

Smart Start

INTERACTIVE PATIENT GUIDE FOR PARENTS-TO-BE

About This Guide

This guide is interactive and has live links throughout. If you see the words 'Click here' or see a link anywhere in the guide, click on it for more content and information. You can also jump to different chapters within the guide by clicking on the chapter titles and page numbers in the Table of Contents.

You're also welcome to print this guide in part or as a whole to keep as a reference.

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Thank You For Choosing AAMC

Every year, more than 5,000 babies are born in the Anne Arundel Medical Center (AAMC) Rebecca M. Clatanoff Pavilion, making AAMC the second largest birthing center in Maryland.

We are committed to providing patient- and family-centered care and we make every attempt to keep new mothers with their babies while allowing other family members to visit 24/7. There is no separate nursery—babies stay in the same room as parents, which helps the bonding process. Our private labor rooms allow for care during labor, delivery and recovery. While some patients may remain in this room throughout their hospital stay, most will be transferred to a private room on the Mother/Baby Unit shortly after delivery or to the Women’s Surgical Unit. All units are staffed by experienced nurses who are ready and willing to assist you and your baby.

At AAMC, you will have access to:

- › 24-hour anesthesia coverage
- › private rooms
- › lactation consultation
- › three fully functioning operating rooms
- › free wireless internet
- › nurses, obstetricians, midwives, pediatricians and other care team members specialized in mother/infant care
- › Level III Neonatal Intensive Care Unit (NICU) if your baby needs specialized care
- › 24-hour OB-GYN hospitalist coverage of labor and delivery to support your physicians and midwives.

ABOUT THIS GUIDE

This book is intended to guide you through the process of delivering your baby at Anne Arundel Medical Center. Please feel free to print the pages of importance or just return to our website as often as necessary. Remember this is just a guide; do not hesitate to ask questions of your providers and the nursing staff.

This guide is interactive and has live links throughout. If you see the words ‘**Click here**’ or see a link anywhere in the guide, click on it for more content and information. Active links are highlighted in **green**.

IMPORTANT PHONE NUMBERS

- › askAAMC: 443-481-4000
- › AAMC main operator: 443-481-1000
- › Labor and delivery: 443-481-6989
- › 3rd Floor post partum unit: 443-481-6100
- › 1st floor women’s surgical/post partum unit: 443-481-6340
- › NICU: 443-481-6962
- › Information for Anesthesia Services: 410-280-2260



Directions

Anne Arundel Medical Center is located in Annapolis, just off of U.S. Route 50 at **2001 Medical Parkway**. [Click here](#) for driving directions.



Parking



Unless your admission is an urgent one, we request that you park in any unreserved space in **Garage C**. This parking garage is located off of Medical Parkway just across from the Sajak and Belcher Pavilions. Once in the garage, you will find emergency labor and delivery parking spaces just inside the garage on the left-hand side. If there is no emergency, please park in general patient parking on any level of the garage.

Valet parking is available **Monday through Friday** between **8am and 4pm**. There is a \$6 fee. To take advantage of valet parking, please enter the hospital from Jennifer Road and proceed toward the main entrance following the loop around to the front of the Wayson Pavilion. If you need to pick up your car after 4pm, please visit the Security Office located on the first floor of the Clatanoff Pavilion to pick up your keys.

How to Get to the Clatanoff Pavilion

As you enter the hospital from Garage C, there is a security desk in the lobby where you can ask for assistance finding the Clatanoff Pavilion. You can also follow the stork signs to the pavilion.

Take the Clatanoff elevator or stairs to the 2nd floor and stop at the desk just outside Labor and Delivery. If you parked in the labor and delivery emergency parking (identified by a stork), we ask that the car be moved to a non-emergency parking spot as soon as possible.

Security

AAMC is dedicated to the safety of our families and newborn babies. All patient care areas in the Clatanoff Pavilion are locked units. When you arrive on a unit, please ring the doorbell, stand clear of the doors and wait for them to be opened for you by staff inside. Likewise, please let a staff member know if you would like to leave the unit. They will unlock and open the doors for you. Visitor passes must be obtained each time you arrive on the unit and handed in each time you leave.

If there is a special need for AAMC to limit your visitors, please let the secretary or the nurse know as soon as you are admitted.

