

UCSF Outpatient Obstetrics Department and Inpatient Birth Center

Third Trimester Patients: Live Webinar/Q&A Session

	Question	Answer(s)
DIVERT		
1	Would we be notified of a chance of DIVERT when calling triage prior to arrival?	Yes. If the Birth Center is on divert when you call, we will work with you to direct you to the appropriate hospital.
2	If you are diverted, is there an option to return to UCSF when a bed/room becomes available?	We have not had families diverted back to us after delivery. But we have our patient advocate that will contact you in order to schedule your postpartum visits and resources for your postpartum care.
3	Do patients have the chance to express preference in partner hospital if there are multiple divert locations available?	You are able to express your preference if the option is available.
4	What is the percentage of patients who have been diverted to other hospitals this month (or most recent few months)?	Last month we diverted 6 patients. We are working collaboratively with our providers in order to be sure we continue to decrease the amount of patients being diverted. Our goal is to keep all of our patients here at UCSF.
5	Can we choose our hospital if we are diverted?	
6	If we are diverted to a partner hospital outside of UCSF, how does the pediatrician assignment work? Would we be able to return to UCSF Pediatrics?	Yes you will be able to come to UCSF for your baby's pediatric care as well as your OB follow up
7	If you have been doing prenatal care at UCSF are you still likely to get diverted? Or does this usually happen more often to those who did not have prenatal care at UCSF?	We are trying not to divert any of our patients that desire to deliver here. If we can reschedule a few cases safely, we can and have in order to see all of our patients here at UCSF.
8	Is a walking epidural available (one where you can move around more)?	Unfortunately the walking epidural is not available but is in the works for the future. But you are able to move around in the bed with the assistance of your nurse to achieve different positions for a successful delivery.
9	What is the likelihood of being diverted if we have a scheduled induction?	If we are on divert at the time of your scheduled induction, your induction time/date may be delayed as appropriate.
PAIN MEDICATION OPTIONS		
10	Is nitrous oxide available for pain management?	Nitrous oxide is available in each labor room. However, you must have a negative covid test before use.
11	Does fentanyl impact the baby at all?	Fentanyl does reach the baby but there are no lasting effects as it leaves the body very quickly. The amounts that we are allowed to give are safe for both mom and baby.
12	How long does the epidural for a c-section last? how soon can one walk post surgery?	If you have a scheduled c-section, the spinal will last at least 2 hours. If you transition from labor to a c-section and have an epidural in place, the epidural can be continually dosed while in the OR as needed. We encourage patients to get up out of bed within 8 hours after delivery.
13	What other pain management medicines are available to someone who is allergic to ibuprofen?	tylenol is another option, but our providers will work with you to find an appropriate medication to help with your pain control.
14	What % of births are done with only nitrous or unmedicated? What things do you do to help support this?	It's 50/50. Our frontline workers have been educated on different positions, using the birth balls, massages, and the tubs to assist our families that desire to proceed with an unmedicated delivery.
15	Could you get anti-anxiety meds before going into a C-section?	You can discuss this with your care team when you are in house.
16	Is there a labor pain medication besides fentanyl? I have an opioid sensitivity	Nitrous oxide is an option but our anesthesia colleagues will see you upon admission and they can also discuss other options.
LABOR		
17	Can you provide the number we should call when we start feeling contractions and think labor is starting?	415-353-1787
18	Do we have the option of intermittent fetal monitoring, such as through periodic check-ins?	Intermittent fetal monitoring is a potential option depending on your status. It would be best to discuss with your care team once you are admitted.
19	Is suctioning baby's airway after birth part of UCSF's policy? Can this be delayed?	Suctioning the baby's airway is not routine. If the baby is vigorous and crying after delivery it's not necessary.
20	During surgery, is the mom allowed to watch the crowning?	Yes, we have mirrors available for our patients to watch their baby come in to the world; In a vaginal birth, yes!! In a surgical birth, we don't routinely bring mirrors into the OR but we do hold baby up for you to behold at the moment of birth.
21	I live 5 min-walk away from the hospital. Is it safe for me to walk to the hospital if I feel I am about to have a baby?	I think this is dependant on the time of day and if you feel able to walk. Some people will not feel able to walk this distance when in active labor.
22	I thought I read that mom does not have to wear a mask during delivery in UCSF, if she has proof of vaccination or appropriate testing. Has that changed?	We ask that you and your visitor wear masks when there is a staff member in your room despite being vaccinated or a negative covid test.
23	Is there a labor and delivery visit in-person?	Things are changing quite often. Our hope is to have this feature soon. Until then we have created this webinar to assist with visuals and our actual nurses that you will see on the unit.:
24	Are elective inductions (Arrive Trial) still an option?	We are currently not scheduling elective inductions until after 40 weeks.
25	What sort of things are done to help reduce the risk of 3rd & 4th degree tears?	Our frontline workers assist with different positions, coaching, and warm compress during pushing in order to reduce the risk of tears.
26	Since a c-section is major surgery - is physical therapy prescribed for recovery and healing like it is for surgeries on other parts of your body?	We do not prescribe physical therapy unless there are unforeseen complications. If you feel it is necessary after you go home, please have that conversation with your physician.
27	for a c-section - can you hold your baby during delayed cord clamping? what are other options for a natural c-section experience?	You can not hold your baby during delayed cord clamping in the operating room. We do provide skin-to-skin after delivery.
28	The bathtub is only for pain management, correct? Or also for delivery?	Correct. bathtub can be used for pain management, but we do not deliver in the tubs

