

UCSF Outpatient Obstetrics Department and Inpatient Birth Center

Third Trimester Patients: Live Webinar/Q&A Session

Question	Answer(s)
VISITOR POLICY	
Can your one visitor come and go throughout your admission?	If you are covid negative, you may have one visitor that can be with you. If they need to leave and come back, that's ok.
I was informed by my OBGYN that the visitor does not need to be tested as long as they are vaccinated. Could you clarify? Also, could you switch between visitors?	This is correct. If the visitor is vaccinated, no testing is required. Please make sure the visitor has proof of vaccination when arriving at the hospital.
What's the visitor policy - is it still only one visitor? And if it's only one, would that change in the near future e.g. April?	As of today, the visitor policy still is one healthy visitor. We unfortunately are not able to predict for April. The best source of truth (and most up-to-date) for visitor policy is: https://www.ucsfhealth.org/covid/visitor-restrictions-due-to-covid-19
One slide said, family support is allowed does that mean more people are allowed?	Currently due to COVID restrictions, one visitor is allowed per day. In the labor phase you can also have a doula.
Is proof of vaccination on phone as a photo enough?	Yes it is. Thanks for asking .Great question.
I will have someone who got vaccinated in India visiting, is the vaccine with AstraZeneca, is that accepted as vaccination proof?	If they completed the full series of vaccination then yes, it is accepted. Please know that only one person is allowed to be at the bedside per day.
When my husband come to hospital after delivery, can he come with my daughter?	Children under 5 are not currently allowed to visit the hospital due to flu season.
if she take flu vaccination, she can't visit to hospital. is it right?	No children under 5 allowed unfortunately. This also exceeds our current visitor restriction of 1 person at the bedside.
PROVIDER CARE	
How do residents work with the care team? Is there a case where you would have a resident doing things like administering an epidural?	Our residents are part of the care team, but are always working with an attending physician or midwife. Our anesthesia residents do administer epidurals.
Can you have a midwife or attending deliver the baby as opposed to a resident?	Residents are part of the care team and perform deliveries. An attending physician or midwife is also present at all deliveries.
Are midwives available during labor and delivery overnight?	Yes we have a full team for both day and nightshifts.
Who typically delivers the baby? Is it the midwife, nurse, or OB/GYN?	It depends on your labor and if all the babies on the floor decide to come at the same time! Usually straightforward labors are delivered by midwives and patients that have complicated medical needs are delivered by OBGYNs / surgeons.
DOULAS	
The guidelines say a doula can be present during labor. Does that include all phases of labor? Or at what point would that person be allowed to be there?	A doula is allowed once you are admitted into a labor room. At that point, the doula may stay until you move to postpartum. This is based on our current covid visitor restrictions so subject to change.
Thanks for answering all the questions so far. Instead of a doula, can i have my mom (she supported my sister in her delivery and labor)	The visitor guidelines say doula but we typically allow another support person even if that person is not a true doula. But this is only allowed in the labor stage only.
Can you make clear that Doulas are allowed in addition to partner, in labor in Land D? But not in postpartum.	Yes that is correct. A doula is allowed in addition to a partner in labor only at this time.
DIVERT	
I missed this earlier.. what does it mean to be diverted?	Divert is when a patient who presents to the Birth Center is informed they will need to go to another facility to receive their care. Divert is dependent on availability of beds & safe staffing at any given time. We know this is not ideal, and we only do this if absolutely unavoidable for you own safety.
Are we able to request a specific location or express a preference for alternate birthing location if on divert?	When we go on divert, we reach out to local hospitals to see which hospitals are also not on divert and are able to accept patients. You can suggest a different location but we may recommend against it if we know they are also on divert.
How often does divert happen?	Our numbers have decreased tremendously. For example we were only on divert once in January.
PAIN MEDICATION	
What medication is injected in the body using epidural?	A combo of Ropivacaine and Fentanyl into the epidural space of the spine. It stays there in this space, it does not circulate so the baby is not exposed to it.
If you're on an epidural can you still go on spa bathtubs?	No. Once you have an epidural you are not able to leave your bed. We can help with positioning you but you can't get up and walk.
Is nitrous oxide harmful to fetus?	The amount that is delivered is regulated and safe for you and baby.
Are IV fluids routinely given? Are there any restrictions on eating and drinking during labor?	IV sites are strongly recommended. You are able to eat throughout your laboring process. Once you have received an epidural, you will convert to clear liquids.
Sometimes IV lines have bubbles, is that to be expected at UCSF?	Our IV pumps are very sensitive and will identify air bubbles.
My 1st birth at UCSF Mission Bay was a fantastic experience!	
I did want to ask more about pain relief options postpartum: I found that the 24hours after birth were still extremely painful due to swelling, tearing, contractions, etc. Initially, only Tylenol was offered. Wanted to know what other pain relief options there are at that point?	So happy to hear! Ibuprofen (motrin) is routinely given but if that is not enough pain control, we can absolutely work with the physician team to prescribe something stronger. We can also offer other options such as ice packs, heat packs, etc.
Do you offer epidurals without fentanyl?	Not that I know of
LABOR	
What warrants for long term care before labor admittance?	There are different pregnancy complications that can potentially warrant long term admission. Vaginal bleeding due to a placenta previa, high blood pressure, and preterm labor are some issues for example.
Usually how long does it take from the beginning of induction to birth?	There isn't a great timeframe that fits all people but inductions can sometimes take as long as 4 days.
How often are inductions performed? Under what circumstances?	Inductions are fairly routine but we do not offer elective inductions. There would need to be a medical indication for an induction.
I was told continuous EFM is not performed routinely. Is that not the case?	Most people do have continuous EFM (fetal monitoring) but we can offer intermittent monitoring if certain criteria are met.
What are the criteria to not be on continuous EFM? Can we decline? My understanding is that this is not an evidence based practices in most situations.	This request can be discussed with your team during admission.
If you have an IV in but it's locked can you still labor in the tub?	You can, your nurse will provide a plastic covering for protection.
Can I walk outside delivery room during labor?	Without current covid restrictions we aren't allowing many people in the hallways. It is a potential though depending on covid visitation status at the time you are here.
What's the difference between "labor in the bath tub" vs. "doing water birth"?	A water birth is when you stay in the water and deliver your baby under water. This, we do not do. You can however, spend part of your time in the tub if that is comfortable during labor.
So does the delivering mother have to wear mask during labor and during birth and after birth?	We will ask you at times to get out if we're unable to get a good assessment of you or the baby. We will also ask you to get out of the tub for vaginal exams. If you are close to delivery we will also want to get you back to bed so we can set up for a safe delivery.
Are patients required to birth in the bed?	Not at all, I have helped women birth babies standing up, on hands and knees, squatting, in all positions. You can talk to your providers about this when you arrive.
Are we masked during active labor?	Yes. If staff members are in the room with you, we do expect you to wear a mask.

