

Homework + When to Call the Office

- Choose Your Child's Pediatrician
 - Choose your child's pediatric provider or sign up for a **Meet the Provider** night
- Postpartum Class
 - Sign up for a **Postpartum Class**
- Birth Wishes
 - Review your plan for:
 - *Pain management*
 - *Breastfeeding*
 - *Cord blood donation*
- FMLA/Disability Paperwork
 - **Do not procrastinate.** Bring your FMLA and/or disability paperwork to the office ASAP
- Discussion
 - Discuss Hepatitis B vaccine and circumcision
- Car Seat
 - Purchase your car seat and have it installed

Remember to call the office if you have...

- Bleeding or leaking fluid from your vagina (water breaks)
- Severe menstrual-like cramping or backache
- Continuous pain (particularly in the abdomen)
- Sudden swelling in hands or face
- Burning with urination
- Continuous headache
- Blurry vision
- Persistent vomiting
- Decreased fetal movement
- Falls
- Motor vehicle accidents
- Contractions (if you are < 34 weeks and have 5 or more contractions in 1 hour)

Bottom line... If you ever have something that is worrisome to you, you *SHOULD* make the call.



IHA Medical Group

Obstetrical Delivery Services

The OB/GYN Division cares for our obstetrical patients as a team.

Physicians (obstetricians) from our obstetrical practices will share 12-hour on-call shifts and care for all obstetrical patients. There will always be two physicians in the hospital who are immediately available for patients who are in labor.

We are confident that this cross-coverage arrangement will not only enhance the already outstanding medical care provided to our patients, but will also provide patients with greater appointment access in the offices. Since implementing this system, our patients have continued to be very satisfied with the care they are provided.

The team caring for you and your baby is comprised of the following professionals all of whom are coordinating your care as you progress from labor through the birth of your child and recovering in our mother and baby unit: **Physicians • Midwives • Postpartum Care Specialist • Nurses**

FREQUENTLY ASKED QUESTIONS

Why do we care for patients as a team?

Team care focuses on two primary issues: limiting physician work hours and increasing access to obstetric and gynecologic care in our community.

The physicians in our group will only work 12-hour shifts, and we will staff two physicians at the hospital covering laboring patients. This will provide excellent response in the hospital setting and will improve access to your physician in the office while continuing to provide outstanding care in labor and delivery.

Will this impact the care I receive when in labor?

No. Because the physicians in labor and delivery focus only on laboring patients, we expect you will continue to receive the highest quality of care you currently receive from your physicians in the office. You should have ample time to meet the physicians and discuss your medical history, as well as your birth plans.

Can two doctors safely care for all of the patients?

Yes. Having studied many other shared-call systems, we are confident that we can provide safe care for all of our obstetric patients. Because no one can predict when a baby will come, and labor and delivery is often very busy, we work together with our nurse midwives and nurses to accommodate our patients. We will have other physicians available for back-up as needed.

Will I be able to meet the physicians who will be taking care of me while in the hospital?

Yes. There will be two physicians in the hospital at all times, and they will be available to meet with you and your family as you progress through your labor.

How will the physician know my medical and obstetric history?

Because we are all Trinity Health IHA Medical Group physicians, we work as a group with medical records, safety protocols (such as physician hand-offs), and problem lists to ensure we are well-informed about each patient. You will also have time to meet the physicians in labor and delivery and review your medical history with them.

What can I expect during my delivery experience?

When you first arrive at the hospital, you are seen in the triage area of our Labor & Delivery Unit (L&D) by one of our certified nurse midwives. They will assure you are cared for and evaluated as to the next steps in your delivery with the two physicians who are always in L&D.

The physician will determine when you are ready to move from triage to your room. Both physicians will work closely with your nurse as your labor progresses. Residents and medical students could also be included in your care.

After your delivery, both you and your baby will go to our Mother/Baby Unit. The nurses will be a great resource to you at this time for questions and concerns. Our Postpartum Care Specialist will assure your discharge is smooth and you and your baby are ready to go home.



IHA Medical Group

Car Seat Safety

- DO**
- Carefully install your infant's car seat following the instructions carefully
 - Receive assistance in proper car seat installation by a certified technician: nhtsa.gov
 - Be a good example for your child and buckle up for every ride
 - Register your child's car seat so that you can be notified of any recalls
 - Place child in car seat in bulk-free clothing

- DON'T**
- Buy a used car seat unless you know its full crash history. Once a car seat is in a crash or if it is expired, it needs to be replaced.
 - Never leave your child in the car alone. The temperature can rise 20 degrees and cause heat stroke in the time it takes you to run in and out of the store.

