

Neonatal Intensive Care Unit



A Special Place for Your Little Miracle.



Shady Grove
Adventist Hospital

Gram to Ounce Conversion Chart

1 Pound

	454
1	482
2	510
3	539
4	567
5	595
6	624
7	652
8	680
9	709
10	737
11	765
12	794
13	822
14	851
15	879

2 Pound

	907
1	936
2	964
3	992
4	1021
5	1049
6	1077
7	1106
8	1134
9	1162
10	1191
11	1219
12	1247
13	1276
14	1304
15	1332

3 Pound

	1361
1	1389
2	1418
3	1446
4	1474
5	1503
6	1531
7	1559
8	1588
9	1616
10	1644
11	1673
12	1701
13	1729
14	1758
15	1786

4 Pound

	1814
1	1843
2	1871
3	1899
4	1928
5	1956
6	1985
7	2013
8	2041
9	2070
10	2098
11	2126
12	2155
13	2183
14	2211
15	2240

5 Pound

	2268
1	2296
2	2325
3	2353
4	2381
5	2410
6	2438
7	2466
8	2495
9	2523
10	2552
11	2580
12	2608
13	2637
14	2665
15	2693

6 Pound

	2722
1	2750
2	2778
3	2807
4	2835
5	2863
6	2892
7	2920
8	2948
9	2977
10	3005
11	3033
12	3062
13	3090
14	3119
15	3147

ID Band Number:



A Special Place for Your Little Miracle.

Welcome to the Neonatal Intensive Care Unit at Shady Grove Adventist Hospital

While the thought of your child needing intensive medical care might raise many worries, you can be assured that Shady Grove Adventist Hospital's Neonatal Intensive Care Unit (NICU) is a place your child will receive the best of care because it is designed especially for premature babies and babies who experience problems at birth. In fact, other area hospitals transport their newborns that need this expert level of care to Shady Grove Adventist Hospital's NICU.

The NICU, located on the third floor of the hospital is rated as Level IIIB, one of the highest possible ratings attainable. Equipped with the latest lifesaving technology, the NICU is staffed at all times by neonatologists (doctors specializing in newborn baby care) and neonatal nurses—all are trained to care for the most

complex and high risk situations among newborns. They are also trained and experienced in delivering twins, triplets and quadruplets.

While caring for your miracle baby is very special, helping you and your whole family understand and be a part of your baby's care is just as important. Please ask our staff any questions you may have, and review the "Speak UP" pamphlet found at the front desk. It may help you think of other questions.

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Guidelines for Breast Milk Delivery

We make every effort to support your baby's growth and development by making sure they have the highest quality nutrition. We appreciate that your breast milk plays a key role in this process. We also have feeding technicians that mix our feedings for your baby if they need added calories for growth. If your breast milk is not available at the time we mix feedings for the day, your baby will get a comparable formula based mixture.



To use fresh or frozen breast milk, it must be delivered no later than 11:00 a.m.

While having your baby in the Neonatal Intensive Care Unit is stressful, we are here to help you be with your child as much as possible.

Our NICU parents are essential members of the health care team. We encourage parents to be with their babies as much as possible. Rounds are held in the unit every day at 10 AM. During rounds, the healthcare team meets and discusses the plan of care for each baby. We encourage parents to be present during the plan of care discussion for their baby. We have lockers available for parents to store their personal items. A lock can be obtained from the unit support coordinator. The unit support coordinator will ask for a driver's license in exchange for the lock. A family restroom is located opposite the scrub sinks. During shift change, we request that parents and families do not come to the unit. Nursing Shift Change occurs at 6:45 am – 7:15 am and again at 6:45 pm – 7:15 pm.

Visiting Guidelines

For the safety of our patients and families, the unit is a locked unit. To enter, please press the button outside the entry doors. A staff member will let you in and out of the unit.

When first admitted to the unit, many things need to happen quickly for your baby's well being. Please feel free to come and see where your baby will be in our unit and then give the medical team approximately one hour to settle your baby in before you have a prolonged visit.

To keep your baby safe and to maintain confidentiality, you will be asked to show your ID band that matches the one on your baby when you enter the unit, at your baby's bedside, or if you call for phone updates. When calling, you will be required to read the number on that band to the staff for identification.

Please keep the ID band on at all times. It is your primary source of identification for admittance and to receive information about your baby during their stay.

It is our hospital policy to only provide information to parents or legal guardians.

To help prevent infection, everyone entering the unit **MUST** wash their hands at the desk before going to see their baby. Please wash your hands or use the hand disinfectant any time before or after you touch your baby. You will see our staff doing this too.

We appreciate that family and friends will also want to be with your baby. They are welcome to come to the unit and see your baby as long as they are accompanied by a person with an ID band.

