

Pregnancy Guide

A Helpful Resource for Your Pregnancy





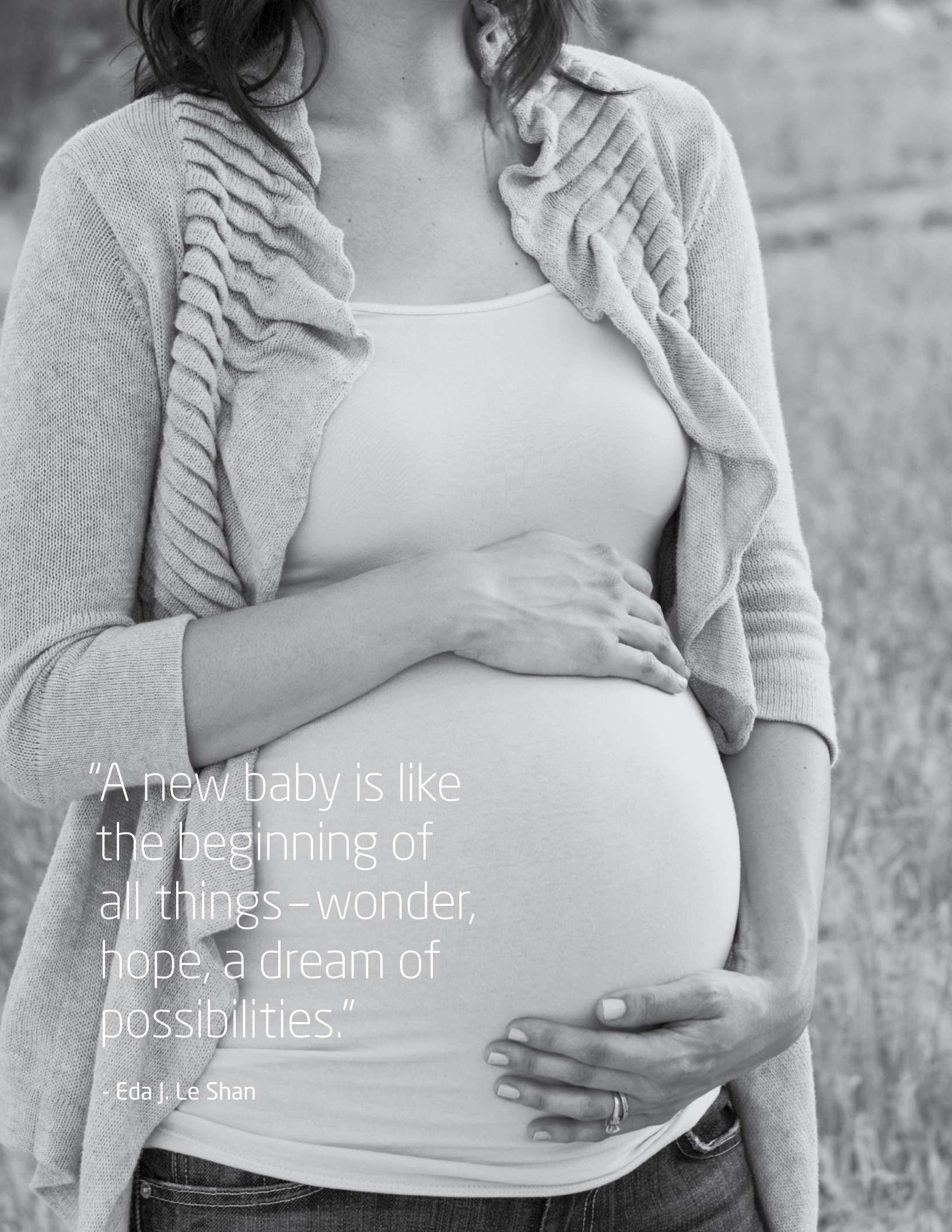
Dear expectant parent,

Congratulations on the upcoming addition to your family—and thank you for choosing Women and Children’s Services at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital as a partner for this incredible journey into parenthood.