At AAMC, we are committed to keeping your baby safe during your hospitalization. While the hospital has numerous steps in place to ensure your baby's well being, you can help protect your baby by becoming familiar with the following guidelines:

- › When you are sleeping, **keep the bassinet on the side of your bed**, away from the door.
- › When you use the bathroom, **roll the bassinet into the bathroom with you** if there is no one in the room to watch the baby.
- › When you change the baby's diaper, **check to see that the security tag is on your baby's ankle**. If the tag is loose or falls off, call your nurse right away.
- › **If someone unfamiliar enters your room** and asks about your baby, call the nurses' station or your nurse immediately.
- › **Give your baby only to staff members who have red security stripes on their badge**. The badge should be facing outward, so you can see the employee's name, picture and the red stripes.
- › **Be sure you know the nurse assigned to you and your infant**. Question people you don't know who enter your room or inquire about your baby, even if they are in hospital attire or seem to have a reason for being there
- › **You can always accompany your baby to the holding nursery area**. Babies are taken to the holding nursery at night to be weighed or whenever they need to have tests or procedures.
- › Whenever leaving your room, **the baby must be in the bassinet and accompanied by either the mother or her support person** wearing the ID bracelet. When walking in the hall-ways with your baby always keep your baby in the bassinet.



Please feel free to ask questions. We want you to be completely informed so you may partner with us to keep your baby safe.

Pre-Registration

You will need to pre-register for your delivery. [Click here](#) to complete the registration form.

Pre-registration is required. Giving us your information before you go into labor will save time when you arrive at the Clatanoff Pavilion. This means that at time of admission we will just need to verify your information with you and not ask you to fill out additional paperwork. However, you will need to bring your insurance card and identification. It is not necessary to contact us with changes because we will verify that information on admission.

You may pre-register at any time in the pregnancy but we advise that you complete this as soon as possible. Paper copies are also available through your provider. Please send completed forms directly to the hospital or return them to your provider.

What to Pack

We recommend that you have your bags packed and ready to go at 36 weeks. The hospital will provide you with gowns, slipper socks, disposable underwear, pads and some toiletries. Sheets, pillows towels and blankets are also supplied by the hospital. Some women prefer to bring their own pillows; if you do bring your own pillow, make sure to use a distinctive pillow case to distinguish it from those issued by the hospital, which will be in white cases.

Consider packing the following for your stay:

- patient identification and insurance card
- bathrobe
- slippers /Socks
- nightgowns*
- toiletries* (toothpaste, toothbrush, shampoo, lotions)
- hairbrush, (hair bands, ties or clips)
- music
- hand-held massager
- lip balm
- cell phone
- camera
- pillows*
- nursing Bra
- comfortable clothing for when you go home

*Items available at the hospital

Packing for the Labor Coach:

- snacks
- pajamas
- toiletries
- change of clothing

Baby Items

The hospital will provide T-shirts, blankets, diapers and wipes while you are in the hospital.

- outfit to bring baby home
- outfit for pictures
- car seat (this should be installed before you arrive at the hospital)
- receiving blanket



Selecting a Pediatrician



Choosing the right healthcare provider for your baby is big decision. Before you deliver, you should already have a provider chosen that you have already met. The time after your baby is born can be hectic, and having a pediatrician selected before will not add to your stress as a new parent.

There are two types of providers that you can consider. A **pediatrician** specializes in the care of children from birth to age 21. Some parents prefer a **family practitioner** who specializes in family medicine and can treat the whole family

from birth to old age. Check to see if the provider is board certified in their area of expertise and if they are a member of the American Academy of Pediatrics.

Begin the search for your pediatrician around 28 weeks into your pregnancy. This should give you plenty of time to properly research and choose the right provider for your baby. You may want to begin by contacting your insurance company to see if they have a list of area providers for you to choose from. You can also ask your friends and family for recommendations. Consider how close the doctor is to your home as you will be visiting the office frequently in your baby's first year.

Once you have selected two to three providers, call their offices and set up a “meet and greet” visit where you can spend time with the provider to see if they have the warmth, sensitivity and professionalism you're seeking. It is helpful to have a list of questions you would like to ask; remember to ask the questions that are important to you. When calling to arrange this visit be sure and find out if they charge a fee for this appointment.

