

Childbirth at Stony Brook Medicine

Right for Mother, Right for Baby



Stony Brook Medicine



FACT: Every day that pre-term labor is stopped helps preserve the health of your baby and prevent premature birth.

Stony Brook's team of obstetricians who specialize in high-risk pregnancies uses advanced science and medical care to improve outcomes every day.

FACT: Certified nurse-midwives are licensed to provide prenatal, postnatal and routine newborn care.

These registered nurses have graduated from accredited nurse-midwifery programs and earned national certification. And they play a valued role in our comprehensive, family-focused, mother/baby services.



The Right Decision

SAFE BABIES, HAPPY FAMILIES

Your priority is the safe, healthy and happy birth of your baby. It's our priority, too.

And when you're choosing a hospital for your delivery, you'll want the peace of mind that comes from choosing the best facility with the medical expertise you need: Stony Brook University Hospital. Stony Brook is Suffolk County's only Regional Perinatal Center, offering the highest level of obstetric and neonatal care possible.

At Stony Brook Medicine, we're innovators in promoting the best ideas in mother/baby care. They include our skin-to-skin program for better family bonding, training for every nurse on how to coach successful breastfeeding and provide infant care, as well as building the largest midwifery service in Suffolk County. Our goal is to give each baby the healthiest possible start in life and ensure that new parents receive the attention, education and support they need during this joyful life event.

And we're ready to provide a more advanced level of care to those who need it. That's because the foundation of our program is medical excellence through advanced prenatal diagnostics, highly specialized physicians, state-of-the-art technology and 24/7 access to lifesaving interventions.

In fact, we're what's known as a New York State-designated Regional Perinatal Center — the highest designation there is — staffed and equipped to handle the complete range of needs for mother and baby. Doctors from across Suffolk County refer their most challenging cases to us. They know their patients are in good hands.

This dual capability — supporting the comfort, needs and wishes of families while providing a high level of medical care — makes Stony Brook Medicine unique in Suffolk County. Our Neonatal Intensive Care Unit (NICU) is a perfect example: It's New York's first all-private, single-bed NICU, allowing the neonatology team to deliver individualized, developmentally focused care in a safe environment that's also comfortable for families.

Choosing where to have your baby is an important decision. In Suffolk County, it's a decision you can make with confidence. Stony Brook is the right place. And it has been for more than 100,000 mothers who delivered their babies at Stony Brook Medicine.



We are a Regional Perinatal Center, designed to handle high-risk pregnancies and complicated deliveries.



FACT: A baby in distress born at a regional perinatal center has twice the survival rate of a baby who is transferred there after birth.

As a Regional Perinatal Center, Stony Brook’s maternal-neonatal transport service is staffed with medical professionals specially trained in handling transports, stabilizing mother and baby, and getting them to the appropriate care at Stony Brook as quickly as possible.

FACT: Skin-to-skin contact provides important health benefits.

It’s so simple but so significant: An unswaddled baby snuggled directly against their mother’s or father’s chest triggers physiological responses with tremendous benefits. It helps keep your baby warm, regulates breathing, improves blood sugar, increases immunity, strengthens bonding, encourages breastfeeding and reduces postpartum depression.



The Right Place

ALL YOU NEED AT EVERY STEP

In all aspects of mother/baby care, Stony Brook uses the latest, evidence-based protocols. For uncomplicated pregnancies, that means we allow a normal, healthy physiological process to proceed as expected.

In pregnancies that have complications, we know when intervention is necessary.

Our family-centered services and facilities are designed to create a private, comfortable, secure and nurturing environment precisely attuned to the mother’s and baby’s needs at every step of the journey to “familyhood.”

Comprehensive Pregnancy and Prenatal Care. Through our Coordinated Fetal Care Program, we provide access to advanced prenatal diagnostics, such as fetal echocardiography to detect important heart defects. We also offer genetic counseling for any concerns due to family history or abnormal ultrasound or test results. If a problem is detected in utero — for example, cystic fibrosis — we also have a center of excellence that can address it both before and after the baby is born.