This guide provides helpful information about the many services and amenities available to you at Central DuPage Hospital and Delnor Hospital.

We are committed to providing an excellent experience for mothers, fathers, infants and families by balancing advanced technology with sensitive, attentive care from physicians, nurses and other hospital professionals. In addition, the Ann & Robert H. Lurie Children’s Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital offers advanced neonatal specialty care right here in the western suburbs.

For more information, please visit nm.org/cdhmaternity or nm.org/delnormaternity. Wishing you all the best, from our family to yours!



"A new baby is like
the beginning of
all things – wonder,
hope, a dream of
possibilities."

- Eda J. Le Shan

4 Delivering amenities for you and your loved ones

5 For your care, comfort and convenience

7 Prenatal care

7 Comprehensive services for high-risk pregnancies

8 Northwestern Medicine Regional Medical Group, Maternal Fetal Medicine

9 Answers to common questions about prenatal care

9 Other general screenings you may receive at your provider's office

9 Genetic screening

9 Chromosome testing

11 Perinatal resources

11 Tours and classes

11 Support groups

11 Lactation services

11 Additional resources

13 General information

13 Birth certificate

13 Social Security number

14 Your hospital stay

14 Guidelines for your stay

15 Baby safety

15 Baby care

15 Baby pictures

15 Going home

16 Hospital preparation checklist

17 Maternity pre-registration questionnaire

19 Determining your health insurance coverage

21 Neonatal intensive care unit and special care nursery

21 Big resources for our tiniest patients

21 CDH Neonatal Intensive Care Unit (NICU)

21 Delnor Special Care Nursery

21 Critical care services

21 Specialized staff for special needs

21 The critical care team

23 Ann & Robert H. Lurie Children's Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital

23 CDH Neonatal Intensive Care Unit (NICU)

23 Delnor Special Care Nursery

23 CDH Pediatric Intensive Care Unit (PICU)

23 General Pediatric Unit

23 CDH Pediatric Emergency Department

23 Pediatric outpatient centers

25 Reference information

25 Important phone numbers

Delivering amenities for you and your loved ones

Women and Children's Services at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital offer a wonderful way to welcome and begin bonding with your newborn. Our hospitals feature labor, delivery and recovery rooms and private suites designed for your care, comfort and peace of mind. These mother-baby suites also include space to begin caring for your infant in your room.

We also deliver amenities at our Central DuPage Hospital and Delnor Hospital campuses that make your stay more comfortable for you and your loved ones. From our gift shop and full-service cafeteria to our free wireless Internet, we are here to make your time with us soothing, convenient and rewarding.

