

FREQUENTLY ASKED QUESTIONS

What restrictions are in place due to COVID-19?

Patients are allowed 2 healthy visitors during labor and delivery. After delivery, the patient can still have 2 healthy visitors, one can stay 24/7 and the other can visit from 8AM to 8PM.

At all times, patients and support persons must wear a mask in public areas and if there is a Carteret Health Care staff person in the room.

Visitation may be different when you come in to deliver so please be sure and ask your provider.



Can a patient wear their own labor gown?

Yes, you can wear your own gown during labor and delivery, however it will likely get very soiled or dirty.

What supplies will be provided for Mom and Baby?

We supply **for mom:** Gowns, Disposable underwear, peripads.

for baby: Diapers, Blankets, T-shirts, Bassinet, Body Wash, Wipes, Comb and Brush, Thermometer, Formula.

Do we have a Newborn Nursery?

Yes, we have a nursery, however, it is used to for special cases. Your healthy baby will stay with you.

Will I need to make all of the follow up appointments?

No, we will make those appointments for you. The pediatrician will follow up with you in the following days.



Will the doctor “automatically” cut an episiotomy?

No, ONLY if needed!

Do you allow Skin to Skin?

Absolutely yes! We encourage and support skin to skin 100%.



Can I bring my own bedding and pillow?

Yes! Just no white linen, please.

Do you have chargers available for devices?

No, we do not have chargers, but we do have outlets for charging if you bring your charger from home.

Am I allowed to use a Birthing Ball?

Yes, but please bring your own, we do not supply them.

Do you supply Peanut Balls?

Yes, we do. Let know if you would like to use these!

Is Carteret Health Care a Smoke Free facility?

Yes, it is. Smoking on our campus is prohibited.

Can I bring stuffed animals or blankets for my baby?

Yes, but we do not recommend anything be placed in the bassinet with the baby.

If I have a C-Section, can my support person be with me?

Yes your support person is allowed in the OR unless it is an emergency C-Section and general anesthesia is needed. Your support person would then stay in the waiting room.

During C-Section Recovery, the mom will be moved to a recovery room on the Post Partum hall. The support person will have the opportunity to do Skin to Skin during this time.

Once recovery is over, mom and baby will be moved to a Post Partum Room on the Post Partum hallway.



Are circumcisions performed by the pediatrician before discharge?

Yes, if the parents wish to have the baby circumcised, it can be done before discharge. Check with your pediatrician beforehand on how payment should be handled.

Do I have to have a pediatrician selected before my delivery?

No, but your baby will receive care from our pediatrician on call. Once discharged, you can choose who your child will continue to see.

Please have your car seat already correctly and securely installed. Local police and/or fire stations will be able to help if needed.

I have more questions! Who can I contact?

childbirthprep@carterethealth.org