Possible questions to ask when visiting pediatrician offices:

- 1) What are your office hours? Do they include evenings and weekends?
- 2) Is someone on call for the group 24/7?
- 3) What is the typical wait time for an appointment? Are same-day appointments or sick visits available?
- 4) How does the office handle telephone calls/questions?
- 5) Will we be able to see the same provider every time we visit?
- 6) How do you support breastfeeding?
- 7) Who are the other members of your staff? (nurses, nurse practitioners, medical techs)
- 8) Are there separate waiting areas for sick/well patients?

When you arrive at the hospital, the admitting staff will ask you for the name of your pediatrician. If you have already selected a provider, please let the staff know at that time. If not, have pediatricians who are “on call” and you will be assigned one of those doctors. They will see your baby while you are here in the hospital; it is your choice to continue with them or choose another physician for your baby once you are home. Some of pediatric offices do not see their newborns at the hospital. If you have chosen one of those groups, you will also be assigned an “on call” doctor to care for your baby while at AAMC. Once you are home you will make your follow up appointments with your selected pediatrician.



OB-GYN Hospitalist Program

AAMC employs OB-GYN hospitalist. These are experienced physicians who provide 24/7 in-house coverage for obstetric and gynecological services. They provide obstetric care in Labor and Delivery, offer consultations on OB-GYN patients in the Emergency Department, manage obstetrical coverage or consultation for private physicians as needed, perform emergent gynecologic surgery and provide surgical assistance. The hospitalist will keep your primary OB-GYN informed about your medical condition and progress works with your doctor to ensure that you are receiving the best medical care.

Center for Maternal & Fetal Medicine

Everyone hopes for a complication-free pregnancy, but some expectant mothers need additional consultative care. Many local mothers get their care at the AAMC Center for Maternal & Fetal Medicine.

Maternal-fetal medicine physicians, also known as perinatologists, help both mother and baby by providing specialized testing, ongoing monitoring and performing necessary procedures to ensure the best possible pregnancy outcomes. If your provider determines that your pregnancy is high risk they may refer you to our perinatologists, who will partner with you and your provider. Patients can be treated on an outpatient or inpatient basis. All care is managed in consultation with the primary obstetrician. The key is to identify potential problems early and accurately. These specialists collaborate in managing and controlling the risks as they monitor the health of your baby.

Services at the Center for Maternal & Fetal Medicine:

- › Biophysical profile
- › Amniocentesis
- › Non-stress testing
- › High-risk inpatient consultations
- › Genetic counseling
- › Diabetes education and treatment
- › Preconception counseling
- › Fetal echocardiography
- › High-risk obstetric consultations
- › First trimester screening
- › Level II obstetric ultrasound

Center for Maternal & Fetal Medicine

820 Bestgate Road, Suite 2C
Annapolis, Maryland, 21401
Phone: 410-224-4442
Fax: 410-224-8898



Michael E. Lantz, MD



William J. Sweeney, MD



Jeffrey V. Spencer, MD

Antepartum

Women who develop problems during their pregnancy may be admitted to the hospital as an antepartum patient. Antepartum patients currently reside on the Labor and Delivery Unit. An antepartum stay may be as short as overnight for evaluation or much longer, depending on their medical condition. Some of the most common reasons to be an antepartum patient include:

- › Preterm labor
- › Premature rupture of membranes
- › Pregnancy induced hypertension (PIH)/pre-eclampsia
- › Bleeding issues, like placenta previa (when placenta covers the cervix)
- › Growth issues with the baby

Women may also be admitted for pre-existing medical conditions or any that develop during their pregnancy. Some of the more common conditions include:

- › Kidney stones
- › Gallstones
- › Urinary tract infections
- › Pyelonephritis (kidney infection)

While you are on antepartum status you will be seen by your obstetrician and possibly one of our maternal fetal medicine physicians.



Labor and Delivery



Located on the 2nd floor of the Clatanoff Pavilion, the Labor and Delivery unit consists of 24 labor rooms, a five-bed triage area, three operating rooms (ORs) and a five-bed Post Anesthesia Care Unit (PACU). More than 5,000 babies are delivered at AAMC each year. Our dedicated staff of registered nurses, patient care technicians, obstetric surgical technicians, obstetric hospitalists, certified nurse midwives work closely with your private obstetrician to provide the best care for you and your baby.

