We are delighted that you have chosen Novant Health Thomasville Medical Center to share this special time with you and your family.

Whether this is your first baby and you desire a little extra support or you’re expanding your family, our experienced obstetricians, nurse midwives, pediatricians, lactation consultants and nursing staff are all dedicated to providing you and your family with a beautiful and healthy birth experience.

Before your baby arrives

Hospital pre-registration
We want to make planning for baby easy for you. You may complete either the pre-registration form at your ob-gyn office or you may go to NovantHealth.org/maternity and complete the online registration form.

Pre-registering for your baby’s birth ensures that you will receive relevant, timely information about what to expect and what you can do to prepare for your new little one. To maximize the benefits of this information, we recommend pre-registering by week 16 of your pregnancy, but it is never too late to do so.

Choosing your baby’s doctor
Thomasville Medical Center offers many physician offices conveniently located close to your home or work. Pediatricians or family medicine doctors provide your baby with the highest level of care available.

Most pediatricians and family medicine doctors offer free prenatal visits to prospective patients. If you would like more information on Novant Health-affiliated physicians, call 336-718-7070 or visit our website at NovantHealth.org/doctor.

Preparing for baby
Thomasville Medical Center offers a variety of classes and tours to provide you with information and training. Classes fill quickly, so please register early in your pregnancy. To register for classes, schedule a tour or find the most current class listing, NovantHealth.org/maternity or call 336-476-2514.

Maternity tour: We welcome you and your birth partner to schedule a free, guided tour of the maternity area of Thomasville Medical Center so you will know what to expect when it is time for your baby to arrive.

Breastfeeding Basics: This class supports breastfeeding as the normal way to feed a baby and provides parents with the necessary information to breastfeed their baby with confidence. Topics include infant feeding cues, positioning baby at the breast, and pumping and storing milk. The class is led by an Internationally Board Certified Lactation Consultant (IBCLC).

Infant Care and CPR: This class offers hands-on experience for parents. Topics include CPR, infant feeding, bathing, diapering, sleeping, crying, choosing safe baby equipment, choosing child care and child proofing your home.

Sibling Preparation: Designed for the new big brother or sister to be, this class will help him or her adjust to the new arrival and prepare for the new older sibling role.

Prepared Childbirth Education: This class helps prepare parents for the baby’s delivery. Topics include labor; coping with labor discomfort; timing contractions; pain and control; vaginal delivery; labor room routines and equipment; C-section delivery; birth videos; breathing, relaxation/imagery; and postpartum depression. The class also includes a tour of our maternity area. Classes are held at Novant Health Thomasville Medical Center. Call 336-476-2514 to pre-register or visit NovantHealth.org/maternity.

Baby Cafe: Held Mondays and Wednesdays from 10:30 a.m. to 12:30 p.m. and Thursdays from 5:30 to 7:30 p.m. Expectant and breastfeeding mothers and their babies are invited to drop in and connect with our lactation consultant and other breastfeeding mothers. During this time, our lactation consultant is available to answer any breastfeeding questions, provide support and help check baby’s weight. Please call 336-474-3253 for more information. No registration is required.
Family maternity center
When you are admitted into the labor, delivery, recovery (LDR) area, you will stay in one of our private LDR rooms for the birth of your baby and for a few hours after birth. We realize that support during the birth process is important, so you can have up to three visitors in the LDR room during labor. However, during some procedures, the doctor, nurse or midwife may ask your visitors to step out of the room briefly.

While you are in the LDR room, you will be on a clear liquid diet. This includes popsicles and ice chips. You may also want to ask your guests NOT to bring food into your room because the smell of food can make some laboring women feel sick. Instead, please suggest your guests visit the vending machines located in the main lobby or the dining area located off the main lobby.

Mother/baby
For the rest of your hospital stay, you will stay in one of our private mother/baby rooms on the second floor. Each room has a private bath with a shower, television and comfortable seating for your friends and family. Here a specially trained nurse will care for both you and your baby.

It is important that you rest after the birth experience and take time to bond with your new baby. The mother/baby unit has a set “quiet time” every day where moms and babies enjoy a time of rest and no interruptions from hospital staff. Visitors are discouraged during quiet time and are welcome to wait in our lobby. And, with your permission, our nursing staff will celebrate the birth of your baby by playing “Brahms Lullaby,” which can be heard throughout the hospital.

Newborn care
After delivery, you are encouraged to keep your baby with you at all times. It’s called “rooming in” and provides significant benefits for you and your baby. Your baby will sleep better, cry less and breastfeed easier, in addition to allowing the natural bonding process between mother and baby to proceed, uninterrupted, from the very first day of life. For more information about the benefits of rooming in, ask your nurse or lactation consultant.

Your nurse will care for both of you during this period and will answer questions and help you prepare to care for your baby at home.

Breastfeeding services
For those mothers who choose to breastfeed, board-certified lactation consultants and experienced registered nurses are available to ensure a successful breastfeeding experience. Consultants provide education before your baby’s birth, hands-on assistance during your stay in the hospital and follow-up appointments. Please ask to speak to the lactation consultant or call 336-474-3253.

We not only deliver babies, we deliver an unforgettable experience

Special moment. Special care.
Online photo nursery
You may choose to capture baby’s first photo with our digital photo service and purchase photographs if you so choose.