*Road injuries are the leading cause of preventable deaths and injuries to children in the United States. **Roughly 73% of car seats are not used or installed correctly.** Correctly used child safety seats can reduce the risk of death by as much as 71%.*

If you have questions or need help installing your car seat, you can find a certified child passenger safety technician through the following: The AAP Parenting website (healthychildren.org), the NHTSA website (seatcheck.org) and the C.S. Mott Children's Hospital Buckle Up! Program (734-76-2251).

Receive a one-on-one personalized inspection of your car seat by a certified Child Passenger Safety Technician (CPST).

*To locate the certified technicians in your area, visit **seatcheck.org**, and scroll down to Car Seat Inspection to enter your city.*



IHA Medical Group

Pediatric Services

Your child is well-covered with Trinity Health IHA Medical Group. From your very first visit, you'll notice that our pediatric services are some of the most advanced and up-to-date in all of Michigan.

SOME OF OUR PEDIATRIC SPECIALTIES AND SERVICES INCLUDE:

- Preventive services
- Behavior and development
- Asthma management
- Diagnosis of new symptoms or problems
- Vaccination management
- Care for children with special needs
- Premature infants through young adults
- Nutrition and childhood obesity

Our pediatricians believe in the safety and benefits of childhood vaccinations. We advocate following the American Academy of Pediatrics guidelines for vaccinations. We stay informed about newly published vaccination studies and have not seen any studies that lead us to support the delay of vaccinations or use of alternative vaccination schedules. Alternative vaccination schedules leave children unprotected at the most vulnerable ages.

Vaccinations have helped children stay healthy for more than 50 years. They are safe and they work. In fact, serious side effects are no more common than those from other types of medication. Vaccinations have reduced the number of infections from preventable diseases by more than 90%. Yet many parents still question their safety because of misinformation they've received. That's why it's important to turn to a reliable and trusted source, like your pediatrician. We are happy to discuss each vaccine and their safety and benefits at every visit.

FREQUENTLY ASKED QUESTIONS

What if my child is sick?

We pride ourselves on making sure when patients call, they can be seen the same day if needed. In some cases, your call will be transferred to our triage nurses who are trained to assess your child's condition and determine if your child needs an appointment that day. Sometimes a child's condition can get better with little intervention from the pediatrician. In these cases our nurses will give advice on how to care for your child at home. Before going home from the hospital, you will pick a pediatrician that will be your partner in caring for your child. If that pediatrician is unavailable that day, we do our best to still get you in to be seen by another pediatrician or a pediatric nurse practitioner. Our pediatric nurse practitioners are certified registered nurses with advanced academic and clinical education. They partner together with our pediatricians and care for everything from well child visits to everyday sick concerns.

What do I do when the practice is closed?

If your child has an urgent medical problem and needs assistance when the office is closed, please call your practice's phone number. You will be sent to the call center where there are nurses answering phone calls 24/7. Our motto is "Call Us First" and our experienced nurses will give you advice as to what to do next, whether it's caring for your child or taking your baby somewhere needing to be seen. If there are further concerns, they nurses will page the on-call pediatrician or pediatric nurse practitioner.

How often should my child be seen during the first two years?

Regular preventive health visits are the best time to assess your child's growth and development, and discuss any questions you may have. We schedule preventive health visits at:

- 2 days
- 6 months
- 18 months
- 2 weeks
- 9 months
- 24 months
- 2 months
- 12 months
- 4 months
- 15 months

It's important to schedule your child's wellness visit each year as they grow. At each visit, we provide informational handouts and discuss both health education and growth developments.

We practice in conjunction with guidelines from the American Academy of Pediatrics. A wealth of information and recommendations for parents from the American Academy of Pediatrics can be found on their website HealthyChildren.org.



IHA Medical Group

Create a Safe Sleep Environment

Did you know that the features of your baby's sleep area can affect his/her risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, such as suffocation?

Reduce the risk of SIDS and other sleep-related causes of infant death by creating a safe sleep environment for your baby.