Most patients are admitted to labor and delivery through triage. When you notify your obstetrician that you think you are in labor or that you are having a problem, he or she will call the unit staff and let us know to expect you. Once you arrive, you will be placed in triage and assessed. If admitted, you and your family will be placed in one of our labor rooms.

If your plan of care includes administering prostin gel to help ripen your cervix, you will be scheduled for that procedure. You will come in, have the gel placed by your provider, be monitored for 30 minutes post gel insertion and then be discharged home. You will be instructed to come back if you go into labor or for your scheduled induction, whichever comes first.

If your provider determines that induction is appropriate for you and your baby, they will schedule you for induction on the date they determine is appropriate. Inductions can be scheduled for mornings, evenings or late nights. Please call the unit the day of your induction to confirm that there is a bed for you. There are times that unit beds are full and it is preferable for you to wait in the comfort of your own home. We will contact you when a bed becomes available. Once you are here and admitted, your induction will proceed per your provider's orders.



Scheduled Cesarean Section

If you are scheduled for a cesarean section, the following information will help you prepare for your delivery of your baby.

The day before

- › Eat a healthy dinner the night before, but please remember **nothing** to eat or drink after midnight prior to your surgery, including mints or gum.

The day of

- › Please arrive two hours prior to your scheduled surgical time.
- › We invite you to have your support person present with you throughout the process, from pre- to post-op.
- › During the pre-operative period our nurses will confirm your health history, including any medications you take, allergies, or any previous illness or medical history. They will start an IV to provide you with hydrating fluids, antibiotics and antacids.
- › Your obstetrician and anesthesiologist will consult with you and answer any remaining questions or concerns you have regarding the delivery and recovery.
- › The type of anesthesia used varies from person to person; however, it typically includes a spinal which allows you to be awake for the delivery of your baby.
- › A registered nurse will accompany you to the operating room. You can expect to be the operating room for approximately one hour. Your surgical team includes registered nurses, obstetricians, an anesthesiologist, and a neonatal practitioner.



During the procedure

- › After your spinal is placed, your urinary catheter will be placed.
- › Your belly will be prepped using an antimicrobial agent and a drape will be placed over the surgical area.
- › A curtain will visually separate you and your birth partner from the procedure; however, you will be verbally engaged in the procedure to whatever degree you are comfortable. In addition, a mirror can be made available if you prefer to observe the delivery.

Where does my baby go?

- › After the baby is delivered, your obstetrician will allow you a moment to see your newborn before handing him to the neonatal practitioner.
- › Your birth partner and your baby will be escorted to a warm transitional room adjacent to the operating room where your baby will be dried and assigned an APGAR (activity [muscle tone], pulse, grimace [reflexes], appearance [skin color], respiration) score. This process takes approximately five minutes. We will then return to the OR with your baby warmed and wrapped to offer you a few moments of snuggle time and a photo opportunity.

After surgery

- › Immediate surgical recovery will take place adjacent to the surgical suites in our Post Anesthesia Care Unit (PACU). This stage typically lasts approximately one hour. During your stay in the PACU a nurse will monitor your vital signs, your incision site and manage your pain, if any.
- › You may want to wait until you are resting comfortably in the PACU to inform your family members of the exciting details. Your support person is welcome to call them from recovery or deliver the news personally in the waiting room.

Mother/Baby Unit



The Mother/Baby Unit, is on the third floor of the Clatanoff Pavilion and consists of 36 private rooms. All staff have been specifically trained to offer care to new mothers and their babies. Our medical staff includes obstetric hospitalists, obstetricians, pediatricians, certified nurse midwives, neonatologist and nurse practitioners. They will provide one on one education on caring for yourself and your newborn. We also have educational programming on our televisions in English and Spanish that can give you helpful information.

After the birth of your baby, you can expect the following people to help you during your stay.