Labor & Delivery Suite — Your Baby, Your Way. We have 10 comfortable, private birthing rooms for labor and delivery, each with a private bathroom and foldout couch that allows up to two adults of your choosing to stay with you. In terms of your preferences for labor and delivery, there’s a lot of room for flexibility if your doctor and/or midwife agree.

Suffolk’s Largest Midwifery Service. Eighteen certified nurse-midwives and certified midwives are on staff to provide care for women with uncomplicated pregnancies. Their approach is holistic and supportive of your informed choices. Options may include: wearing your own clothing instead of a hospital gown; laboring and giving birth in any position, including labor in the shower; and having light food and

fluids while there is normal labor progression. IVs and continuous monitoring are not routine in our midwifery practice and can be avoided if desired, unless medically necessary.

Gentler C-Sections. If a cesarean section or other surgery becomes necessary, our three obstetric operating rooms are nearby with OB anesthesiologists available 24/7. Leaders in the movement toward patient-centered C-sections, some of our physicians are offering choices, such as clear surgical drapes that let mothers see their baby being born, choice of music to play during surgery and intraoperative skin-to-skin contact between mother and baby. We have an excellent success rate for vaginal birth after C-section — and zero elective deliveries prior to 39 weeks.

Mother/Baby Rooming In. Keeping babies and mothers together postpartum — “rooming in” — results in healthier babies and happier mothers. All 36 postpartum rooms are private, furnished and equipped for both baby and mother. Hotel-style features include in-suite bathrooms, room service dining and free Wi-Fi. Mothers recuperate, bond with their newborns, watch our custom Newborn Education TV channel and receive one-on-one education in breastfeeding and infant care. This allows mothers to enjoy all of their baby’s “firsts” —

first exam, first bath and so on — right in their room. The newborn nursery is a step away when mothers need a break, along with a comfortable lounge for family and visitors.

Successful Breastfeeding. Our team of certified lactation consultants provides breastfeeding support for mothers and infants both in postpartum and in our NICU. We also offer daily inpatient breastfeeding classes.

Nursing and Other Support. We are proud to maintain a low nurse-to-patient ratio, which means individualized attention, one-to-one education and additional support when you need it most. Our nurses are specially trained to care for both mother and baby throughout their stay. We also have chaplains, psychiatric nurses and social workers available. If there are language barriers, we offer a language line and other resources for clear communication. When you are discharged, we can connect you with appropriate resources within your community to further assist you and your baby.

A Word About Safety. It’s a priority. We’ll take every possible precaution to keep you and your baby safe. We also use high-tech security equipment and safety measures to ensure only approved visitors have access to your baby.



FACT: The ability to control the individual environment for babies who are born premature helps them thrive.

The NICU at Stony Brook Children's Hospital is the first in New York State with all private rooms for each baby. This means that light, sound, temperature and other factors can be adjusted to best suit the baby's needs — and provide optimal bonding opportunities for families.

FACT: One in 10 babies born today requires the services of a NICU.

Stony Brook Children's has the busiest NICU in Suffolk County. It is equipped with the latest equipment and technology to ensure that the smallest and sickest babies have access to the most advanced care.



The Right Care

SAVING LIVES, FOCUSED ON FAMILIES

Annually at Stony Brook Medicine, there are approximately:

- **1,000** admissions to the Neonatal Intensive Care Unit (NICU)
- **100** neonatal transports
- **200** maternal transports
- **90** newborns weighing less than 1,500 grams (3.3 lbs.)
- **4,000** in-hospital deliveries

What these numbers mean is that Stony Brook is the right place for the right care, not only for healthy, low-risk births but also for mothers and babies at risk of complications or anomalies.