There may be times that we have to limit the number people. Please speak with your baby's nurse regarding how many people can be at the bedside. These decisions will be based on your baby's condition and the condition of the other babies in the unit. Additional people may wait in the NICU waiting room which is located at the entrance to the unit.

No visitors under 16 years of age, are permitted unless they are a brother or sister of the baby.

We encourage prearranged sibling visits. Siblings must be over three years old. Please fill out a sibling health clearance with each visit. These visits should be limited to 5-10 minutes.

To provide your baby with the safest care possible, the unit may need to close to all visitors except parents without prior notice. Please look for a sign posted on the NICU entrance.



Before Your Child Goes Home

For the health and safety of your child, they must reach the following milestones prior to discharge:

1. Maintain normal body temperature in an open crib
2. Eat all their feedings from a bottle or breast
3. Not require any IV medications or fluids
4. Have normal heart and respiratory rates
5. Show consistent weight gain

CPR Classes:

We encourage parents to take advantage of an infant CPR class. Shady Grove Adventist Hospital offers free infant CPR classes for you and your family. Classes are offered every Thursday or Friday from 6:00 to 8:00 pm. Please check with the NICU secretary to register.

Car Seats:

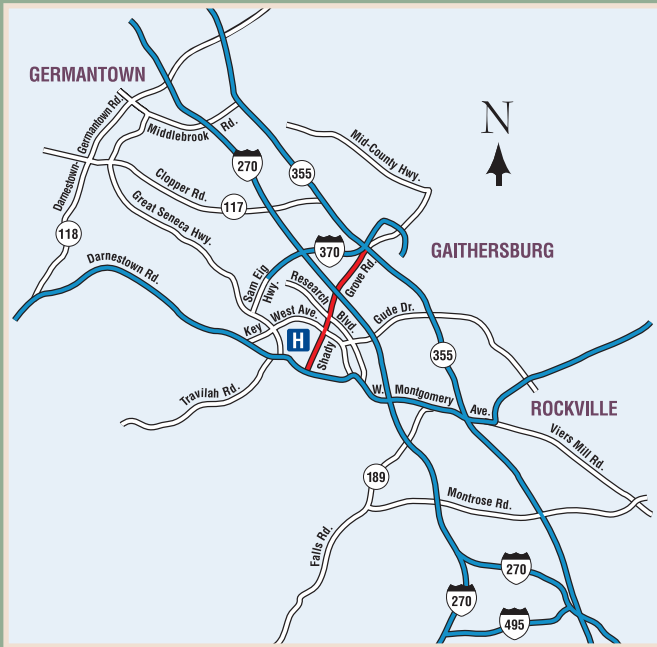
Every preterm infant (less than 37 weeks gestation) must pass the car seat test the week before going home. If your baby needs this test, you will be asked to bring in your car seat and base. We will test the baby in your own car seat. Your baby will be on monitoring equipment for this test so that you will know whether it is safe to travel with your baby and help you to be more comfortable taking your baby home.



Services Available to Make Your Stay More Comfortable

Cafeteria:	Located on the first floor. (Cash and credit cards accepted)
Weekdays:	Breakfast: 6:30 am - 10:30 am Lunch: 11:00 am - 2:30 pm Afternoon: 3:00 pm - 4:30 pm Dinner: 4:30 pm - 7:00 pm Late night: 7:00 pm - 1:00 am
Weekends and Holidays:	Breakfast: 7:00 am - 10:00 am Lunch: 11:00 am - 2:00 pm Dinner: 3:00 pm - 7:00 pm A coffee bar is located in the main lobby and in the Emergency Department lobby.
Vending Machines:	Open 24 hours; located in the Emergency Department lobby and outside of the Cafeteria entrance.
Gift Shop:	Located in the main lobby Extra breast pumping supplies are available for purchase. You can also rent a hospital grade breast pump if needed.
Hours:	Mon-Thurs: 10:00 am - 8:00 pm Friday: 10:00 am - 5:00 pm Sunday: 11:00 am - 7:00 pm The gift shop is closed on Saturdays for observation of our Sabbath.
Chapel:	First and Third floors; Open 24 hours
ATM:	Located in the Cafeteria and near the Emergency Department

Parking is available at the main entrance of the hospital. Cost are \$1.50 per hour with a \$5.00 maximum per day. Please ask about extended stay discounts for NICU families. Visitors to the NICU should park in the East lot and enter in the East entrance.



Mission

We demonstrate God's care by improving the health of people and communities through a ministry of physical, mental and spiritual healing

Contact Us

For more information on
Neonatal Intensive Care services available
at Shady Grove Adventist Hospital:

Phone: (240) 826-7495

Fax: (240) 826-5372

www.ShadyGroveAdventistHospital.com



9901 Medical Center Drive
Rockville, MD 20850

For your health and the health of our patients, visitors and employees,
Shady Grove Adventist Hospital is a tobacco-free campus.