- Always place baby on his or her **back to sleep** for all sleep times, including naps.
- Have the baby **share your room, not your bed**. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. Try room sharing—keeping baby's sleep area in the same room next to where you sleep.
- Use a **firm sleep surface**, such as a mattress in a safety-approved* crib, covered by a fitted sheet.
- Keep soft objects, toys, pillows, crib bumpers, and loose bedding **out of your baby's sleep area**.
- Dress your baby in **no more than one layer of clothing more than an adult would wear** to be comfortable, and leave the blanket out of the crib. A one-piece sleeper or wearable blanket can be used for sleep clothing. Keep the room at a temperature that is comfortable for an adult.
- Safety-approved* **portable play yards can also provide a safe sleep environment** for your baby. When using a portable play yard, always place baby to sleep on his or her back and keep toys, pillows, and blankets out of the play yard. These actions help reduce the risk of SIDS and other sleep-related causes of infant death.

*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas:

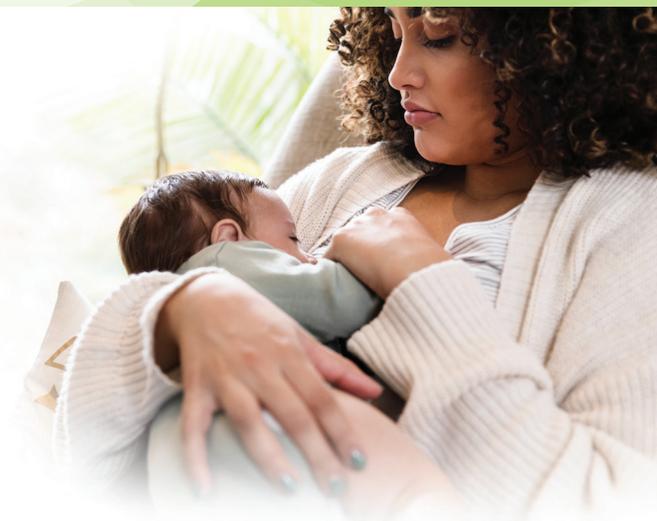
<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>



IHA Medical Group

Lactation & Breastfeeding Medicine

Our International Board Certified Lactation Consultants (IBCLC) and Certified Lactation Consultants (CLC) are board-certified pediatricians or registered nurses who can provide you with expert care before, during and after your baby is born to ensure that you have the support and education you need to feel comfortable and confident in your decision to breastfeed. All lactation consultants provide breastfeeding support consistent with the recommendations of both the American Academy of Pediatrics, the International Board of Lactation Consultant Examiners and the Academy of Lactation Policy and Practice.



Lactation consultants are available for **one-on-one breastfeeding assistance**. They can handle many types of breastfeeding issues including, but not limited to:

- Basic breastfeeding education
- Support and encouragement
- Help continuing with breastfeeding after returning to work or school
- Latch-on problems
- Sore nipples or engorgement
- Slow weight gain of infant
- Insufficient breast milk
- Medical conditions such as prematurity, Down syndrome, cleft lip and/or palate
- Breastfeeding multiples

We believe breastfeeding is best and the absolute healthiest nutrition for your baby.

GOOD FOR BABY

- Breast milk offers immediate protection against allergies, diabetes and obesity
- Breast milk has the perfect balance of protein, fat, mineral and vitamins

GOOD FOR MOM

- Breastfeeding leads to a lower risk of certain types of breast cancer, Type 2 diabetes and ovarian cancer
- Reduces the risk of osteoporosis, which helps protect against bone fractures in older age

To make an appointment at one of these convenient locations, please call:

Pediatrics - Arbor Park • Marissa DaSilva, CNP, IBCLC • **734-434-3000**

Pediatrics - Cherry Hill Village • Bryn Gerich, CNP, IBCLC • **734-398-7899**

Pediatrics - Genoa • Julie Bryne, CNP, IBCLC & Kristen Upton, CNP, IBCLC • **810-494-6820**

Pediatrics - Schoolcraft Campus • Rachel Nash, MD, CLC, MPH • **734-844-5200**

Pediatrics - Union Lake • Morgan Parkinson, CNP, IBCLC • **248-360-1200**

Pediatrics - West Arbor • Emma Adams, CNP, IBCLC, & Kelly Strickler, CNP, IBCLC • **734-971-9344**



IHA Medical Group

Disabilities + Pregnancy

Pregnancy is a time in a woman's life that is filled with many joyous moments, excitement and anticipation. As the months go by and the baby and uterus start to increase in size, it is natural for women to experience a number of symptoms that are normal occurrences in pregnancy.

Below are common questions women have about disabilities and pregnancy.