UCSF Outpatient Obstetrics Department and Inpatient Birth Center

Third Trimester Patients: Live Webinar/Q&A Session

Question	Answer(s)
LABOR	
So does the delivering mother have to wear mask during labor and during birth and after birth?	All patients and support persons in the room are expected to wear a mask when staff members are in the room. If you are in the room alone, you do not need to be masked.
Do you have criteria for when masks will no longer be required during labor?	Not at this time.
Do you have to give birth on your back or can we do side-lying position for birth?	You can be side lying
Can partners assist in delivery/catch the baby?	Yes
If you have a scheduled C section are you in triage until the time of the surgery?	Typically yes. You will arrive and be pre-op'd in our OB triage area, go to surgery and then return back to that bed for recovery. After recovery, you will be brought to your postpartum room.
Can we push/birth in a squatting position?	Yes you can. If you have an epidural this can sometimes be difficult but we can work with you.
I am a bit confused about the option of giving birth in the bath... you said it's not supported by you but also later in Q&A said it's possible and you will assist?	You are able to labor in the bath tub, but we do not do water births.
How often are episiotomies performed and can it be avoided?	episiotomies are not performed often, unless the situation is deemed necessary we try not to perform episiotomies. they are only done in emergency situations.
IMMEDIATE CARE FOR BABY	
Is the baby wiped off right after birth? Or can they be left with everything on them still?	Typically the baby is towed off when it is on your chest after delivery. This helps stimulate the baby to cry and drying the baby helps keep it warm. We do not bathe the baby right away so whatever is left on after can stay on.
Can we refuse the erythromycin eye drops?	Erythromycin eye ointment is part of the standard of care. If you are choosing to decline, a pediatrician will discuss with you and a declination form filled out.
Are any of these hands out, such as newborn care be in Chinese? Need those to show baby's grandma....	We do have a few handouts in Chinese.
if baby is taken to icn, does that happen immediately after birth or after the skin to skin contact?	It really depends on the situation. Unfortunately if the baby is requiring ICN, baby may need to be transferred. But we will try our very best to support you.
IMMEDIATE POSTPARTUM/HOSPITAL STAY	
Could we borrow some towels?	Everything is in house. We have plenty of towels for you and your support person to utilize.
Can we bring our own heating pads?	We have heating packs that are of controlled temperature for you to use.
Could we borrow a balance ball?	We have birthing balls available for use in the Birth Center if you do not bring your own.
Do we need to bring & provide the diapers & infant outfit?	we have diapers available and a shirt for baby during their stay. You should bring an outfit for baby to go home from the hospital.
How should we think about food? Is there a microwave or fridfrge? is the cafeteria open 24 hours? Can we get delivery?	We provide you a menu during your stay where you can order via the tv or call to place your order. This service is available 8am-8pm. You can have food delivered, and your partner would need to go downstairs to pickup the delivery. The cafeteria is open on the 1st floor from 7am-7pm there is a Pete's Coffee adjacent to the cafeteria that hotfoods are available to order and opens until 10pm. We don't have a refrigerator in the rooms. Food can be microwaved in the lobby.
Please include the links on what to bring to the birth center under the Chat for access	This link will take you to items you may want to bring to the hospital. i will link in the chat as well. https://womenshealth.ucsf.edu/sites/womenshealth.ucsf.edu/files/bctourpacket_2_2021.pdf
Can you order food from the hospital directly, or any food we have to bring in?	You can order food from the cafeteria. They will request payment for the support during that time. If you would like to order food to be delivered to UCSF, you are free to do so. You would have to go downstairs to receive it.
If we book the baby bella photo, will they charge us separately?	Yes there is a separate charge if you choose to purchase pictures.
I loved Baby Bella photography the first time. There was zero chance of us doing that at home. You should consider bringing them back. Very good deal too.	We all love Bella Baby! Unfortunately with covid restrictions they have not been allowed back into the hospital but it is definitely something we would like to continue when able.
If we are exhausted and need a break can the baby go to the newborn nursery for a short period to allow mom to rest or is rooming in full time required?	We can assist with short periods of respite care. We are here to assist you and your family.
