

CONGRATULATIONS
ON YOUR PREGNANCY



Maternity Care at Hoag Hospital Irvine

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Expert Maternity Care Reimagined

Nothing compares to the experience of being pregnant and ultimately welcoming a baby into the world.

The maternity services at Hoag Hospital Irvine are an extension of the world-renowned maternity services at Hoag's Newport Beach campus. As the leading provider of maternity services in Orange County and second largest in California, Hoag is uniquely positioned to reimagine the experience of pregnancy, delivery, recovery and postpartum for your family.

As a Magnet® hospital for nursing care, the highest national designation, Hoag is home to highly skilled registered nurses who ensure the safest delivery and compassionate care for both mom and baby. Hoag's comprehensive clinical team also includes OB/GYN hospitalists, certified nurse midwives and board-certified anesthesiologists, neonatologists and perinatologists.

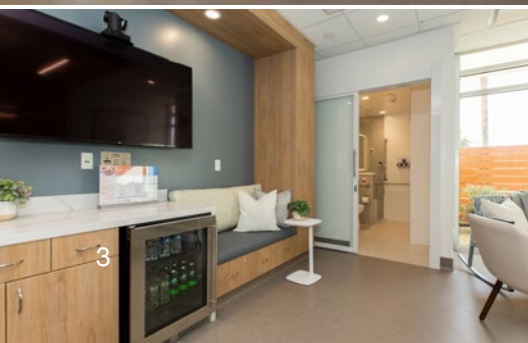
Hoag believes in honoring your birth preferences while allowing for the flexibility to adjust as needed to help keep you and your baby comfortable and safe.

State-of-the-Art Facilities

- Every maternity suite at Hoag Hospital Irvine is private and designed for family-centered care. All suites include a private bathroom and accommodations for one adult support person to stay the night.
 - The Fudge Family Birthing Suites on the ground floor offer the ability for moms to experience labor, delivery and their first precious moments with their newborns in a spacious room with home-like amenities. After labor, delivery and recovery, mothers and babies may be transferred to a private postpartum room.
 - The Mother Baby & Antepartum Suites on the sixth floor offer private rooms intended for antepartum and postpartum moms and their newborns.
- Special care nursery for babies needing extra medical attention.
- Two dedicated operating rooms for Cesarean deliveries.

Premium Amenities

- Spa-like essential oils for massage or aromatherapy, rainfall showers, robes and afternoon tea service.
- Remote monitoring allows you to walk freely.
- The Fudge Family Birthing Suites offer various support tools to assist during labor, including birthing balls, peanut balls, rocking chairs and birthing tubs available for in-room use; please discuss the use of a birthing tub during labor with your OB provider.
- Special “celebration meal” for you and your support person to celebrate the birth of your baby.





Pre-Admission Registration

Hoag offers convenient pre-admission registration for moms who wish to deliver at Hoag. We encourage expectant mothers to pre-register to deliver.

Before registering, speak with your OB provider to determine if delivering at Hoag Hospital Irvine is right for you.

Ways to pre-register:

- Online: **hoag.org/pregnancy**.
- Pre-register and complete the Birth Preference Form through the Nona app.
- Phone: 949-517-3228.
Monday-Friday, 5 a.m. to 9 p.m.
Saturday-Sunday, 7 a.m. to 7 p.m.
- Mail: Forms are available at **hoag.org/pregnancy** and at your OB provider's office. Mail to:



Hoag Hospital
Attn: Patient Access/Registration
16200 Sand Canyon Avenue
Irvine, CA 92618

Visiting Guidelines at Hoag Hospital

Please visit **hoag.org/visitor-policy** for the current visitor policy, including visitor requirements and applicable state mandates.

If you choose to use a doula you will still be allowed to have support person(s) as indicated in the current visitor policy. Please provide your doula contract to your OB provider. Your OB provider will need to forward the contract to the hospital.



OB Education

Hoag's philosophy is that with every birth of a child, there is also the birth of a new family. Through a variety of educational classes and support services, Hoag OB education supports families throughout the exciting journey of pregnancy and parenthood.

Information regarding OB education classes and support groups is available at **[hoag.org/obeducation](https://www.hoag.org/obeducation)**. Class topics include:

- Pregnancy & childbirth preparation.
- Breastfeeding.
- Newborn care.
- Postpartum & parenting.
- Self-care for mom.

Hoag BabyLine: 949-764-BABY (2229)

The Hoag BabyLine is staffed by International Board Certified Lactation Consultant (IBCLC) registered nurses with expertise and knowledge about pregnancy (before, during and after), as well as basic baby care and breastfeeding.