- › Your **obstetrician or midwife** will see you every day.
- › **Patient care technicians** will check your vital signs and assist the nurses with your care.
- › If you have lab work ordered, a **phlebotomist** might draw your blood. This can also be done by our nurses and patient care technicians.
- › Your **dietary hostess** will serve you three meals each day. You are also welcome to come to our nourishment area to get extra juice, coffee, tea, and refrigerated snacks.
- › The baby's pediatrician or nurse practitioner will check the baby once a day.
- › You will receive postpartum care on either the 1st, 2nd or 3rd floors of the Clatanoff Pavilion. All of our units follow the same model of mother/baby couplet care. Since mothers and their babies stay in the same room, there is no well baby nursery. Unless it is necessary, you and your baby will not be separated. For example, every evening we will take your baby to our holding nursery to be weighed. Your baby will also go to the holding nursery for procedures like heel sticks for lab specimens, and circumcisions.
- › Your nurses will examine you and your baby at least twice a day and more often during the first hours after delivery. Before discharge, the nursing staff will screen your baby for metabolic diseases and critical congenital heart disease.
- › If you are breastfeeding, you may request to see a lactation consultant. Our staff nurses have also received breastfeeding education and are able to help you.
- › If you are formula feeding your baby, the hospital provides Similac, Enfamil, and Good Start products. If you want organic formula for your baby, you will need to bring some with you.
- › Your baby's hearing will be tested by our hearing screening technicians.
- › Your baby's security photograph will be taken by Bella Baby photographers. You may schedule a photo session with the photographers.
- › If you qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), you will be seen by a representative during your stay.
- › Our patient care secretaries manage the front desk and provide an extra layer of security for all babies in the Clatanoff Pavilion. They control access in and out of our unit and will greet your visitors and provide them with badges.

Women's Surgical Unit

The nurses and staff of the Women's Surgical Unit care for women of all ages. All have been specially trained to offer care to women who have had a wide range of gynecological or women-specific surgeries and health needs. These include mastectomies, hysterectomies, and gynecological repairs and/or reconstructions. The unit also cares for pregnant women requiring hospitalization, new mothers and newborns. Located on the 1st floor of the Clatanoff Pavilion, the unit consists of 17 private patient rooms. Our medical staff includes OB-GYN hospitalists, obstetricians, gynecologists, certified nurse midwives, pediatricians, neonatologists and nurse practitioners.

Our staff provides one-on-one education on caring for yourself and your newborn. We also have educational programming on our televisions in English and Spanish that can give you useful information.

If you stay on the Women's Surgical Unit after the birth of your baby and are not transferred to our Mother/Baby unit, you can expect the following during your stay:

- › Your **physician or midwife** will see you every day.
- › **Patient care technicians** will check your vital signs and assist the nurses with your care.
- › If you have lab work ordered, a **phlebotomist** might draw your blood. This can also be done by our nurses and patient care technicians.
- › Your **dietary hostess** will serve you three meals each day. You are also welcome to come to our nourishment area to get extra juice, coffee, tea, and refrigerated snacks.
- › The baby's pediatrician or nurse practitioner will check the baby once a day.
- › You will receive postpartum care on either the 1st, 2nd or 3rd floors of the Clatanoff Pavilion. All of our units follow the same model of mother/baby couplet care. Since mothers and their babies stay in the same room, there is no well baby nursery. Unless it is necessary, you and your baby will not be separated. For example, every evening we will take your baby to our holding nursery to be weighed. Your baby will also go to the holding nursery for procedures like heel sticks for lab specimens, and circumcisions.
- › Your nurses will examine you and your baby at least twice a day and more often during the first hours after delivery. Before discharge, the nursing staff will screen your baby for metabolic diseases and critical congenital heart disease.
- › If you are breastfeeding, you may request to see a lactation consultant. Our staff nurses have also received breastfeeding education and are able to help you.
- › If you are formula feeding your baby, the hospital provides Similac, Enfamil, and Good Start products. If you want organic formula for your baby, you will need to bring some with you.
- › Your baby's hearing will be tested by our hearing screening technicians.
- › Your baby's security photograph will be taken by Bella Baby photographers. You may schedule a photo session with the photographers.
- › If you qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), you will be seen by a representative during your stay.
- › Our patient care secretaries manage the front desk and provide an extra layer of security for all babies in the Clatanoff Pavilion. They control access in and out of our unit and will greet your visitors and provide them with badges.

[Click here](#) to download consent forms ([en Español](#)).