What about baths and diaper changes?	not sure what your question is asking? We offer baths to term babies that are transitioning well (staying warm and eating well). diaper changes, we encourage parents start hands on baby care from birth and we are standing by to teach and assist with everything.
By when should we provide name of the baby?	The name of the baby is required to complete the birth certificate. We like to have the birth certificate completed prior to your discharge. If it is not completed prior to you leaving the hospital you will need to return to the hospital to sign & complete.
Do we need to bring car seat into hospital if it's already installed in the car?	You may be ask to bring the carseat during your postpartum stay
How long after delivery are you transferred to postpartum?	Recovery period is usually 2-3 hours and then transferred to postpartum, which is also located on the 3rd floor.
How long after c-section can you take shower - can you take shower at the hospital	If you are feeling up to it, you can shower after a few days in the hospital. We do recommend not getting your incision soaking wet initially.
LACTATION	
If we do not produce breast milk, how can we request this ahead of time?	No need to request ahead of time. We have adequate supply to assist our families.
How soon can I request a lactation consultant to come in to the postpartum room?	You can request at anytime. Your bedside nurse are also able to assist you with your lactation needs.
By prescription, do you mean prescription for donor breast milk? Can this be provided?	Most insurance companies require a prescription to be written in order for them to pay for a breast pump. Donor breast milk is available in the hospital if needed for supplementation.
Is donor breastmilk available for all newborns?	yes if you baby needs additional feeding support and you choose to use donor breastmilk we have that available in the hospital for you.
If we hand express colostrum prior to labor is there a way to store it/ use it at the hospital?	Yes, if you have extra colostrum that needs to be stored we can store it for you in our newborn nursery.
If we're supposed to get the pump prior to baby's arrival, are there any resources OR recommendations on types of pumps? There are so many options, how can I know which is best for me?	Please contact your insurance regarding which pumps they offer. In California, insurance carriers are required to offer new parents a breast pump.
Do you provide breast pumps for building milk supply?	You can also contact UCSF Lactation Clinic to make a prenatal lactation consult. (415) 353-2566 .
What is the model of breast pump available at the postpartum room?	There are hospital grade breast pumps in each postpartum room if you need one.
Do the hospital grade pumps need to be rented upon discharge?	We have Almeda pumps available.
Where can we find the breast pump rental cost and model type?	The Women's Health Resource Center rents breast pumps. Call 415-514-2670 to inquire within. Please keep your Ameda dual hygiene kit you used in postpartum if you plan to rent and continue to use the Ameda Platinum breastpump at home.
	The Women's Health Resource Center has hospital grade AMEDA and Medela breast pumps. Please contact the Women's Health Resource Center at (415) 514-2670 or refer to the following website: womenshealth.ucsf.edu/whrc

UCSF Outpatient Obstetrics Department and Inpatient Birth Center

Third Trimester Patients: Live Webinar/Q&A Session

Question	Answer(s)
PEDIATRICIAN	
Can you opt to do Hep B at first pediatrician visit?	Yes you may. Please inform your nurse upon admission.
I'm having my baby via C section on March 1st and I am wondering will I be able to meet the pedartric team before surgery? I'm going to be 36 weeks and having the baby early due to Placenta Previa.	On the day you are admitted, we can have the pediatric team come talk to you before you go in for surgery.
Is it true pacifers at night can minimize the risk of SIDs? If so, at what point would you introduce them?	This would be a discussion for you to have with your peditrician. You can also initiate the conversation with the pedi team here.
Should/can our pediatrician to come to the hospital for baby checkup, or does UCSF just use their own doctor for that? What about if there is a divert.	We have a team of pediatric staff that will care for your baby after birth. Outside pediatricians do not come into the hospital to care for babies. If we are on divert, the other hospitals function the same. They have pediatricians on staff that will care for your baby.
MISCELLANEOUS	
Is a referral requiried for a pelvic floor PT?	Most specialty services such as PT would need a referral.
i am moving to a home that has stairs, i am not used to it. Do you have any recommendation on how long i should avoid climbing stairs in my scenario post delivery?	If you are healthy and feel well, there isn't any recommendation to avoid stairs after delivery.