For your care, comfort and convenience

Mother-Baby Suites	<ul style="list-style-type: none"> • Private suites with spacious closets • Overnight sleeping accommodations for support person 	<ul style="list-style-type: none"> • Private bath/shower with hair dryer, shampoo, conditioner and lotion • Personalized menu selections each day
Advanced Medical Care Services	<ul style="list-style-type: none"> • Suites with central fetal monitoring for mothers who require longer hospitalization due to pregnancy complications 	<ul style="list-style-type: none"> • Obstetricians and anesthesiologists on the medical staff are available 24 hours a day
24-Hour Nursery Staffed by Neonatologists and Registered Nurses	<ul style="list-style-type: none"> • Level III Neonatal Intensive Care Unit (NICU) at CDH is staffed 24 hours a day by Lurie Children's neonatologists, and specially trained registered nurses and therapists • Level II-E Special Care Nursery at Delnor is staffed 24 hours a day by Lurie Children's neonatologists and/or neonatal nurse practitioners, as well as specially trained registered nurses and therapists 	<ul style="list-style-type: none"> • Maternal fetal medicine on call 24 hours a day for high-risk pregnancies • Additional care may be provided by specially trained perinatal nurses, patient care technicians, lactation consultants, social workers, registered dietitians, support coordinators and spiritual leaders
Security	<ul style="list-style-type: none"> • Locked unit with state-of-the-art security system, including access control and cameras for all exits and entrances 	<ul style="list-style-type: none"> • Infant security system features a tamper-proof, microchip-embedded ankle band that activates an alarm when a baby is near an exit
TV and Internet	<ul style="list-style-type: none"> • Flat-panel televisions • English and Spanish educational TV channel with helpful information about infant care 	<ul style="list-style-type: none"> • Wireless access to the Internet • A password-secured system allows your family and friends to see your new baby online
Special Amenities	<ul style="list-style-type: none"> • Room service available • Complimentary valet parking every day, 24 hours a day* 	<ul style="list-style-type: none"> • Guest services provides patient transport to and from your room
Lounges	<ul style="list-style-type: none"> • Family lounges on each wing with coffee machine, ice maker, microwave, tables and upholstered chairs 	<ul style="list-style-type: none"> • Lounge area outside the labor and delivery and mother-baby units with flat-panel television and public restrooms

*Hours vary at Delnor campus



Prenatal care

Prenatal care is important for both you and your unborn baby. Appointments with your physician are essential; these visits are an ideal time to ask questions and ensure you're well prepared for and confident about the journey ahead. Your prenatal visits are important to your physician because each visit provides information he or she can use to improve the quality of your care. If your physician is part of a group, you should plan to meet with each practitioner in that group in case one of those individuals is on call when you deliver.

Comprehensive services for high-risk pregnancies

If you're facing a high-risk pregnancy, your ability to access a higher level of care takes on a special urgency. As a patient of the maternal fetal practices at Central DuPage Hospital and Delnor Hospital, you will find resources established exclusively to provide excellent high-risk pregnancy care for you and your unborn baby.

Our comprehensive program includes maternal fetal medicine (MFM) specialists, a medical geneticist, genetic counselors, and a team of neonatologists and pediatric specialists through the Lurie Children's Hospital at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital pediatric program.* Our compassionate and experienced team of nurses, certified sonographers and clinical support staff will work with you and your family to educate and support you during your pregnancy. In partnership with your obstetrician, we will provide you and your baby with excellent care to support a healthy pregnancy.

Appointments with a maternal fetal medicine (MFM) specialist or genetic counselor require a referral from your obstetrician. If you have questions regarding services or an appointment, please call MFM at 630.933.6091 (CDH) or 630.938.8300 (Delnor) or Genetic Medicine at 630.933.6249. TTY for the hearing impaired 630.933.4833.

* Ann & Robert H. Lurie Children's Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital is a collaborative program between Northwestern Memorial Healthcare, and Lurie Children's Hospital of Chicago and its affiliated physician groups. The physicians participating in this program are neither agents of nor employed by Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital.

Northwestern Medicine Regional Medical Group, Maternal Fetal Medicine

First Trimester Screening	Ultrasound of the fetal heart and select anatomy by a Fetal Medicine Foundation accredited sonographer during the 12th or 13th week of pregnancy. Screens for Down syndrome, other chromosome conditions and birth defects. Results are provided on the same day.
Detailed (Level II) Ultrasound	Comprehensive ultrasound performed at or around the 20th week of pregnancy that evaluates for genetic conditions, growth, placental health, some birth defects and risk for preterm birth.
Cell Free Fetal DNA Screening	Blood test done after 9 weeks of pregnancy that evaluates fetal DNA in the mother's blood for abnormalities of chromosomes 21 (Down syndrome), 18, 13 and X.
Genetic Counseling	Licensed genetic counselors perform risk assessment and make personalized screening recommendations. A consultation is recommended for patients over 35 years of age at delivery as well as for patients with a family history of genetic conditions or increased risk on screening.

Answers to some common questions about prenatal care

How often will I see my doctor?