Neonatal Intensive Care Unit (NICU)



Some infants are born too early, may have a birth defect or require additional specialized care after birth. In that case, your newborn will be admitted to the neonatal intensive care unit (NICU), an intensive care unit for newborns with specially trained professional staff to care for your newborns.

The twenty-six bed state of the art unit includes twenty private rooms and six open transitional areas all located on the second floor of the Clatanoff Pavilion. The NICU has also has six step-down transitional beds on the first floor of the Clatanoff for infants transitioning to home after their stay. Both areas are staffed by neonatal experts and nurses with extensive training in neonatal care. Families are encouraged to participate at daily patient rounds which occur from 11am to 1pm. During admission, we will provide additional literature to explain our guidelines. We actively encourage family participation to create a healing environment for our smallest patients.



Your Baby's First Tests

Your baby will get a special test called the Newborn Screen. This is a test designed to screen all babies born in Maryland for several conditions that could make them sick after they are born. The goal of this test is to identify babies who appear healthy, but may actually have a medical condition, so they can get treatment before they get sick. This test will be done after your baby is 24 hours old and a heel stick will provide the blood for this screening. A second screening will be completed by your pediatrician at your baby visit.



Your baby will also be screened for critical congenital heart defects (CCHD). Some babies that are born with a heart defect can appear healthy at first and this defect could go undetected. Our newborn screening for CCHD uses a pulse oximetry to identify some infants before they show signs of a problem. If a baby is identified with a problem they will be followed by a cardiologist and receive specialized care and treatment.

A hearing screening will also be done on your newborn before you leave the hospital. This screening is required by the state of Maryland. Early intervention for a baby with hearing loss is essential for normal language development. This screening is done on the second day of life and usually only requires a few minutes to complete and is painless. If your baby does not pass the hearing screening initially we will attempt to repeat the screening the next day. If your baby does not pass the screening you will be given an audiologist for follow up and an appointment should be made as soon as possible. Remember this is only a screening.

Circumcision

If you choose to have your son circumcised and have discussed this with your obstetrician, we will have you sign a consent form. Your baby will be taken to our treatment room and cared for by the nurse or the patient care technician, who will assist the obstetrician during the procedure. We do not allow parents in the treatment area during this time, but you can wait just outside the treatment area and we will return your baby to you as quickly as possible. If you are being discharged the same day as the circumcision, you will need to wait at least 30 minutes after the procedure for the nursing staff to check the circumcision site.

To have your newborn son circumcised is a personal decision that only you and your family can make. We have included additional resources to help you and your families make the best decision.

Where We Stand: Circumcision

The American Academy of Pediatrics (AAP) recommends that the decision to circumcise is one best made by parents in consultation with their pediatrician, taking into account what is in the best interests of the child, including medical, religious, cultural, and ethnic traditions. [Click here to learn more about the AAP's stance.](#)

Since circumcision is not essential to a child's health, parents should choose what is best for their child by looking at the benefits and risks. Circumcision may be more risky if done later in life, so parents should decide before or soon after their son is born if they want it done. [Click here to learn more about the procedure.](#)

Click the headline below for further resources:

› [New Evidence Points to Greater Benefits of Infant Circumcision, but Final Say Is Still Up to Parents, Says AAP](#)



Birth Certificates

Before you go home, you will need to complete the baby's birth certificate information worksheet. If you need help, our birth registrar is available Monday through Friday to assist you. On off-hours and weekends, the nursing staff can help answer your questions. We are required by the state of Maryland to submit this information within 72 hours of the birth of your baby. This information must be accurate and complete for you to receive the birth registration notice by mail.

If you and the baby's father are not married, and you would like his information to be on the birth certificate, you will need to complete an Affidavit of Parentage, which you will both sign in the presence of a witness during your hospital stay. You must both have picture ID in order for our staff members to witness the form.

You can expect to receive your birth registration card from the state of Maryland in about 6 weeks. On our information worksheet you will have the opportunity to check the box to apply for a social security card for your newborn. The social security card will arrive in about three weeks.

The registration card from the state is confirmation that your baby's birth was registered with the State of Maryland. The birth registration card will have information on how to obtain an official certified copy of your child's birth certificate. During your hospital stay you will fill out a verification of birth form that you can give to your insurance company to add your newborn to your policy.