WHAT TYPE OF SYMPTOMS MAY I EXPERIENCE?

- Lower back pain
- Pelvic discomfort
- Swelling of the arms and legs
- Decrease in energy level
- Fatigue
- Insomnia
- Lower back or pelvic soreness with walking

While we recognize how uncomfortable these symptoms can be in pregnancy, these symptoms do not constitute a disability.

WHEN SHOULD I STOP WORKING?

- There is no "set time" when pregnant women should stop working assuming there are no medical reasons to stop working.
- If there are no medical reasons to place someone off work, the time off prior to delivery will not be considered a disability.
- Typically your Human Resources department will ask for a note from your doctor with a date to stop working.
- The patient/employee should use accumulated vacation time, accrued sick time, or take the time off without pay (such as using part of your allotted FMLA time). Speak to your employer about which option(s) best suits your particular situation.
- Your estimated delivery date does not equate with a medical indication to stop working. Therefore, in these instances, our office can only file the diagnosis of "pregnancy" on any disability paperwork, as any other diagnosis would be considered disability fraud.

HOW DO I KNOW IF I HAVE A MEDICAL DISABILITY?

We consider medical disability to be: • **6 weeks for vaginal delivery** • **8 weeks for cesarean section**

- Some employers or disability companies consider medical disability to shorter than 6 or 8 weeks. In these instances, the additional weeks may not be paid for by your disability policy, unless you have a medically recognized complication.
- We can only fill out paperwork to reflect actual restrictions. It is your responsibility to know the policies of your employer or disability company.
- If you are medically ready to return to work sooner after your delivery, it is possible be cleared sooner.

DO I HAVE A COMPLICATED PREGNANCY?

- If your pregnancy is complicated by a recognized medical condition and your physician has directed you to be off work prior to delivery, our office will coordinate disability paperwork that may need to be filed with your employer on your behalf.

Our goal is to provide you with the best care possible!



IHA Medical Group

After Your Delivery (The Postpartum Period)

YOUR CARE INSTRUCTIONS

Congratulations on the birth of your baby. Like pregnancy, the newborn period can be a time of excitement, joy, and exhaustion. You may look at your wondrous little baby and feel happy. You may also be overwhelmed by your new sleep hours and new responsibilities.

At first, babies often sleep during the day and are awake at night. They do not have a pattern or routine. They may make sudden gasps, jerk themselves awake, or look like they have crossed eyes. These are all normal, and they may even make you smile.

In these first weeks after delivery, try to take good care of yourself. It may take four to six weeks to feel like yourself again, and possibly longer if you had a Cesarean birth. You will likely feel very tired for several weeks. Your days will be full of ups and downs, but lots of joy as well.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of medicines you take.

HOW CAN YOU CARE FOR YOURSELF AT HOME?

Take care of your body after delivery

- Use pads instead of tampons for the bleeding that may last up to six weeks.
- Ease cramps with ibuprofen (Advil, Motrin).
- Ease soreness of hemorrhoids and the area between your vagina and rectum with ice compresses or witch hazel pads.
- Ease constipation by drinking lots of fluid and eating high-fiber foods. Ask your doctor about over-the-counter stool softeners.
- Cleanse yourself with a gentle squeeze of warm water from a bottle instead of wiping with toilet paper.
- Take a sitz bath in warm water several times a day.
- Wear a good nursing bra. Ease sore and swollen breasts with warm, wet washcloths.
- If you are breastfeeding, use ice rather than heat for breast soreness.
- Your period may not start for several months if you are breastfeeding. You may bleed more, and longer at first, than you did before you got pregnant.
- Wait until you are healed (about four to six weeks) before you have sexual intercourse. Your doctor will tell you when it is okay to have sex.
- Try not to travel with your baby for five to six weeks. If you take a long car trip, make frequent stops to walk around and stretch.

Avoid exhaustion

- Rest every day. Try to nap when your baby naps.
- Ask another adult to be with you for a few days after delivery.
- Plan for child care if you have other children.
- Stay flexible so you can eat at odd hours and sleep when you need to. Both you and your baby are making new schedules.
- Plan small trips to get out of the house. Change can make you feel less tired.
- Ask for help with housework, cooking, and shopping. Remind yourself that your job is to care for your baby.



