



# Your birth, your way

## VCU Medical Center Pregnancy and Birth Guide

### **Having a baby is an amazing experience.**

At VCU Health, we empower you to have the birth experience you want. We're here to provide you and your baby with the highest level of care in a comfortable, nurturing environment.

U.S. News and World Report and Newsweek recognize VCU Medical Center among the best hospitals for maternity care — find out why parents do too.



Have questions or ready to schedule an appointment?  
Call 804-628-1263 or visit [vcuhealth.org/birth](https://vcuhealth.org/birth)

**We will work closely with you to provide the best, most attentive care.**

Our collaborative team of experienced, diverse professionals works with you to deliver the personalized care you and your baby need before, during and after birth.



**During Your Pregnancy**

We will help you have a healthy, happy and safe pregnancy. Our prenatal services include:



**Pregnancy care options**

You can choose to have one-on-one prenatal appointments with a physician, midwife or nurse practitioner. Your appointments can be at our convenient locations in downtown Richmond, Stony Point or Short Pump. Whatever prenatal care you want, know that you are in good hands with our award-winning and diverse team.



**Highly trained specialists**

Our team of maternal-fetal experts will work with you if you have a high-risk pregnancy or a pre-existing medical condition. When needed, we will oversee and coordinate care for you and your baby with our neonatal specialists at Children’s Hospital of Richmond at VCU. This level of care is unavailable at any other regional hospital.



**Certified nurse-midwives**

We have the most established and respected certified nurse-midwife practice in town. Our midwives specialize in low-intervention, natural childbirth for low-risk pregnancies. We are the only Richmond area practice to achieve the Triple Aim designation for improving the patient experience, reducing the cost of care and improving the health of populations.



**Education and support**

We offer classes and support for expectant parents, including childbirth preparation, breastfeeding, infant safety and newborn parenting. And we provide a range of support materials — you can download and customize your birth plan or watch videos to learn more about the birthing experience.

## When It's Time to Deliver

You will love our welcoming labor and delivery unit, which offers the comforts of home and the safety and expertise of a top-ranked medical center. We worked closely with pregnant individuals to design a labor and delivery unit that provides everything you're looking for, including:

- **A 24/7 delivery team:** Our entire delivery team, including obstetric anesthesia specialists, is always on site (not just on call).
- **Comfort and space:** Our labor and delivery rooms are spacious and private — all have a labor shower, comfortable sleeping chair or sofa bed. Many also offer a large birthing tub.
- **Wireless fetal monitoring:** If you haven't had an epidural, you'll be able to move around during labor — we can monitor your baby wirelessly.
- **Cesarean operating room:** If you require a C-section, our state-of-the-art operating rooms are on the same floor and provide a comfortable, gentle atmosphere with soft lighting and music.
- **Best neonatal intensive care:** Most babies are born perfectly healthy. But for those who need extra care, VCU Medical Center is the ideal place to be. Along with Children's Hospital of Richmond at VCU, we offer Virginia's most advanced neonatal intensive care unit with private rooms so you can stay with your baby. And you'll have direct access to a team of experienced pediatric specialists.



## Honoring Your Birth 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 deliver with one of our amazing obstetricians with multiple options for pain relief. We're the only Center of Excellence in Obstetric Anesthesia in Virginia. If you want to try for a vaginal birth after a previous cesarean (VBAC), we offer that. We have the highest success rate of VBACs in the area.

We respect your wishes and are partners in creating the birth plan you want. We feel privileged and honored to be part of your experience.





### After Your Baby Arrives

As the area's only Baby-Friendly® designated hospital, we follow best practices in promoting the health and well-being of mothers and infants.

After birth, we place all healthy newborns — including those born via C-section — on your chest for immediate skin-to-skin contact for the first hour of life. This approach benefits both parent and baby and promotes bonding, healing and successful breastfeeding.

We'll assess you and your baby at your bedside rather than taking your baby out of the room. To foster bonding, we encourage "rooming in," where your baby stays by your bedside throughout your stay.

Before you go home, our skilled nurses will teach you how to feed, bathe and calm your baby. They'll also go over sleep tips, car seat safety and when to call your baby's doctor.

### Breastfeeding Support

Because we know that breast milk is the perfect food for babies, we offer a full range of services to help you succeed at breastfeeding. Our trained nurses and lactation consultants provide support and education during pregnancy, during your baby's first days of life and even after you and your baby leave the hospital. Our certified lactation consultants are available seven days a week to offer support.

### Tour our Birthing Center

When it's time to decide where your baby will be born, VCU Medical Center is an excellent choice. Our state-of-the-art labor and delivery and mother-infant units offer complete mother-baby care. Families enjoy facilities that blend a tranquil atmosphere with advanced technology and care. You'll feel the comforts of home within the safety of a top medical center.

Take a virtual tour at [vcuhealth.org/birth](https://vcuhealth.org/birth)