Photography

Bella Baby Photography is a service that we offer our new families. They are professional photographers who have contracted with the hospital to take pictures of your babies. These photographers are here 7 days a week and are responsible for taking the required security picture of your newborn within the first twenty-four hours of life. Most families are also interested in personal photos of their newborn. The Bella Baby photographer will make arrangements to return to your room to take these special pictures. You will be able to view, share and order your photos the same day that your photos are taken. [Click here to learn more.](#)



Food Service for Family and Visitors

Family and visitor meals on the units are not provided by AAMC; however, there are several dining options throughout the campus.

- › **Garden Café:** Located on the ground floor of the Clatanoff Pavilion, the café offers a varied menu for breakfast and lunch service. The café is open from **6:30am until 1:30pm, Monday through Friday**. Adjacent to the Garden Café is a vending machine area that is open 24 hours a day.
- › **Southport Eatery:** Located in the Hospital Pavilion South, the eatery is open from **6:30am until 8pm and from 1 to 3pm seven days a week**. The Southport Eatery has a salad bar, hot food station and grab-and-go feature items.
- › **Southside Café:** This coffee shop is in the Hospital Pavilion South, just outside the Emergency Room. The coffee shop is open **Monday through Friday 6:30am to 6pm** and serves gourmet coffees, espresso beverages, pastries and grab-and-go items.
- › **City Roast Café:** Visitors can find the café just beyond the main lobby of Hospital Pavilion North. They are open **Monday through Friday, 6:30am to 10pm** and from **8am to 8pm** on weekends.

Families can also find menus from a variety of restaurants that deliver to the hospital at the **2nd and 3rd floor nurse's stations**. Please plan to meet the delivery person at the main information desk in the Hospital Pavilion Lobby.

A Special Message from Our Food and Nutrition Department

Dear Patient,

On behalf of the Food and Nutrition Department, I would like to welcome you to AAMC and orient you to the nutrition services you will receive as a patient.

The type of diet you receive will depend upon the order given by your physician. Based upon that diet order, your meals will be prepared and served to you, in your room, by a dietary hostess serving your floor.

We offer a select patient menu, which we hope, will include foods that will be acceptable and to your liking. We go to great lengths to offer our patients variety, good nutrition and great tasting food. You will be given a copy of the patient menu when your doctor decides you are ready for solid food. If there are not enough items on the menu that are acceptable to you, please feel free to contact your dietary hostess to order alternative menu items. If you are on the 1st or 2nd floor, your hostess may be reached at **x5675**. If you are on the 3rd floor, your hostess may be reached at **x5676**. If you are unable to reach the hostess, please contact the dietary supervisor at **x6835**. The food service department phones are available from **6am until 7:30pm** seven days a week.

If you are diabetic, the amount of carbohydrates is controlled. This diet follows the recommendations of the American Diabetes Association and the American Dietetic Association. If you are unfamiliar with this diet, you may ask to speak to a clinical dietitian or contact the patient services dietitian at **x6111**.

If you have any dietary restrictions due to allergies, pre-existing medical conditions or personal preference, please feel free to contact me prior to your admission so we can be aware of those issues when you arrive. Our goal is to provide you with the best possible dining experience during your stay.

Sincerely,

Kay Patterson, RD, LDN
Patient and Food Service Specialist
kpatterson@AAHS.org
443-481-6111



EVS wishes you the best to your astonishing miracle

Thank you for choosing Anne Arundel Medical Center for this very special event in your families lives. We in Environmental Services (Housekeeping) are here for all your cleaning services. Our mission is to produce exceptional quality services and to ensure a clean, safe environment for patients and their families.

You can expect your room to be serviced once during the day along with a refresh of your room in the evening. If you are unable to reach your environmental attendant, please contact the Clatanoff Pavilion Supervisor at **x5109** or our main Environmental Services (Housekeeping) number at **x5150**. You may reach this number at any time, day or night. Upon discharge, please make sure that you have all your personal belongings prior to your departure.

Thank you,
Environmental Services (Housekeeping) Department



Forms

Click to download the following forms.

- › **Preadmission registration**
- › **Permissions and consent forms** (anesthesia services, permission/acknowledgement for treatment, record of consent for procedure, informed consent for vaginal birth after previous cesarian delivery [VBAC])
 - » En Español