IHA Medical Group

After Your Delivery (The Postpartum Period)

Know about help for postpartum depression

- “Baby blues” are common for the first one to two weeks after birth. You may cry or feel sad or irritable for no reason.
- Get adequate rest and nutrition. Being tired makes it harder to handle your emotions.
- Go for walks with your baby.
- Talk to your partner, friends, and family about your feelings.
- Be open to taking time for yourself, warm baths, walking, music, and talking with your friends.
- Talk to your partner about the change you both are experiencing.
- Accept and express both positive and negative feelings.
- Openly ask for help.
- Keep perspective, things change quickly.
- Talk to experienced parents for support, guidance and feedback.

Stay healthy

- Eat healthy foods so you have more energy.
- If you breastfeed, avoid alcohol and drugs. Stay smoke-free. If you quit during pregnancy, congratulations.
- Start daily exercise after four to six weeks, but rest if you feel tired.
- Do Kegel exercises to regain strength in your pelvic muscles. You can do these while you stand or sit:
Squeeze the same muscles you would use to stop your urine. Your belly and thighs should not move. Hold the squeeze for three seconds and then relax for three seconds. Start with three seconds. Then add 1 second each week until you are able to squeeze for 10 seconds. Repeat the exercise 10 to 15 times for each session. Do three or more sessions each day.
- If you had a Cesarean birth, give yourself a bit more time before you exercise, and be careful.

When Should You Call for Help?

Watch closely for changes in your health and be sure to contact your doctor if:

- Your vaginal bleeding seems to be getting heavier.
- You have new or worse vaginal discharge.
- You feel sad, anxious, or hopeless for more than a few days.
- When symptoms of depression or anxiety interfere with normal functions, fulfilling responsibilities or caring for your baby.

Call your doctor now or seek immediate care if:

- You have severe vaginal bleeding. This means you are passing blood clots and soaking through a pad each hour for two or more hours.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have a fever > 100.4°.
- You have new belly pain, or your pain gets worse.
- Having thoughts of harming yourself or your baby.

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).



IHA Medical Group

Life with Baby

Free + Virtual



Postpartum Class
Mom, Baby & Partner
(2-4 weeks old)

**First Tuesday
of the Month**
6:00 PM

We will cover topics including:

- Breastfeeding
- Pelvic Floor & Abdominal Core Strengthening
- Nutrition
- Postpartum Struggles

Scan or click
to register!



Trinity Health

IHA Medical Group



Free + Virtual

meet the

pediatric providers



Our pediatric practices hold monthly group meetings for expectant parents and parents of potential new patients. Parents will meet our providers, have the ability to ask questions, learn about our practice philosophy, office hours and more!

Scan or click
to register!



Trinity Health

IHA Medical Group

Request For Disability Forms

Please allow at least 7-10 business days for forms to be completed.

Today's date: _____ Patient's date of birth: _____

Patient's name: _____

Person requesting disability leave: Self Support person

Support person's name: _____

Support person's date of birth: _____

Contact phone number(s): _____

Physician's name: _____

PREGNANCY ONLY:

Expected delivery date: _____ Actual delivery date (if delivered): _____

Vaginal Delivery Cesarean Section Delivery

Hospital admission date: _____ Discharge date: _____

Last date worked: _____

Reason you were taken off work: _____

Disability DOES NOT COVER time BEFORE baby is born unless your physician takes you off for medical reasons. Our physicians allow 8 weeks of recovery time for Cesarean delivery only.

GYN SURGERIES ONLY:

Type of surgery: _____

Date of surgery: _____ How many weeks you will be off work: _____

Hospital where surgery will take place: _____

From (Patient): I authorize the use or disclosure of the above named patient's health information as described below, and I am authorized to make this disclosure.

- 1) I understand that this authorization will not expire after I have signed the form. I understand that I may revoke this authorization at any time by notifying the providing organization in writing, and it will be effective on the date notified, except to the extent, action has already been taken in reliance upon it. I understand that the information used or disclosed pursuant to this authorization may be subject to redisclosure by the recipient and no longer be protected by federal privacy regulations. By authorizing this release of information, my health care and payment for my health care will not be affected if I do not sign.
- 2) I understand that in compliance with the state of Michigan laws pertaining to record copies, I will pay a fee if charged by the practice. There is no charge for medical records if copies are sent to facilities for specialist care, school purposes, insurance billing, or for workman's compensation.

Signature of patient: _____ Date: _____



IHA Medical Group

Important Lab Testing Information

Today your provider has ordered your 26-28 week lab testing (this does include a 1-hour glucose tolerance test).

