

# Delivering Your Baby at Scripps

## Answers to Common Questions

We hope to answer many of your questions and encourage you to discuss concerns with your healthcare provider.

### Important Phone Numbers

**Registration for On-Line Classes and Physician Referrals  
Lactation Services**

**1-800-SCRIPPS**  
858-626-4538

### **Scripps Memorial Hospital Encinitas:**

Pre-admission Information, Labor, and Delivery

760-633-7801

### **Scripps Memorial Hospital La Jolla:**

Labor and Delivery

858-626-4300

### **Scripps Mercy San Diego:**

Pre-admission Information

619-686-3924

Labor and Delivery

619-260-7231

### Should I register before my delivery?

Yes. Registering before you deliver will allow all necessary paperwork to be processed prior to your admission to the hospital. Registration forms are available below. If you are a Scripps Clinic or Scripps Coastal patient, then you will not need to complete this form, but it's best to double check with your OB's office that they have completed your pre-admission worksheet. Otherwise, the worksheet must be mailed into the specific address on the form for the hospital where you will be delivering. Bring your insurance card and photo ID with you to the hospital when you are in labor.

### Pre-Admission Worksheet – choose your location

[Scripps Memorial Hospital La Jolla](#)

[Scripps Memorial Hospital Encinitas](#)

[Scripps Mercy Hospital San Diego](#)

### Do I need to call before I arrive at the hospital in labor?

- La Jolla: Only call your doctor's office. They will notify the hospital.
- Encinitas and Mercy San Diego: Call your OB and the Labor & Delivery unit before coming to the hospital.

### **Where do I check in on arrival at the hospital?**

#### **Scripps Memorial Hospital Encinitas:**

**Daytime Access: 5:00 A.M. – 8:30 P.M.**

Please **enter through the Main Hospital entrance** and go directly to the Birth Pavilion located on the first floor.

**After-Hours Access: 8:30 P.M. – 5:00 A.M.**

**Use the phone to the left of the main entrance to request access; staff will open the door electronically.**



## **Scripps Memorial Hospital La Jolla:**

**Daytime Access: 5:00 A.M. – 8:00 P.M.**

Please **enter through the Main Hospital Lobby entrance.**

**After-Hours Access: 8:00 P.M. – 5:00 A.M.**

Use the **Labor and Delivery After-Hours Access Button**, located to the **left of the main entrance doors.**

**Once you press the button**, staff will be alerted and the door will be unlocked to allow entry.

**Directions to Labor & Delivery:**

- Proceed through the hospital **lobby**
- Take the hallway to **Visitor Elevator A**
- Take **Elevator A to the 3rd Floor**
- Follow signs to **Labor and Delivery**

## **Scripps Mercy San Diego:**

**Daytime Access: 5:00 A.M. – 8:00 P.M.**

Enter through the Main Hospital entrance and proceed to Labor and Delivery on the 3rd floor. Check in with the Unit Secretary. Your support person can drop you off at the main entrance's circular drive, then park in the visitor parking structure.

**After-Hours Access: 8:00 P.M. – 5:00 A.M.**

**The front lobby doors will be locked. Use the intercom at the front entrance, which will ring in the Building Operations Center. Once they grant entry, proceed to Labor and Delivery on the 3rd floor and check in with the Unit Secretary. Your support person can drop you off at the main entrance's circular drive, then park in the visitor parking structure. If you're in severe discomfort or late labor, please use the ED entrance to the west, if you're able.**

## **What should I expect once I am admitted in labor?**

The pre-admission paperwork will be checked for accuracy. Consent forms may need to be signed. Once in a labor room, your vital signs will be checked, a monitor will be applied to assess the baby's heart rate and your contractions. Then an obstetrical assessment will occur. We will draw blood for admission labs and start an I.V. This is also a good time to review your birth preferences/plan with the nurse.

## **Your Birth Plan: How We Can Help**

It is best to discuss your preferences with your health care provider prior to delivery. You may bring comfort measures such as music and battery-operated candles. Birthing Balls and Peanut Balls will be available for your use. Using aromatherapy devices during labor are allowed that do not plug-in. At Mercy, you can bring lotions, essential oils, and reed diffusers. They are also available to you on the unit. Please discuss these options with your nurse, occasionally there can be sensitivity to some fragrances. At La Jolla, each room has a diffuser. At Encinitas "aroma tabs" will be provided for you, so do not bring your own essential oils. A childbirth education class will discuss the many comfort techniques available to you. At Scripps.org there is information on what to include on your birth plan.

