

## While You Recuperate

### Family Care

Your baby's first days of life are precious. At Swedish Medical Center, we practice 'couplet care' where mom and baby remain together after birth and share a room throughout their hospital stay to ensure the ultimate bonding experience. We also provide special "Mommy and Me" time everyday so you can enjoy some quiet moments with your baby.

### Be Pampered – Special Features Just for You

- Newly renovated private suites with showers
- Separate bed for your significant other
- Award-winning breastfeeding education and support with dedicated lactation specialist available to you throughout your stay
- VIP meal for two
- Additional complimentary meal for partner
- European breakfast bar
- Snacks available for mom and family around the clock
- Family Den stocked with a big screen TV, snacks and draft root beer
- Aveda personal care products for mom
- In-room hand or foot massage
- Security unit with state-of-the-art infant security
- Professional in-room photography services
- Free concierge services
- Free Wi-Fi



## As Your Journey Continues

### Breastfeeding

Breastfeeding support is offered to breastfeeding moms every week at Swedish at no charge. In this group setting, moms have the opportunity to meet with a lactation consultant, have their baby's weight checked, and receive advice about breastfeeding. This is also a great opportunity to meet and connect with other breastfeeding moms.

### An ER That's Just for Kids

Rocky Mountain Hospital for Children at Swedish has a special pediatric ER that features five treatment rooms set apart from our adult rooms, that are staffed by a pediatrician as well as dedicated emergency department certified nurses and technicians. All of our pediatric ER doctors are board-certified in both pediatrics and emergency medicine.

### Rocky Mountain Hospital for Children at Swedish Medical Center

If your child should need to be hospitalized, Rocky Mountain Hospital for Children at Swedish Medical Center has a dedicated 11-bed Pediatric Unit and a six-bed Pediatric Intensive Care Unit. These areas are staffed by a team of pediatricians, pediatric intensivists and registered nurses – all highly experienced in caring for kids of all ages.

501 East Hampden Avenue  
Englewood, CO 80113

Find a provider today  
**866.7Swedish**

[JourneyOfYourLifetime.com](http://JourneyOfYourLifetime.com)



## SWEDISH MEDICAL CENTER Labor & Delivery

*A Guide to the Journey of Your Lifetime*





## **Before Your SwedeHeart® Arrives**

When it's time for your special delivery, only the very best will do. You can be certain Swedish Medical Center will be there for you and your family every step of the way as you begin Your Journey of a Lifetime.

### **OB Tours**

We invite you to take a tour through our comprehensive maternity center of excellence and meet our award-winning medical staff. We'll answer all your questions about your baby's delivery and the hours to follow. You can register for a free Swedish OB Tour at any time during your pregnancy.

### **Childbirth Education**

Having a baby is one of the most exciting experiences of your life, but it can also be overwhelming. Whether you need information on comfort techniques for childbirth, breastfeeding or how to care for your baby in those first few weeks - Swedish Medical Center offers a variety of classes to meet your every need.

To register for a class or Swedish Hospital OB Tour, visit us at [www.JourneyOfYourLifetime.com](http://www.JourneyOfYourLifetime.com) or call 1.866.7SWEDISH.

### **Car Seat Fit Station**

At Swedish Medical Center, we want to make sure that not only your labor, delivery and recovery are safe— but that every journey you make with your baby after you leave the hospital is safe as well. With nearly four out of five car seats used incorrectly, let our Certified Child Passenger Safety Technicians show you the correct way to install and use a child safety seat. We recommend having your car seat checked at least six weeks prior to delivery. To schedule a free appointment call 303.788.SEAT.

## **Your Special Delivery**

The Labor and Delivery unit at Swedish specializes in delivering happy, healthy babies even for complicated and high-risk pregnancies. We have specially certified staff and advanced medical services to handle any situation with confidence.

**What you can expect:**

### **Expert Medical Care**

- Established reputation for experienced, compassionate and outstanding nursing care
- 24/7 OB emergency care
- Customized comfort measures provided by a dedicated physician
- OB anesthesiologist
- On-site high risk perinatologist
- Midwives on staff
- Dedicated obstetrical operating suites

### **Modern Amenities for Modern Moms**

- Newly renovated suites with private showers
- Laboring tubs for those looking for a more natural experience
- Doula friendly
- Aromatherapy
- Chairs, rockers, mirrors, birth balls and peanut balls
- Families are welcome to join mom during and after birth

## **We're Ready if You Need Us**

### **Level IIIB Neonatal Intensive Care Unit**

While you should always expect the best for your newborn, there are times when babies arrive early or have special health needs that require extra and more advanced care. Swedish Medical Center's Neonatal Intensive Care Unit has a team of experts ready to provide your baby with the best possible medical and nursing care 24 hours a day, seven days a week. Our NICU team includes neonatologists, neonatal nurse practitioners, neonatal registered nurses, pediatricians, respiratory therapists, lactation specialists and more.

### **Private NICU Rooms - You Don't Have to Leave Your Baby's Side**

Our 21-bed NICU features a family-style design that offers each patient a private room and allows parents the option to room-in with their newborn. Research shows premature and medically fragile babies heal and grow faster when they are close to their mothers. That's why we've made it possible for you to be together as much as possible for as long as possible. Our NICU also features family rooms to accommodate multiple births.