It is important that these tests are done at the right time in your pregnancy. These labs should be drawn **NO EARLIER** than 26 weeks and **NO LATER** than 28 weeks.

Your testing timeframe is: _____.

1 Hour Glucose Test

- This is a screening test for gestational diabetes. You will need to drink a sweet liquid called “Glucola” which is a noncarbonated beverage containing a specific measured amount of glucose (sugar) then, your blood will be drawn 1 hour later.
- This test will need to be performed at a Trinity lab.
 - *If you are using a non-Trinity lab – please notify the office.*
 - *If your OB office has informed you, they can collect this sample – follow your office instructions for testing.*
- You will need to sign into the lab **at least 1 ½ hours** prior to their scheduled closure time for this test.
 - *If your OB office draws blood testing, they will instruct you further on the process. If your office has not informed you they collect blood testing – you will need to use a Trinity lab location.*
- Scan or click here  to check lab hours
- You do **NOT** have to make an appointment with the lab.
 - *If your lab is in the same building as your OB office – you may check in with the lab, drink the glucola and then present to your office for your scheduled OB visit. Be sure to notify reception staff of the time you need to be back at the lab for your draw so we be sure you are on time. Otherwise, you will be required to stay within the lab waiting area for the duration of your test.*
- You do **NOT** need to fast for this test.
- Do **NOT** eat, drink, smoke, eat candy, use cough drops or chew gum after you drink the Glucola while you are waiting to have your blood drawn.
- It is OK to take sips of plain water as needed.
- Notify laboratory staff if you become tired or feel unwell during the test.

(Note: If you have already been diagnosed with gestational diabetes you will NOT need to perform this test and it will not be ordered for you. If you have been told by your provider you need a 3 hour glucose tolerance test – please follow those instructions and contact your office staff if you have questions.)



IHA Medical Group

Trinity Health Birth Wishes

We want to help prepare you for labor and the birth of your baby. This form can help you understand options for a safe and healthy delivery. It is also important to have discussions about your birth wishes with your provider during your prenatal visits. We will work together toward a healthy and satisfying birth experience.

Your Name: _____ Birthdate: _____

Your Support Person Name(s): _____

Baby's Name: _____ Baby's Due Date: _____

Your Pediatrician: _____

What You Can Expect From Us

- Early labor at home as long as it is safe to do so
- An IV is inserted upon admission for any possible emergencies. Fluids do not need to be infusing until it is medically necessary.
- Intermittent fetal monitoring for low-risk pregnancies
- Wireless monitors to allow freedom of movement when continuous fetal monitoring is needed.
- Discuss eating and drinking during labor with your provider. Solid foods are restricted for your safety in the event of an emergency.
- Options for pain management may include natural support, shower, position changes, nitrous oxide, IV medication and/or epidural.
- Episiotomies are done only when medically necessary
- Immediate skin-to-skin with baby for vaginal and cesarean section deliveries, unless your newborn requires medical care.
- Delayed cord clamping and newborn bath
- We will explain care, procedures and medications for you and your baby before they are started
- Breastfeeding and lactation support from trained nurses and board certified lactation specialists

What I Would Like

What is important to you during your labor and birth?

Do you have any cultural or religious practices that are important to you during your childbirth? What can we do to help you meet these?

Do you have any concerns, fears or other information to share that will help us give you the birth that you want?

- *continued*

Trinity Health Birth Wishes

Please select any/all options that you would like for your birth:

Room

- I would like the lights dimmed during labor.
- I want to play music; I will bring my own music device.
- I want to bring essential oils / aromatherapy from home.

Labor

- I would like to have free movement (walking, standing, birthing ball, kneeling, etc.) if safe to do so.
- I prefer to let labor progress naturally or walk around before trying Pitocin to speed up labor.
- I prefer to wait for the amniotic sac (bag of water) to break on its own, please discuss artificial rupture with me first, if the need arises.
- I prefer as few cervical exams as possible.
- I wish to be surprised by the gender of my baby until birth. I want _____ (person's name) to announce the baby's gender.
- I plan to have a doula present to assist me. My doula's name is _____.

Coping

- I want to have natural childbirth without any pain medication. Please do not offer me pain relief options (IV medicine or epidural). I will tell my nurse if I change my mind and want other options for my pain.
- I plan to use nitrous oxide.
- I plan to have IV pain medicine.
- I plan to have an epidural.
- I am unsure whether I want any pain medication, but will decide when I am in labor. Please discuss my options with me while I am in labor.