## **Labor and Delivery Room Information**

A labor, delivery, and recovery room (LDR) is provided so that mothers can experience labor, delivery, and recovery in the same room. A nurse is assigned to care for you. After delivery a nurse will be assigned to care for you and your baby in the same room. There may be times during personal care or examinations when your support person may be asked to step out depending on the circumstances. If you are planning on videotaping and/or taking pictures of the birth, this must be discussed ahead of time with your caregiver and then photography will be allowed with their consent. When bringing snacks from home there may not be access to a refrigerator.

**How many people can I have in the room for delivery?** Two support people, plus a doula, are allowed per patient, at any given time. Both may spend the night. Restrictions can change, please check website for current policy. [Visiting Hours and Guidelines](#)

**How long do I stay in the LDR Room for recovery?**

Your time in recovery will depend on the type of delivery and anesthesia used. Most women stay at least 2 hours after delivery before moving to a postpartum room.

**What type of room is available for my postpartum stay?**

**Scripps Mercy San Diego:** Most often the postpartum rooms are private rooms where mother and baby will be cared for together during their stay. Obstetrical volume is unpredictable; therefore, it may be necessary for you to share a room, because of a high census.

**Scripps Memorial Encinitas and Scripps Memorial La Jolla:** Private postpartum rooms.

**What are some details regarding my postpartum stay?**

We provide you and your baby with 24-hours rooming-in, to allow time to bond. Nurses are available to assist you and teach you about your newborn's care.

**Will there be staff available to help me breastfeed?**

Yes. We encourage and support your decision to breastfeed, and your postpartum nurse will assist you. They have extensive education in breastfeeding. Our goal is to place your baby skin to skin within the first hours of life. Additional assistant from a lactation consultant can be referred as needed by the nurse. Discuss your preferences regarding the use of pacifiers and formula with your pediatrician and nurse. After discharge, breast pumps and baby scales may be available for rent and sale. Check with your insurance company regarding reimbursement coverage in advance of baby's arrival.

**How soon will my baby and I be discharged?**

You will be discharged when you and your newborn are deemed healthy by your OB and the Pediatrician. This will likely occur on day 3 for a cesarean delivery and day 2 for a vaginal delivery. If you are feeling well before that point, you may be discharged sooner. If medically indicated, you may need to stay longer. On day of discharge, you can expect to be discharged in the morning. Your support person will be allowed to bring the mandatory infant car seat. It is recommended that they take all your belongings to the car at that time.

**What is covered through insurance?**

We recommend that you check with your insurance company regarding coverage. Be sure you are aware of what your insurance covers to avoid unexpected, out of pocket costs. Each insurance company/policy is different. There will be two bills. There is a separate charge for mom's care and another for the baby (listed as "nursery charge").

**Should I choose the pediatrician prior to the birth of my baby?**

It is strongly recommended and to your benefit, that you choose a pediatrician before you come to the hospital in labor. Ask your obstetrician for references and check with your health care plan. 1-800-SCRIPPS can also provide referrals. Interviewing pediatricians prior to delivery can help to identify the best fit for your family. If you have not chosen a doctor for your baby prior to delivery one will be assigned. After your baby is born, the nursing staff will take care of notifying the pediatrician.

**Visitors in Postpartum** Two visitors are allowed per patient at any given time. Only 1 adult, 18 years or older is allowed to spend the night. Visiting hours are 8 a.m. – 8:30 p.m. Restrictions can change, please check website for current policy. [Visiting Hours and Guidelines](#)

**When will my baby's Birth Certificate and Social Security card be ready?**

To avoid unnecessary expense and delay of the Birth Certificate, it is best to have a name for the baby chosen prior to discharge. If the father's name is to be included on the Birth Certificate and the parents are not married, the paternity form will need to be signed prior to discharge. The birth certificate will be ready in approximately 4-6 weeks. It is available via [vitalchek.com](http://vitalchek.com). For more information, you may contact the San Diego County Office of Vital Records at (619) 692-5733. The Hospital Verification Letter provided is not a legal document. Immigration will provide you information on how to cross the border without the baby's birth certificate.

The social security card will be mailed to you in approximately 6-8 weeks.

**Parking Information**

Scripps Memorial Hospital Encinitas:

No charge.

Park in Structure north of the Main Hospital entrance.

Scripps Memorial Hospital La Jolla:

Under 30 minutes = Free

31 minutes - 4 hours = \$6

4 hours - All Day = \$12

Park in the underground parking structure, directly under the Main Hospital entrance.

Scripps Mercy San Diego

Under 30 minutes = Free

31 minutes - 4 hours = \$6

4 hours – All Day = \$12

Park in multilayer structure adjacent to the Main Hospital entrance.

**Resources:** *Click on the following links for more information*

[Virtual Tour](#)

[What to Pack for the Hospital](#)

[Parenting Resources](#)