After your initial visit, your appointments may be scheduled once a month, then more frequently as you approach your due date.

What can I expect at my regularly scheduled prenatal appointments?

At each prenatal appointment you will have your weight and blood pressure checked. You may be asked to give a urine sample. This may be tested to detect excess protein that may indicate preeclampsia, as well as high sugar levels that indicate gestational diabetes. Abdominal exams are done to measure the growth of the uterus, which indicates fetal growth and helps monitor the length of your pregnancy and estimate the size and position of the fetus.

What information is gathered at my first prenatal appointment?

A complete medical history and physical exam may be performed to determine your current state of health, and a pelvic (vaginal) exam may be performed to confirm your pregnancy and to estimate the size of your pelvis. Your physician may do a Pap smear to screen for the presence of cervical cancer and may test for sexually transmitted diseases.

Blood tests may be done to confirm your pregnancy, determine your blood type and Rh factor, and test for anemia (to see if you need more iron) and infection. Your blood may be tested for immunity to German measles, for gestational diabetes and for HIV.

Your doctor will discuss other topics, such as nutrition, exercise, work and travel. Remember that pregnancy is usually a healthy time in a woman's life. If a concern arises, speak with your doctor.

Other general screenings you may receive at your provider's office

Ultrasound scan

Ultrasound scans use high-frequency sound waves to create an image on a screen. They can be used to confirm pregnancy and help estimate the gestational age of your fetus and your due date. It can also determine the position of the baby and placenta.

Carrier screenings for genetic conditions

Most people at risk for these conditions do not have a family history of them. However, if a blood test shows that you are a carrier of one of these genetic traits, there is an increased chance for the condition to appear in your pregnancy.

Cystic fibrosis

Cystic fibrosis affects approximately 1 in 3,000 people and is characterized by breathing and digestive problems, lung infections, poor growth, infertility and a shortened life expectancy.

Spinal muscular atrophy

Spinal muscular atrophy affects roughly 1 in 6,000 people and causes degeneration of the nerves involved in breathing, swallowing, voluntary movements and often a shortened life expectancy.

Other conditions

All ethnic groups have risk factors for certain genetic conditions. You may be offered screening for other conditions based on your ethnic background or family history.

Chromosome screenings


All pregnancies have some chance of having a chromosome problem. The most common types, such as Down syndrome - are age-related and characterized by an extra chromosome.

Cell free fetal DNA screening

This blood test done after 9 weeks of pregnancy evaluates fetal DNA in the mother's blood for abnormalities of chromosomes 21 (Down syndrome), 18, 13 and X.

Multiple marker maternal serum screening

This blood test performed between the 15th and 22nd week of pregnancy screens for certain chromosome abnormalities. This test is most useful in women who have not had a first trimester screening.



"Of all rights of women,
the greatest is to be a
mother."

- Lin Yutang

Perinatal resources

We offer a wide variety of classes, information and support for you and your family.

Tours and classes

To view the most current offerings, visit nm.org/westparentclasses. For pricing information or to register, call 630.933.4234. TTY for the hearing impaired 630.933.4833.

- Birthplace Tour
- Little Buddies Tour
- Understanding Birth
- Pregnancy and Labor Comfort Measures
- Childbirth Brush-Up
- Managing Multiples: Pregnancy and Beyond
- Understanding Breastfeeding
- Understanding Baby Care
- Grandparenting Today
- Boot Camp for New Dads
- Babies Need Buddies
- Child Car Seat Safety
- Prenatal/Postnatal Aquatic Exercise
- Prenatal/Postnatal Nurturing Yoga
- Mommy and Me Yoga
- Family and Friends CPR

Support groups

To view the most current offerings, visit nm.org/westparentgroups. For pricing information or to register, call 630.933.4234. TTY for the hearing impaired 630.933.4833.