Vaginal Birth

- I would like to choose the position I push in (kneeling, side lying, squatting, etc).
- I would like a mirror for pushing and/or delivery.
- I would like my support person to cut the umbilical cord.
- I have a cord blood collection kit to bank my baby's cord blood.
- I would like to take the placenta home with me and have brought a cooler to store it.

Cesarean Birth

- I would like to watch my baby deliver, when possible.
- I would like my support person to shorten the cord.

Newborn Care

- I plan to breastfeed.
- No supplementation, please. If my baby needs formula/supplementation for a medical reason, I want to be told beforehand.
- I plan to formula feed my baby.
- If I have a boy, I plan to have him circumcised.
- I want to be present and/or participate in the first bath.
- I prefer to hold my baby during procedures to provide comfort and decrease pain.
- I want my baby to receive the hepatitis B vaccine.
- I want my baby to receive erythromycin eye ointment.
- I want my baby to receive the vitamin K injection.
- I want to discuss the risks and benefits of the hepatitis B vaccine, erythromycin eye ointment and/or the vitamin K injection with my health care team.

I have discussed my birth wishes with my provider during prenatal visits and we both understand the plan. I realize that we may not be able to follow this as written, and changes may happen to have a safe, healthy delivery for myself and my baby.

My signature: _____ Date: _____

Provider signature: _____ Date: _____

About Gift of Life

Gift of Life Michigan is the state's federally designated organ and tissue recovery program providing all services necessary for donation to occur. It works as the intermediary between families, hospitals and transplant centers to fulfill donation decisions for patients and their families.

We care about and for those families, who we consider true heroes. It is our honor to serve them.

The process of organ, eye and tissue donation is strictly regulated for patient safety and donation outcomes.

Contact Gift of Life Michigan

Referral line 800-482-4881

Email donation@golm.org



For more information, visit
golm.org/placenta



3861 Research Park Dr. • Ann Arbor, MI 48108

800-482-4881

golm.org



PLACENTA DONATION

Little heroes in the making

We honor life
through donation.SM



You're expecting a new baby

The birth of a baby offers an opportunity to help others through Gift of Life Michigan's placenta program.

Placenta donation represents the joyous beginning of life while offering healing opportunities to others and the potential to help in medical research and education.



Mom, Alyssa, and placenta donor, Coleton.

Can any pregnant mom donate?

Yes! Expectant mothers of any age can take advantage of this unique opportunity as long as there are no disqualifying medical conditions. Those would include any infections or viruses such as HIV, hepatitis or other conditions that could be transmitted to recipients.

Expectant moms delivering by C-section or vaginally are eligible.

What you would donate

With your permission, the placenta and associated tissues — which are normally discarded after birth — can be donated. Your child's birth would in no way be affected, and there is no risk to you or your baby. Donating your baby's placenta is considered a gift, and payment for donated tissue and organs is illegal under the National Organ Transplant Act of 1984. Your donation wouldn't cost you or your family anything.

Who and how you would help

Placenta is rich in nutrients and has unique healing properties. It is most often used to heal traumatic wounds and diabetic ulcers — situations where the skin won't easily heal on its own.

Your gift could help patients with an array of needs, including:

- Healing for burn victims.
- Diabetics who have difficulty healing wounds, including ulcers.
- People with eye disease.
- Those needing gum or dental procedures.
- Victims of traumatic injuries and more.

Your baby's legacy

Your newborn will begin their life as a donor and a hero to their recipients. One placenta can make up to 55 grafts, bridging the connection between the inception of new life and the enhancement of existing lives. Helping others heal and live healthier lives is an incredible legacy right from the start.

How to participate

Call Gift of Life, visit our website, or email us to get the process started along with speaking to your doctor about your desire to donate. A representative will reach out to answer any questions, and to discuss the process.

After your donation is accepted and baby is delivered, the placenta will be tested and processed under strict guidelines and with accepted medical and ethical standards.

Email or call Gift of Life Michigan to get the process started.