	Question	Answer(s)
GENERAL BIRTH CENTER QUESTIONS		
28	Sorry, you said there are birthing & peanut balls in each room right?	There are different sized birth balls and peanut balls available; We have a great inventory of birthing balls and peanut balls! Each room has a variety.
29	Does UCSF provide heating pads?	We have small heat packs that can be used as needed. They are approximately the size of your hand.
30	Is the Grp B strep test done before delivery?	yes this is usually done around 36 weeks
31	Can we heat up food?	We can heat up your food for you.
LACTATION		
32	Are bedside nurses certified lactation consultants?	Yes! And more to come with the next presentation by Melanie; Oh yes, we are all extensively trained in breastfeeding. We just don't have the time that lactation consultants do and it is their main focus so they are the experts. But your bedside nurse can coach and help you with breastfeeding and getting baby latched.
33	How soon after birth do you attempt to feed? you would feed in the OR?	We recommend trying to feed as soon as possible after delivery as long as you and baby are stable. We provide skin to skin in the OR if all is stable but it can be difficult to initiate breastfeeding in the OR due to positioning.
34	Should we all prepare breast pumps before the baby is here?	Yes. If you have your pump before your baby is born, get familiar with how it works and clean the parts according to the manufacturer's instructions. One less thing for you to do/think about once you go home from the Birth Center!
EXTERNAL SUPPORT DURING LABOR		
35	Are both a doula and a support person allowed during the entire time of labor? Or are there hour restrictions on the doula?	In labor, patients may have 2 support people present. Your doula will also be allowed as a 3rd visitor. However, the doula is only allowed in the labor area. Once you are postpartum, your doula can be your second visitor during normal visiting hours from 10am - 8pm.
36	My mom is visiting from Asia and plan to be present with my husband during labor and delivery. She has been fully vaccinated and has the evidence of vaccination (sinovac) issued in Asia as approved by CDC, will that be accepted?	As long as the vaccination is approved by the World Health Organization (WHO), it will be accepted.
37	Can the second support person be different people? As long as they are not there at the same time?	Unfortunately at this time visitors are not able to switch out. It is the same visitor every 24 hours.
38	Is there a comfortable option for the spouse to stay overnight?	Majority of our rooms offer a couch converted sleep bed
IMMEDIATE POSTPARTUM/HOSPITAL STAY		
39	Is there Refrigerator in room?	There are no refrigerators in individual rooms. We have a pantry with a refrigerator in which we can help store your food.
40	What if you are allergic to arithromycin?	The providers will work with you to find an appropriate alternative
41	What causes differences in postpartum length of stays?	After a vaginal delivery most people have met their discharge goals by day two. After a c-section, we anticipate that you have met your discharge goals by day three or four.
42	Are you allowed to stay longer than 72 hours after a c section if your insurance allows it?	A longer stay would require the approval of your insurance. This would require the assistance of the providers and the case managers to present this to your insurance.
43	Can we send our baby to the well baby nursery so that we can sleep?	We do realize that families may need a short time for rest, so please do not hesitate to inform your nurse if you are in need for uninterrupted rest.
44	After baby is checked, will baby stay with us at all times in the room?	Yes, babies room in with parents and are cared for by the same nurse.
45	We delivered in 2019 and had the baby in our room for all but one hour. I asked the nurses if there was a nursery but they highly discouraged its use. I was later charged \$11K for "nursery services". Are we still discouraged from using it?	We do encourage rooming in with your baby. If available, we can at times provide respite care if you feel that you need rest. The bill for nursery services covers all the care provided to you baby by nurses, pediatricians, etc.
46	Can you touch on when circumcisions are performed and if parents are required to be present while it happens?	Circumcisions are typically done on the day of discharge. Parents are not required to be present.
47	What time is discharge?	The goal for discharge time is between 11a & noon.
48	Are there vegan food options?	Yes there are vegan options available on the menu.
49	If we decide to formula-feed, what brand of formula is available? Do we need to bring our own?	You will not need to bring your own. We currently have Enfamil and Similac.
50	Does the hospital provide a sitz bath for postpartum?	Does the hospital provide a sitz bath for postpartum?
51	Can we bring a yeti cooler to store food?	Yes. The nurse can also provide ice
52	Is there a TV in the room?	yes!
POSTPARTUM		
59	how long is post partum bleeding suppose to last?	It is normal to have some bleeding or discharge for up to 6 weeks.
60	Do you have a 6 week post partum visit even if your pediatrician is outside of UCSF?	Yes you will still be seen for a postpartum visit between 6-8wks after delivery.
61	Is it 10 days for the stiches to fully close up?	We like to tell our patients 4-6 weeks. Everyones healing process is different. Please be sure to keep the area very clean during that time.
POSTPARTUM - BABY		
63	Does the baby get an MRN immediately?	They baby gets an MRN as soon as they are born.