- Baby Connection
- Breastfeeding Connection
- Postpartum Connection: Perinatal Mood Disorder (PMD)


Lactation services

To schedule an appointment call 630.933.6407 (CDH) or 630.938.8878 (Delnor). TTY for the hearing impaired 630.933.4833.

Additional resources

Online

- Moms 2b: a free, customized, online resource offering education, helpful tips, weekly emails, and nutrition and exercise information throughout your pregnancy. Visit nm.org/westmoms2be to sign up today.
- Virtual tour of Women and Children's Services at CDH: nm.org/cdhubabytour



"A mother
understands what
a child does not
say."

- Jewish proverb

General information

Birth certificate

Please keep this page for future reference after your baby is born.

A certified copy of the birth certificate must be requested from the health department or county clerk. You will receive an application for the certified birth certificate from the hospital. There is a fee that will be indicated on the application. If you do not receive or cannot find your application after leaving the hospital, please contact:

DuPage County Health Department
(if your baby was born at CDH)
630.407.5500
dupageco.org

Kane County Clerk
(if your baby was born at Delnor)
630.232.5950
co.kane.il.us

Social Security number

The law requires that you get a Social Security number for your child. As a courtesy, the hospital will apply for the Social Security number at the same time the birth is registered. You should expect to receive the Social Security number in the mail in approximately three to four months.

Will I have to pay to receive a Social Security number?

There is no charge for a Social Security card and number. If you are ever contacted by somebody who wants to charge you for getting a card or number, or for any Social Security service, please be aware that the same services are available free of charge from the Social Security Administration.

Other important Social Security information

When you apply for a Social Security number, all information you provide is kept strictly confidential and is not disclosed except as provided for under the law. For more information about Social Security, contact your nearest Social Security office. You can call the Social Security Administration toll-free at 800.772.1213 from 7 am to 7 pm, Monday through Friday, except holidays. The Social Security Administration treats all inquiries confidentially, whether they're made to the toll-free number or to a local office.

Your hospital stay

Thank you again for choosing CDH or Delnor for the birth of your baby. Your team is prepared to make your stay with us the most positive experience possible.

About visitors

The first days after the birth of your baby are a very special time for your family. Getting to know this new member of your family is exciting and important. Although we know you want to share your baby with family and friends, getting some much-needed rest and spending quiet time with your infant may be the best choice while you are in the hospital. For this reason, our visiting hours are designed to allow you to get some rest.

Visiting hours

Visiting hours vary by campus; please discuss with your nurse.

Nap time

Research shows that taking a midday nap is very important for new mothers and their newborns. Nap time is from 1-3 pm each day. Visitors are encouraged to come after 3 pm to allow you to enjoy a nap.

About meals

During your hospital stay, meals and snacks may be ordered through room service. A menu is available in your room. Snacks include cold entrées and a la carte items. The cafeteria has a wide variety of menu selections and is open for guests at breakfast, lunch and dinner.

Guidelines for your stay

The postpartum stay is a time for learning how to care for yourself and your new baby.

Children younger than 12 are not allowed to visit unless they are a sibling of the baby.*

One adult support person may stay overnight with you on the mother-baby unit.

Friends or family members who have been exposed to communicable illnesses or who have a cold, flu, diarrhea, cold sores, impetigo or have had a fever in the past 24 hours should not visit. This is important for your baby and other families on the unit.

If you invite friends and family members to hold your baby, please ask them to first wash their hands thoroughly.

When you need privacy or rest, please ask the nurse for a magnetic clock that can be put on your door. You can adjust the hands of the clock to let the staff know the times you'd prefer not to be disturbed.

*CDH campus only

Baby safety

Safety for you and your baby is a key priority. For that reason, we ask that you never leave your baby alone in your room, even when showering. Also, check that your caregiver has an appropriate name badge. Don't let anyone without a badge take your baby from your room.