High-Risk Pregnancy Specialists. Our Maternal-Fetal Medicine program focuses on women with high-risk pregnancies, whether the patient has preexisting medical conditions impacted by pregnancy or medical conditions that affect the pregnancy itself. Maternal-fetal medicine specialists have the specialized training and experience needed to perform complex diagnostic and therapeutic procedures during pregnancy that can involve the fetus and/or mother, such as targeted ultrasound and fetal intravascular transfusions.

Antepartum Rooms. The Women and Infants Center includes 12 private rooms designed specifically for women with high-risk pregnancies who are experiencing complications requiring hospitalization.

Extraordinary Care for Newborns in Need. If your baby is born too early or with complications, our neonatal-perinatal team steps in. The largest in Suffolk County, this team includes nine board-certified or board-eligible attending neonatologists, eight neonatal fellows, 11 neonatal nurse practitioners, more than 110 dedicated neonatal nurses and a large group of highly qualified ancillary staff. All are committed to delivering compassionate, family-centered, medically advanced and developmentally sensitive care.

All Private-Room NICU. Our extraordinary care is delivered in an extraordinary facility. Stony Brook's 46-bed NICU is not like a typical open-plan NICU. Our NICU was the first in New York State to offer individual, private, meticulously monitored rooms. These private rooms allow the nursing staff to better control lighting, noise, temperature and environmental stress. They also empower parents to bond with their babies and be involved in their care — which, in turn, is better for tiny newborns' health and development. Our soothing, healing environment is combined with the latest technology and evidence-driven protocols.

Specialized Surgical Services On-Site. As part of Stony Brook Children's Hospital, our pediatric subspecialists include pediatric surgeons, pediatric ear, nose and throat specialists (ENTs), pediatric anesthesiologists, pediatric neurosurgeons and more. This means that your baby can have lifesaving surgery or a procedure to correct a congenital condition — all right here at Stony Brook.

Comprehensive Fetal Care. Mothers-to-be and their babies have access to programs and the skilled care of a network of multidisciplinary providers at Stony Brook who are committed from prenatal diagnosis through your baby's birth and beyond. The most complicated

fetal medical conditions are managed with a customized plan, coordinated care and a passionate team that is by your side through it all.

Groundbreaking Initiatives. Our specialists lead their fields in research and conduct groundbreaking studies on multiple fronts. As a result, we are among the first to initiate important innovations, such as whole body cooling, a special technique used to reduce the extent of an evolving brain injury in high-risk term babies, as well as an immunization program for parents and other close contacts — not typically available at smaller facilities.

Support. A NICU stay, especially if it's an extended one, is stressful for families. It also has a huge learning curve, as you are suddenly plunged into a new world of medical terminology and decision-making. We are one of only three NICUs in New York State with a March of Dimes family support specialist on-site to help you when your newborn requires extended intensive care. Parents are also supported with amenities provided by the Ronald McDonald House. And those who have walked in your shoes and want to give back also share their knowledge and experience through the Little Angel Fund, a parent-led support group.



FACT: Breastfeeding helps protect your baby from a long list of illnesses and can be good for the mother's health, too.

Stony Brook has made a commitment to being a breastfeeding friendly hospital. We provide a team of lactation consultants, as part of a New York State initiative to promote breastfeeding.

FACT: Thirty-four percent of births in the U.S. require a cesarean section, some of which can become complicated.

Stony Brook has all the resources for critical care readily available to the Labor & Delivery Suite, ensuring the best outcomes for mother and baby.



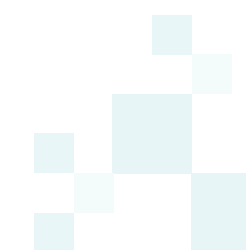
Right at Home

WE'VE GOT THIS. TOGETHER.

Choosing where your child takes that all-important first breath is an important decision, so we want to make sure you have all the facts before you pick the place that best fits you and your growing family's needs.

We believe that place is Stony Brook, but please, come see for yourself. Talk with our staff, who will treat you like family. See our facilities, which will make you feel special and comfortable, and where all our care is delivered in a soothing patient- and family-friendly environment. Meet our specialists, whose expertise will put you at ease.

