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## Preparing for Delivery

*The big day is approaching and there is still a lot to be done!*

*This handout is to remind you of steps to be taken ahead of time  
to help you plan for your upcoming delivery.*

1. **L&D Registration Form:** You need to fill out and mail or fax the Huntington Hospital Labor and Delivery Registration Form. This form is on the USB drive given to you by our office, and is also on our web site and on the Huntington Hospital web site ([www.huntingtonhospital.com](http://www.huntingtonhospital.com), go to “Our Services,” “Maternity” and look for “Birth Forms”). The Hospital will send you confirmation after you submit this form but this might arrive closer to your due date. You can call (626) 397-5606 to confirm that they received your registration.
2. **Maternity Tour:** There is a Maternity Orientation and Tour of the Huntington Hospital Labor and Delivery Department. It is offered monthly at 2 p.m. on the first Sunday, or 7 p.m. on the third Monday (excluding holidays). You need to pre-register online for the Tour. For more information, see our OB Guidebook or call 626- 397-5037. The tour is optional but informative.
3. **Childbirth Classes:** Huntington Hospital offers a birthing class, a breastfeeding class and an infant care class. Plan to take classes maybe 4-6 weeks before your due date, BUT you should sign up for them about 3 months before, as these classes get full. Call (626) 397-8768 or register online at [www.huntingtonhospital.com](http://www.huntingtonhospital.com). Go to “Our Services,” “Women’s Health,” “Maternity/Obstetrics, and look for Childbirth & Parenting Classes on the far right (scroll down). If a C/S birth is planned, these classes can be modified (for example, newborn care and breastfeeding classes only, but skip the birthing class).
4. **Pediatrician:** Your newborn needs to be under the care of a Pediatrician on staff at Huntington Hospital. Let us know if you need help selecting your Pediatrician. You can refer to the list in our OB Guidebook (FOWH OB Guide is on the USB drive).
5. **Free Breast Pump:** A breast pump (not hospital grade but a good model) can be obtained free of charge. Contact your Health Plan for more information. There is an Rx form for this on the USB Drive. Better yet, google the phrase “free breast pump.” Go to a provider and enter your insurance information. If they accept it, you can request it online.
6. **Cord Blood:** Have you decided if you are going to preserve your baby’s extra umbilical cord blood? The stem cells in the cord blood are frozen and can be used, even years later, to treat various life-threatening conditions. The cord itself can be stored also.

If you have any questions about preparing for your upcoming delivery, feel free to ask us. Please refer to your OB Guidebook for useful information about the Hospital and many birthing related issues. There is also a useful “To Do” checklist at the back of the FOWH OB Guidebook.