A baby identification number and the mother's name are printed on your baby's ankle bracelets. Mothers and their support person have bracelets with the same information. The ID number will be checked each time your baby returns to your room and at the time of discharge.

Baby care

You're encouraged to have your baby with you in your room. All of your baby's care can be provided in your room, and you may participate in that care as much as you wish. Your extra baby supplies are kept in the crib drawer. Your nurse will be able to assist you with any of your individual needs. For safety, your baby should only be transported outside of your room in the crib.

Special programs for new parents are shown daily on closed-circuit TV. Topics include bathing, infant care, feeding, safety and going home. Program schedules are posted in your room.

While your baby is with you in your room, it's important to have a light on so you can quickly and easily check on your baby. A light allows you to see your baby's color and quickly call your caregiver for help, if needed.

Baby pictures

You can request professional pictures of you and your infant while you're at CDH or Delnor. A representative from the photo company will contact you, give you a pamphlet with prices and schedule an appointment if you desire. For visual variety, you are welcome to bring in a special outfit or blanket, or even favorite item of sports memorabilia, so it can be included in the photo shoot. You may share photos and broadcast family announcements through the online service that allows you to set up a personal photo album. For your baby's security, only friends and family who receive a special code from you can view your baby's picture on the Web page.

Going home

When it's time for you and your baby to go home, hospital personnel will take you and your baby to your car. Illinois state law requires that all infants travel in a safety-approved car seat. Please be certain your baby has an approved car seat for that first ride home.

Many questions do not come up until you and your baby return home. At any time, you may call the mother-baby unit or talk with your obstetrician or pediatrician.

You may want to explore a group called FYI Moms, which is designed for new parents and babies from birth to 1 year. The group addresses a variety of timely topics including feeding, sleep routines, sibling adjustments and moving from pregnancy to parenting. For information about the group, visit nm.org/westparentreview.

Hospital preparation checklist

- Send insurance questionnaire for maternity pre-registration form and electronic birth certificate worksheet to Central DuPage Hospital or Delnor Hospital.

- Check insurance coverage (also see "Determining your health insurance coverage" on page 21). Find out the following information:
 - Number of days covered with uncomplicated birth
 - Coverage if surgery needed
 - Coverage for general in-hospital supplies
 - Coverage for baby if problems arise
 - How soon must baby have his or her own coverage

- Choose your baby's pediatrician.

- Arrange child care for your other children.

- Make a list of important phone numbers (recommended that you keep them by the telephone).
 - Provider • Relatives
 - Hospital • Neighbors
 - Ambulance • Friends

- Make a list of questions to clarify with your physician.

- Know the route to Central DuPage Hospital or Delnor Hospital. Have an alternate route. Time the trip.

- Keep ample gas in the car.

- Keep towels and large plastic bags in the car to protect the seats in case your water breaks.

- Prepare and freeze meals for after delivery.

- Talk with your friends and ask:
 - What they did to prepare for their birth
 - What they found helpful during childbirth
 - What they found helpful after birth, both in the hospital and at home

- Suggested items for your suitcase (pack early!):
 - Two to three bras, several panties
 - Gowns, lightweight robe, slippers
 - Personal hygiene supplies (toothbrush, comb, deodorant, makeup, shampoo, etc.)
 - Address book with phone numbers
 - Going-home outfit
 - Laptop computer or notebook

- Items to bring to the hospital for the baby:
 - Going home outfit and blanket appropriate for the weather
 - Car seat that meets federal safety standards—know how it works
 - A journal and your keepsake baby album
 - Camera and batteries

Maternity Pre-Registration Questionnaire

Please print and complete all questions, and include a copy of your legal ID and all insurance cards (front and back).

If you are not able to copy them, it is very important to bring them with you at the time of registration.

