only receive high-quality prenatal care, but also have a wonderful opportunity to bond and build friendships with other moms-to-be.
- **Doctor or midwife:** You can choose to be cared for by one of our physicians or our certified-nurse midwife. Our certified nurse-midwife works collaboratively with our physicians to provide health care to women at any stage of life, including during pregnancy and birth.

## When It's Time to Deliver

Moms and families love our new Garland Birthing Center, which offers both the comforts of home and the safety of a hospital. We've worked closely with moms to design a birthing center that provides everything they're looking for, including fully equipped birthing suites designed for family-centered care. Our labor, delivery, recovery and postpartum rooms allow you and your family to get comfortable and remain in one room throughout your stay.

We also offer wireless fetal monitoring, which allows you to move around during labor, as well as labor tubs, labor showers, birth balls, peanut balls and birth bars to support your labor.

In the event that you deliver via cesarean, we have a specially designed operating suite created with your comfort in mind.

## Honoring Your Childbirth Choices

We understand that moms have different preferences when it comes to giving birth. You may want a natural, low-intervention birth assisted by a certified nurse-midwife. Or you may prefer to have an epidural for pain relief and to deliver with an obstetrician.

We'll respect your wishes and work with you to create the birth experience you want. Because of this commitment, as well as our providers' extensive experience, our hospital has the lowest primary cesarean delivery rate in the region.



## After Your Baby Arrives

We know that newborn babies benefit from skin-to-skin contact with their moms. It allows your body to regulate your baby's body temperature and heart rate and establishes the emotional bonding between you and your baby that's so critical to early infant development. That's why we place all healthy newborns — including those born via cesarean delivery — on their mother's bare chest for one hour or until the first feeding.

We also provide bedside assessment for healthy newborns, rather than taking babies to the nursery for their first checkup. To foster a strong bond between you and your baby, your baby will room with you throughout your stay.

Before you go home, our nurses will help you feel secure about feeding, bathing and calming your baby. They'll also go over diaper changing, safe sleeping, car seat safety and when to call your baby's doctor.

## Access to Specialty Care

Being part of VCU Health, we give you direct access to specialists in Richmond who can handle any complication that may arise during pregnancy or birth. These include:

- Maternal-fetal medicine specialists stand ready to manage high-risk pregnancies and deliveries. They help women with pre-existing medical conditions or pregnancy complications have healthy pregnancies and births.
- The [Complex Prenatal Care Program](#), the only one of its kind in Central Virginia, includes every specialist you and your baby may need.
- Virginia's only Level IV neonatal intensive care unit that offers a private room for each baby and direct access to hundreds of pediatric specialists from Children's Hospital of Richmond at VCU.



## High-Quality Care, Close to Home

To learn more about pregnancy and birth at VCU Health Community Memorial Hospital, call (434) 584-5083. You may also take a [virtual tour](#) of the Garland Birthing Center.