The BabyLine is available to assist with the following:

- Basic baby care.
- Basic infant feeding and breastfeeding.
- Mother care.
- Pumping questions.
- Resources available.
- Returning to work.

The BabyLine is available Monday through Friday, 9 a.m. to 4:45 p.m. (closed on holidays).



Call 911 if you or your baby is having a medical emergency.

Breastfeeding

You have a choice in the way you feed your baby. Making the decision to breastfeed will benefit you and your baby for a lifetime.

When to seek lactation support:

- Your baby has difficulty latching onto your breast.
- You have persistent sore nipples.
- Your baby has not regained birth weight by two weeks.
- Your baby cries after feedings, is hungry after feedings, or sleeps all the time.
- Your baby does not have three or more yellow stools by day six.
- Your mature milk has not come in by day seven.

Hoag Breastfeeding Clinic

A one-on-one consultation with an International Board Certified Lactation Consultant (IBCLC) registered nurse provides new moms with support, encouragement and answers to questions that commonly arise when newborns come home from the hospital. Your support person is strongly encouraged to attend.

Breast Pump Rentals

The OB education team rents breast pumps to mothers who need a hospital-grade pump for short or long-term use.



To schedule an appointment for a one-on-one consultation or request a breast pump rental, call the Hoag BabyLine at 949-764-BABY (2229).



Hoag Breastfeeding Clinic

500 Superior Avenue, Suite 300B, Newport Beach, CA 92663





Nona: A Mom Support App

Simplify your pregnancy and postpartum journey with Nona, a free chat support & concierge app for our new and expecting mothers.

A new baby brings a flood of excitement and emotions. And when you're feeling alone, Hoag's Nona guides can help. With specialties, including postpartum, lactation, nutrition and mental health, your guides can help you reach the calmness you need.

As a Nona user, you will have on-demand access to Hoag experts, answers to your vulnerable questions, customized helpful resources and reassurance that you're on the right track. Visit hoag.org/nona to learn more.



Scan the code with your phone's camera to download the app and get support today.



Select your Baby's Pediatrician

Visit hoagmedicalgroup.com/physician-finder to select your baby's pediatrician.

Hoag Pelvic Health Program

Pregnancy and childbirth can often lead to some form of pelvic floor disorder. The pelvic floor is an important muscle group that supports the bladder, bowel, rectum and uterus. Through integrated, evidence-based pelvic floor therapies, the Hoag Pelvic Health Program utilizes a comprehensive approach to help you address pelvic floor dysfunction and restore the health of these vital muscles.

During pregnancy, pelvic health experts can provide instruction to you or your partner on performing perineal massage to help decrease perineal tearing during a vaginal delivery. And with specialized neuromuscular re-education therapy, you can learn pushing mechanics through targeted techniques and exercises.

After delivery, the team can address ailments that may be related to your pregnancy and postpartum period, including the following conditions:

- Urinary or bowel incontinence.
- Pelvic prolapse.
- Painful sex.
- Back pain.
- Postural issues.

For more information, visit **[hoag.org/pelvic-program](https://www.hoag.org/pelvic-program)** or call to schedule an appointment:

- Irvine: 949-557-0190.
- Newport Beach: 949-764-7277.



Hoag Maternal Mental Health Program

Identifying and treating mental health conditions before, during and after pregnancy is critical to ensure healthy outcomes for both mothers and babies.

Hoag Maternal Mental Health Program focuses on four core principles:

1. Universal screening for maternal mental health needs during pre-conception, pregnancy and postpartum.
2. Connection to support services.
3. Early intervention and treatment.
4. Community education to decrease stigma and increase awareness.

Maternal Mental Health Outpatient Clinic

The Maternal Mental Health Outpatient Clinic provides comprehensive mental health evaluation and treatment for pregnant and postpartum (up to one year) women struggling with conditions such as depression, anxiety, panic disorder, post-traumatic stress disorder, bipolar spectrum, obsessive compulsive disorder, sleep disturbances, among other conditions.

Clinic services include:

- Mental health assessment.
- Individual and group psychotherapy.
- Pre-conception planning and medication safety evaluation (women with existing mental health conditions or who are already taking medications and are planning to conceive).
- Medication safety evaluation during pregnancy and breastfeeding.
- Pharmacogenomics testing.
- Connection to support services.



Learn more at **hoag.org/mmh** or call 949-764-5333 for more information.

Notes

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Women's Health
Institute

Hoag Hospital Irvine

16200 Sand Canyon Avenue, Irvine, CA 92618
Hoag BabyLine 949-764-BABY (2229) | [hoag.org](https://www.hoag.org)