Hospital Preference

Northwestern Medicine
Central DuPage Hospital

Northwestern Medicine
Delnor Hospital

Expected Due Date ___ / ___ / ___

PATIENT INFORMATION	Patient's Last Name		First Name		Middle Initial		Marital Status		Allergies			
	Race				Ethnicity		Primary Language			Date of Birth (mm/dd/yyyy)		
	<input type="checkbox"/> American Indian and Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian and Other Pacific Islander <input type="checkbox"/> Other <input type="checkbox"/> Patient Refused <input type="checkbox"/> White or Caucasian				<input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic		Religion / Church			Social Security No.		
	Physician's Last Name			First Name			Last Menstrual Period			Est. Date of Conception		
	Patient's Street Address					Apt. No.		City		State	Zip	
	Home Phone ()		Work Phone ()		Cell Phone ()		Email Address					
	Patient's Current Employer Name			Employer Address			City		State	Zip		
	Employer Phone			Patient's Occupation			Employment Status: <input type="checkbox"/> Not Employed <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time <input type="checkbox"/> Student					
	Full Name of Emergency Contact				Relationship		Home Phone ()		Work Phone ()			
	Have you ever been a patient at Central DuPage Hospital or Delnor Hospital? <input type="checkbox"/> Yes <input type="checkbox"/> No						If yes, when was your last visit?		Pediatrician/ Group			
Under what name?												
SPOUSE INFORMATION	Last Name		First Name		Middle Initial		Relationship		Date of Birth (mm/dd/yyyy)			
	Street Address					Apt. No.		Primary Language			Social Security No.	
	City	State	Zip	Home Phone ()		Work Phone ()		Cell Phone ()				
	Employer Name			Employer Address			City		State	Zip		
	Employer Phone ()			Occupation			Employment Status: <input type="checkbox"/> Not Employed <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time <input type="checkbox"/> Student					

PRIMARY INSURANCE INFORMATION	Primary Insurance Company Name				Name of Insured (exactly as appears on card)			
	Insurance Billing Address		City	State	Zip	Phone No. ()		
	Policy No. (for BCBS, include 3 letter prefix)	Group No.	Plan Code	State	Effective Date	Expiration Date		
	Subscriber's Full Name		Subscriber's Soc. Sec. No.	Subscriber's Date of Birth (mm/dd/yyyy)		<input type="checkbox"/> Female <input type="checkbox"/> Male		

SECONDARY INSURANCE INFORMATION	Secondary Insurance Company Name				Name of Insured (exactly as appears on card)			
	Insurance Billing Address		City	State	Zip	Phone No. ()		
	Policy No. (for BCBS, include 3 letter prefix)	Group No.	Plan Code	State	Effective Date	Expiration Date		
	Subscriber's Full Name		Subscriber's Soc. Sec. No.	Subscriber's Date of Birth (mm/dd/yyyy)		<input type="checkbox"/> Female <input type="checkbox"/> Male		
	Subscriber's Employer Name (if self-employed, company name)		Relation to Insured	Subscriber's Employment Status: <input type="checkbox"/> Not Employed <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time <input type="checkbox"/> Student				
	Subscriber's Employer Address		City	State	Zip	Phone No. ()		

Advance Directive

Do you have an Advance Directive, such as a Living Will or Durable Power of Attorney for Health Care? Yes No

Please specify the type: _____

If yes, please bring a copy at the time of your admission.

Self-Pay

If you are insured but your procedure is not covered by your plan, a deposit and/or your deductible will be required prior to, or at the time of admission. Please contact the Financial Clearance Center at 630.933.5574 to speak with a Financial Counselor for details prior to being admitted.

If you do not have insurance, please contact our Financial Counselors at 630.933.5574 before your scheduled arrival date to discuss options that may be available based on financial eligibility.

Additional Information

Do you need special accommodations, such as translation, visual aid, etc.? Yes No

If yes, please specify so that prior arrangements can be made for the day of your visit.