- To learn more about delivering your baby at Stony Brook Medicine, visit [womenshealth.stonybrookmedicine.edu](https://www.womenshealth.stonybrookmedicine.edu).
- Stony Brook offers education classes on a variety of topics, including prepared childbirth, prenatal care, breastfeeding and newborn care. Call (631) 444-4000 for information.
- For neonatal transfers, call (631) 444-2000/2001.
- For consultations, call (631) 444-7653.
- If you are at risk of giving birth prematurely or have been diagnosed with a pregnancy that will require neonatal care, schedule a time to meet with one of our neonatologists and other pediatric specialists, depending on your baby's needs at birth. This will help you understand what to expect when your baby arrives. Call (631) 444-7653.



Our staff will treat you like family; our facilities will make you feel special; our specialists will put you at ease.

Expertise in Action

WHAT OUR ADVANCED DESIGNATIONS MEAN TO YOU

Regional Perinatal Center

Stony Brook has the highest level designation for a perinatal center. This means that the most severe cases get referred to us. As a New York State-designated Regional Perinatal Center, Stony Brook is responsible for establishing the highest level of neonatal and obstetric care for all hospitals in Suffolk County. We have our own dedicated neonatal transport team with specialized equipment, including incubators that can deliver nitric oxide to newborns with severe hypoxic respiratory failure — available 24/7. Based on data from the New York State Department of Health, Stony Brook has one of the best records of any Regional Perinatal Center in achieving growth of premature infants prior to discharge.

Academic Medical Center

As an academic medical center, we have a three-fold focus — education, research and clinical excellence. Stony Brook takes a leadership role in the region by training physicians, supporting local hospitals with technology and expertise, and partnering with county organizations to improve the outcome of pregnancies through a number of evidence-based interventions, both high tech and low. Local physicians consult with us, and community hospitals often send us their most difficult cases. Of greater importance to you, however, is the fact that we provide 24/7 access to every medical and surgical specialty. This allows you to get the care you need when you need it: No waiting for the on-call doctor to come in and no transfers to another facility. For example, if you had a heart condition that might be affected by labor, we can put together a multispecialty team that includes maternal-fetal specialists, cardiologists and heart surgeons, neonatologists, emergency medicine physicians and other professionals as needed, to treat both you and your baby simultaneously. Or, if you have a chronic condition such as diabetes or lupus that might affect your pregnancy (or vice versa), our specialists can work with you throughout your pregnancy and be part of the team to support a safe delivery.

LEVEL III NEONATAL INTENSIVE CARE UNIT (NICU)

In New York State, a Level III NICU means that we have the specialized expertise and advanced technology to provide 24/7 care for high-risk moms and critically ill babies, including premature newborns.

BOARD-CERTIFIED PHYSICIANS

In addition to their medical degrees, these doctors have passed a medical specialty exam by a recognized board of specialists. This means their knowledge and skills meet the highest standards. All Stony Brook physicians are either board eligible (positioned to take the boards) or board certified.

FELLOWSHIP-TRAINED PHYSICIANS

These are the experts of the experts — doctors who have participated in additional training in their field to become highly specialized. For example, a maternal-fetal medicine specialist (who is already a highly specialized OB doctor) may complete a three-year fellowship in maternal-fetal medicine. Typically fellowship-trained physicians have studied with leaders in their field, participated in research and are up to date on the latest practices, protocols and procedures. Fellowship-trained doctors are equipped to handle rare, complex and complicated cases. We have fellowship-trained physicians in a variety of specialties.

A NEONATAL RESEARCH CENTER

This center, which consists of three laboratories, specializes in research that can advance the study and practice of neonatal medicine, both here at Stony Brook and nationally. Research conducted here has dramatically increased the survival of premature infants locally and nationally.



**Stony Brook
Medicine**

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Suffolk County mothers and babies with
the right care at the right time in the right
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