Newborn Channel
During your stay, you and your family will have free access to the Newborn Channel, a 24-hour, satellite-delivered education network that provides new mothers with educational information. It offers eight hours of programs, rotating three times a day. Topics include diaper changing, postpartum care, first aid, automobile safety, comforting a crying baby, coming home and more.

As a patient, we want you to have the information you need to care for your newest addition to your family. Our patient education library provides easy-to-understand programming on a variety of topics, including newborn care, breastfeeding, baby development, shaken baby syndrome, circumcisions, immunizations, pregnancy, postpartum care and more.

The Newborn Channel helps to lessen anxiety for first time moms and repeat moms by providing information and resources, answering questions and promoting a holistic approach for emotional and physical well-being.

For your guests
Thomasville Medical Center offers many services to make family and friends feel at home while visiting. Guests can enjoy a bite to eat in our Garden Terrace Cafe. Guest may also want to browse the gift boutique, which features a variety of items, including cards, toiletries, flowers, candy and gifts. Hours: 10 a.m. to 6:30 p.m., Monday through Friday, and 10 a.m. to 2 p.m. on Saturdays.

Precious beginnings
Through Thomasville Medical Center, parents or family members have the opportunity to purchase baby’s first footprint on a keepsake metal disk. In addition to having a permanent keepsake at home, your baby’s name is also placed on a prominent wall in Thomasville Medical Center. All proceeds from the Precious Beginnings program benefit maternity services.

Contact the Novant Health Thomasville Medical Center Foundation at 336-474-7957 for more information and to let them know if you are interested in this for your baby.

Translation services
We offer communication aids 24/7 to any patient requesting assistance. These services include, but are not limited to, hearing aids, sign language interpreters and foreign language interpreters.

Dining in
Our dining services are designed to make your stay more comfortable. With MyDining, you can choose food options that meet your nutritional needs and preferences and have a meal delivered to your room when it works for you. Speak with a MyDining specialist to place your order between 7 a.m. and 6:30 p.m.

When it comes to your birthing experience, it’s the little things that make a difference.
Safety tips You can help keep your baby safe during the first days of life by following these simple guidelines here at the hospital.

- Learn the names of team members caring for you and your baby.
- Ask your nurses to explain hospital policy about nursery procedures, visiting and safety/security.
- Question people who come into your room if you are not familiar with them, even if they are dressed in “hospital clothes.” ALL hospital team members wear a photo identification badge. If you have concerns about anyone, call your nurse immediately.

Your baby’s birth certificate You will receive a “Verification of Facts” before being discharged. This is not the legal birth certificate. The certified birth certificate will be ready in about three weeks for you to pick up at the Davidson County Register of Deeds office located at 203 W. Second St., Lexington, NC 27292. The phone number is 336-242-2150.

You may also apply for the certified birth certificate online at: https://davidsonrod.permitium.com/bc/application. You will be required to show a valid ID.

Social Security cards You will receive a verification of facts at the hospital. Please allow 12 weeks for the card to arrive in the mail. If you have not received it in 12 weeks, please call the Social Security Administration Office at 1-877-319-3075.

Hepatitis B vaccine Recent outbreaks of preventable childhood diseases emphasize the necessity of vaccination for all children. Hepatitis B (HBV) can cause infection at any age. More than 95% of children who receive all recommended doses of hepatitis vaccine are protected from the illnesses caused by the hepatitis B virus. Ordinarily, the first vaccination is given at birth, the second dose at 1 to 4 months, and the third dose at 6 to 18 months of age. No serious reactions have been linked to this vaccine, and most children have no side effects.

Jaundice Jaundice is a common condition in newborn infants that frequently shows up shortly after birth. Too much bilirubin makes a baby’s skin look yellow. The yellow color will appear first on the face, then on the chest and stomach and, finally, on the legs. In most cases, it goes away on its own. If not, it can easily be treated. Your baby will be screened for jaundice and your baby’s doctor will talk with you if treatment is required.

State lab screening Before your baby leaves the hospital, his or her heel will be pricked and a few drop of blood will be collected. This blood is then sent to the State Public Health Laboratory in Raleigh to screen for: hypothyroidism, sickle cell disease, phenylketonuria (PKU), galactosemia and congenital adrenal hyperplasia (CAH). Since symptoms are not always obvious at birth, the only way to diagnose these health issues is through the newborn screening.

Congenital heart defects screening Congenital heart defects are one of the most common birth defects. Novant Health is committed to screening all babies prior to discharge. We check each infant’s oxygen level to detect early signs of a congenital heart defect. Screening is simple and pain free for your baby.

If you have any questions about any newborn screenings, please speak with one of our team members.

Newborn hearing screenings A routine hearing screen is performed on every baby born before you take the baby home. The test is usually done when your baby is asleep in your room. It is painless and takes less than 15 minutes. If your child requires treatment, it is best begun before six months of age. Follow-up hearing and rehabilitation will be started as needed for each individual baby.

Newborn hearing screenings

Hepatitis B vaccine

Jaundice

State lab screening

Congenital heart defects screening

Social Security cards
And the support continues...

After you leave the hospital

Even after you and your little one leave the hospital, we are still here for you, providing support during those first few weeks and beyond. In addition, your ob-gyn and your baby’s pediatrician are just a phone call away.

For more information, visit NovantHealth.org/maternity.
As you prepare for the birth of your new baby, Thomasville Medical Center wishes your family health and happiness. We welcome the opportunity to answer any questions and help in any way we can through this exciting birthing experience. Please call 336-476-2514 if you have any questions.