UNC HEALTH®
Rex

Rex Women's Center

unchealth.org

At Rex Women's Center, we know every baby is special and every birth experience is unique.

Whether this is your first baby or a new addition to your growing family, our experienced team of specialists is committed to providing you and your family with a safe, beautiful and healthy birth experience.

Our care is centered around you and your family. We can't wait to share one of life's amazing moments with you.

Before Your Baby Arrives

Tours and Classes

Take a tour of our birthing center and get the facts about our anesthesiology services, level IV NICU, visitation hours, room service and pregnancy/parenting classes.

To register for a tour or class, visit rexhealth.com/maternity. Classes fill up quickly, so sign up in your **FIRST** trimester for classes to be taken in your **THIRD** trimester.

Financial Information

Before your due date, please call your insurance company to review your maternity coverage. You may be responsible for any charges not covered by your health insurance.

PLEASE NOTE: Physicians (Emergency and OB Emergency, Pediatricians, Anesthesiologists, etc.) and other providers will bill separately.

UNC Health Rex will request payment of your estimated amount due during your stay. This may include **any estimated amounts due, such as copay, coinsurance, deductible, self-pay amounts, or related deposits.**

For questions or information about payment arrangements or financial assistance, please call 800-954-8624.

Finding a Pediatrician or Other Physicians

UNC Health pediatricians and family practitioners are here for you and your new baby every step of the way. Compassionate, child-centered care is our mission.

To find a practice near you, visit **unchealth.org/care-services/doctors**.

Free Pregnancy/Parenting Newsletter

Visit rexhealth.com/maternity to sign up for a weekly e-newsletter from week seven of your pregnancy through the first year of your baby's life.

Gestational Diabetes Support

To reach registered dietitians and nurses at the Rex Hospital Diabetes Education Center, call 919-784-5279.

UNC Maternal Fetal Medicine Raleigh

UNC Maternal Fetal Medicine specialists provide consultations, diagnosis and continuing care.

For more information, call 919-784-6425.

UNC Center for Women's Mood Disorders

To receive expert help in evaluation and treatment of mood disorders that occur during periods of hormonal change, such as anxiety and depression both before and after childbirth, call 984-974-5217.

Physical Therapy Program

Licensed physical therapists work with expectant and new moms. To learn more, call 919-784-4696.

Registration

We will complete registration at your bedside shortly after admission.

After Your Baby Arrives

Patients who give birth at Rex Women's Center will receive an "I Gave Birth" blue bracelet to wear for up to 10 weeks after delivery to help keep them safe during the postpartum period. While most women recover from childbirth without any issues, complications can happen to anyone. The bracelet will remind new mothers to pay attention to their bodies and watch out for common post-birth warning signs.

For more information, visit https://www.saveyourlife.awhonn.org.

Carolinas Cord Blood Program

We are a collection site for the Carolinas Cord Blood Bank.

Child Passenger Seat Safety

You can have one of our certified child passenger safety technicians inspect your car seat installation Tuesday-Friday, 9 a.m.-2 p.m., in front of the Rex Women's Center Pavilion.

First Photos

Rex Women's Center partners with Bella Baby Photography to offer parents professional mini-photo shoots in the comfort of their hospital room.

For more information, call 877-817-8830.

Lactation Services

Rex Women's Center provides support with breastfeeding from earliest consideration through returning to home or work. For more information, call 919-784-3224 or visit http://rexhealth.com/breastfeedingsupport.

Postpartum Education and Support

Moms Supporting Moms is a support group for women experiencing anxiety, depression and/or adjustment difficulties related to childbirth and new motherhood.

To learn more, call 910-898-2139, visit safechildnc.org/moms-supporting-moms.

Safety

Rex Women's Center is proud to offer state-of-the-art security and monitoring systems for you and your baby. To learn more, call 919-784-3100.

Special Needs Care

Rex Women's Center provides 24-hour anesthesia services, surgery suites, a newborn nursery, a Level IV Neonatal Intensive Care Unit, and a lactation store.

Pregnancy To-Do List

First Trimester

- ❑ Select a health care provider and schedule an appointment.
- ❑ Register for childbirth classes. For a complete list of classes and to register online, visit **rexhealth.com/maternity.**
- ❑ Sign-up for the free Pregnancy and Parenting newsletter at rexhealth.com.
- ❑ Check insurance coverage for maternity benefits and adding a baby.
- ❑ Eat right! Select foods rich in protein, calcium, folic acid, vitamins and iron.
- ❑ Begin prenatal vitamins.
- ❑ Continue exercise as directed by your healthcare provider.
- ❑ Review finances, and begin to budget for the baby. **Plan for co-payments/ co-insurance payments to be collected on the day of discharge.**

Second Trimester

- ❑ Make a list of questions to take to each check-up and discuss with your health care team.
- ❑ Begin your baby "wish list."
- ❑ Choose a pediatrician or family doctor for your baby.
- ❑ Practice Kegel exercises.
- ❑ Shop for maternity clothes.

Third Trimester

- ❑ Continue Kegel exercises.
- ❑ Review schedule and take childbirth classes you registered for during the first trimester.
- ❑ Tour the Rex Women's Center as needed.
- ❑ Register for baby supplies and items to let friends and family know what you would like.
- ❑ Arrange for help at home after the baby is born.

Pregnancy To-Do List *(continued)* →

Pregnancy To-Do List *(continued)*

Third Trimester

- ❑ Purchase at least one nursing bra for your trip to the hospital.
- ❑ Discuss your birth experience options or birth plan with your health care provider.
- ❑ Install child safety seat at least three weeks prior to due date. Have your installation checked by a certified child passenger safety technician.
- ❑ Assemble crib, changing table and complete nursery. Wash all baby clothes and linens.
- ❑ Arrange transportation for approximately 11 a.m. on day of discharge (exact time may vary).
- ❑ Pack your labor and postpartum bags. See packing recommendations below.

Labor Bag

- ❑ Driver's license and insurance card
- ❑ Robe
- ❑ Slippers
- ❑ Warm socks
- ❑ Snacks/drinks for birth partner
- ❑ Books/magazines/E-readers
- ❑ Phone/device chargers
- ❑ Lip balm
- ❑ List of important phone numbers
- ❑ Small amount of money for partner (leave valuables at home)
- ❑ Toothbrush and toothpaste
- ❑ Hair tie
- ❑ Small personal fan

Postpartum Bag

- ❑ Nightgown (nursing gown if breastfeeding)
- ❑ Nursing bra with absorbent breast pads
- ❑ Hairbrush
- ❑ Shampoo, conditioner, soap, face wash
- ❑ Maternity outfit for going home
- ❑ Pen, paper, notebook
- ❑ Small amount of money for food for partner
- ❑ Gift for sibling from new baby
- ❑ Two baby outfits
- ❑ Two receiving blankets

Download the UNC Health Wayfinding App today!
https://www.uncmedicalcenter.org/uncmc/patients-visitors/wayfinding-app

UNC HEALTH Rex
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