Email donation@golm.org | Referral line **800-482-4881**

For more information, visit golm.org/placenta

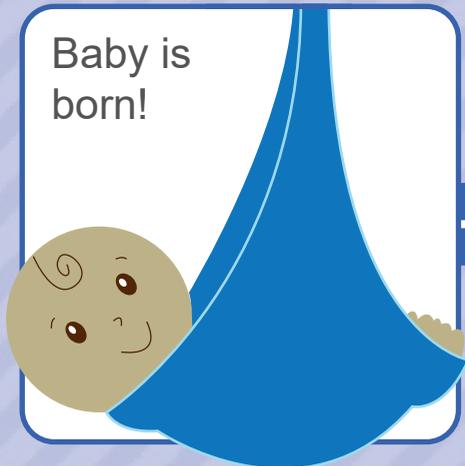


MICHIGAN

Newborn Screening

How does it work?

Baby is born!



24-36 hours after birth



Three tests are done to check your baby's health:



Hearing screening



Heart screening



Blood spot screening

Blood spot screening takes a few days. Your baby's dried blood spots are sent to the Michigan Department of Health and Human Services (MDHHS) lab for testing.



Hearing screening and **heart screening** take only a few minutes. Ask for your baby's results when the tests are done.



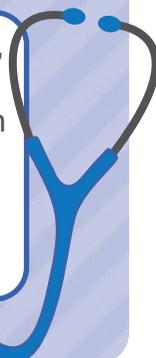
At the lab, blood spots are punched into smaller circles for each of the tests. Your baby is tested for more than 50 health problems.



Negative Results: If everything looks ok, the results are sent to your baby's doctor. Ask your baby's doctor for the results!



Positive Results: If there might be a problem, your baby's doctor will be notified. Screening can only tell us if a baby **might** have a health problem. We won't know for sure until the doctor does more tests. Your baby's doctor will talk to you about what needs to happen next.



After Newborn Screening

What happens to leftover blood spots?

Parents can choose what happens with the leftover blood spots.



Each spot is smaller than the size of a dime.

Option A: The blood spots can go into safe storage, and they also can be used for research through the Michigan BioTrust for Health to help improve the public's health. To choose this option, select the "yes" option and sign the consent form. Blood spots will **never** be used for research unless you give permission.

Option B: The blood spots can go into safe storage and will not be used for research. To choose this option, select the "no" option and sign the consent form.

You can also ask MDHHS to destroy the blood spots. To choose this option, you have to fill out a directive request form. If you choose this option, blood spots will no longer be available for testing if you or your baby's doctor need them. To find this form, please visit Michigan.gov/BioTrust or call 866-673-9939.

If you choose **Option A** or **Option B**, you can change your mind and choose a different option at any time. Just contact MDHHS.

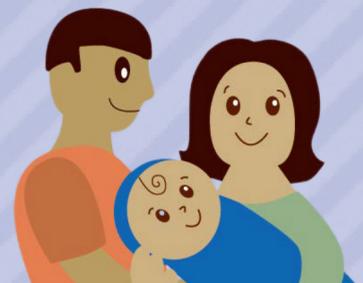


Here are some reasons why it is important to keep leftover blood spots.

Testing Improvement: To make sure we find babies with possible health problems, we need to make sure that our tests and equipment are working the way they should. This process is called quality control or assurance. Permission is not needed to use blood spots for this process.

Family Needs: Some families ask for blood spots later to do testing if their child gets sick. Looking at blood spots can help give clues about whether something at or before birth made the child sick.

Research on blood spots: When permission is given (**Option A**), blood spots can be used for research to improve the public's health. All blood spots are de-identified, meaning the baby's name, date of birth, or any other directly identifying information is not attached to the blood spots.



Want to know more?

Newborn Screening Program
Call us: 866-673-9939

For questions about leftover blood spots
Email: BioTrust@Michigan.gov
Visit: Michigan.gov/BioTrust

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.



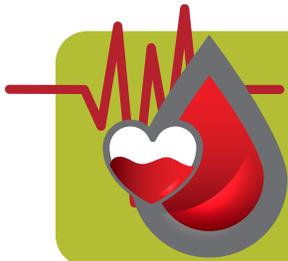
Michigan Newborn Screening

Cord Blood Donations

What you need to know



Did you know when you donate your baby's cord blood it has the opportunity to treat or even cure more than 75 life threatening diseases?



“There’s Something Special In That Cord Blood”

What would be medical waste is actually rich in stem cells that can be processed and stored for a life saving miracle.



No change to birth plan or delivery

Collection takes place after delivery, all within 5 minutes or less with no risk or pain to you or your baby.

Give the gift of life – Twice!

Ask your OBGYN or midwife how you can get more information or visit [versiti.org/cord-blood](https://www.versiti.org/cord-blood)

