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Preparing for Delivery

The big day is approaching and there is still a lot to be done!

This handout is to help remind you of steps to be taken ahead of time to help you plan for your upcoming delivery.

1. **Classes:** This is a good time to sign up for childbirth preparation classes, or a refresher if this is not your first delivery. We like the classes run by Fina Arnold, RN with A Heart for Family (www.aheartforfamily.com) or call Fina at 626-644-3304. Huntington Hospital also offers childbirth preparation classes. Call (626) 397-8768. They have online registration at www.huntingtonhospital.com. If a C/S birth is planned, these classes can be modified (for example, newborn care and breast-feeding classes only).
2. **Cord Blood:** Have you decided if you are going to preserve your baby's extra umbilical cord blood? The stem cells in the cord blood are frozen and can be used, even years later, to treat various life-threatening conditions.
3. **Pediatrician:** Your newborn needs to be under the care of a Pediatrician on staff at Huntington Hospital. Let us know if you need help selecting your Pediatrician. You can refer to the list in our OB Guidebook.
4. **Registration:** You need to fill in and mail the Huntington Hospital Labor and Delivery Registration Form. This was included in the folder we gave you at the start of your prenatal care with us. If you have misplaced this form it is also on our web site and we have copies at the front desk. The Hospital will send you confirmation after you submit this form.
5. **Tour:** There is a Maternity Orientation and Tour of the Huntington Hospital Labor and Delivery Department. It is offered monthly at 2 p.m. on the first Sunday or 7 p.m. on the third Monday (excluding holidays) at the Braun Auditorium. For more information, see our OB Guidebook or call 626- 397-5037. The tour is optional but informative.

If you have any questions about preparing for your upcoming delivery, feel free to ask us. Please refer to your OB Guidebook for useful information about the Hospital and many birthing related issues. There is also a useful checklist at the back of the Guidebook.