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INFANT CAR SEAT		
64	where is the car seat testing done?	We don't do car seat testing prior to discharge. If you are concerned about it being installed properly you can get resources through the CHP. https://www.chp.ca.gov/programs-services/programs/child-safety-seats
65	Car seat: should we leave it in the car and bring it up after delivery, or should we bring it along with our "go-bags"?	You are welcome to leave it in your car and bring up after delivery.
66	What's the procedure if we have a convertible carseat (without base) and not meant to carry the baby in it during discharge? Do we still need to bring the carseat to the room or can we show it in the car as we are being discharged?	If your carseat is not readily able to be removed from the car, we can have our staff confirm the carseat when you are brought to the car on discharge.
67	what if our carseat is not a movable one, is it still ok?	Yes this is ok. We will check it upon discharge
68	Can you bring the stroller just at the end as you are leaving if you are having multiples?	Are you planning to walk home? If so I would recommend bringing the stroller when time to go home.
VISITOR POLICY		
69	Does the 2 visitor limit include spouses/partners?	yes it's 2 including your spouse/partner
70	post birth, can a visitor be a sibling of the newborn? or adults only?	At this point, only adults. Children under the age of 5 are not currently allowed in the hospital due to flu season.
71	Are partners allowed to come and go from rooms (I.e. to the car)?	Yes, we encourage minimizing the amount of coming and going.
COVID TESTING/VACCINATION		
78	are we getting covid tested before we come in?	If you have a scheduled induction or c-section or any procedure, you will be scheduled for a Covid test prior to admission.
MISCELLANEOUS		
79	When are we supposed to go over our birth plan with the care team? no one has ever discussed this with me during regular checkups and have just said we'll discuss it later.	The best place to go over your birth plan is during your third trimester as well as upon admission with your nurses. Your nurse will then coordinate the care with your care team on Labor and delivery.
80	I am receiving prenatal care with an outside provider, is there anything I should do within the UCSF system before delivering at UCSF to bridge care?	Yes, please be sure to contact the OB Clinic to set up a one time appointment to establish care.
81	Is the Grp B strep test done before delivery?	yes this is usually done around 36 weeks
82	How might staffing change over the holidays xmas and new years?	On the inpatient side, we do not have any staffing differences during the holidays.