Language interpreter _____ Sign language interpreter Visual aid Other: _____
(Language)

Does your insurance company require: Any special conditions prior to admission? YES NO
 Pre-Certification? YES NO

Your insurance company will be contacted by a Financial Clearance Center Representative. A Financial Counselor will call you regarding your responsibility for co-payments and/or deductibles, which are due at the time of admission. If you are enrolled in an HMO, please bring the Authorization Referral from your Primary Care Physician. This will enable you to receive the maximum benefits available under your insurance plan.

Authorization for Release of Information:

I hereby authorize Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital to release from my medical records such information as may be required by my insurance carrier or government agency for the processing of my claims for hospital and medical benefits, and to comply with the requirement of any professional review organization or The Joint Commission for utilization review and medical audit.

All information is confidential. _____

Signature

Date

Please fax or mail completed form with a copy of your insurance cards (front and back) at least one month prior to your admission.

Mailing address:

Northwestern Medicine Central DuPage Hospital and Delnor Hospital
 ATTN: Financial Clearance Center
 1405 North 5th Ave.
 St. Charles, IL 60174

Fax number:

630.933.1326

Determining your health insurance coverage

Questions to ask before your hospital stay

Coverage for your maternity medical care will vary according to your health insurance plan. It is your responsibility to know this information. We believe the list of questions below will help you get a clear idea—in advance—of the extent of your coverage from your insurance company. Please ask these questions directly of your healthcare insurance provider.

Date/Time of Call

Person Spoken to

Insurance Company

Policy Number

1. Does my hospital stay need to be preapproved?

Yes No If yes, what do I need to do to receive the preapproval? _____

Note: Please ask both parts of question two exactly as they are written or you could receive inaccurate information.

2. A. If I have an uncomplicated vaginal birth, what is the normal postpartum hospital stay for which I do not need a physician's reason to stay longer? _____

B. If I have an uncomplicated cesarean birth, what is the normal postpartum hospital stay for which I do not need a physician's reason to stay longer? _____

3. Does authorized hospitalization begin with admission or time of birth?

Admission Time of birth

4. Is additional hospitalization time authorized if there are complications?

Yes No

5. What physicians are covered under my insurance plan for my baby's care? _____

6. If I have a son and desire circumcision, is circumcision covered?

Yes No

7. A. What coverage is provided should my baby require additional hospitalization? _____

B. Am I authorized to stay in the hospital as long as my baby is hospitalized?

Yes No

8. Does my coverage include home visit(s) by a registered nurse?

Yes No

9. What is the process for adding my new baby to my insurance policy? _____

10. Will I be notified if benefits in my plan change?

Yes No

A black and white photograph of a baby lying in a hospital bed. The baby is looking up and smiling, with their mouth slightly open. The baby is wearing a light-colored, zippered onesie. The background shows the white sheets of the bed and a blurred figure of another person, possibly a parent or caregiver, leaning over the baby. The overall mood is warm and affectionate.

“Babies are such a nice way to start people.”

- Don Herrold

Neonatal Intensive Care Unit and Special Care Nursery

Big resources for our tiniest patients

Sometimes, the youngest and tiniest patients need a helping hand from highly specialized physicians and nurses, with medical equipment designed especially for infants. Through a unique pediatric program, experienced Lurie Children's specialists at CDH and/or Delnor are able to provide critical care services to newborns in the CDH neonatal intensive care unit (NICU) and Delnor Special Care Nursery*.

NICU (Central DuPage Hospital)

The NICU is a state-designated Level III facility that offers the highest level of care for newborns with medical challenges. Lurie Children's neonatologists staff the NICU around the clock and use state-of-the-art technology and therapies to care for your infant.

Special Care Nursery (Delnor Hospital)

At the Level II-E Special Care Nursery, Lurie Children's neonatologists and/or neonatal nurse practitioners provide 24-hour onsite care for infants that are premature or have low birth weights.

Critical care services

Infants born premature (less than 37 weeks gestation)

Infants with low birth weight

Infants with medical complications/congenital anomalies

Specialized staff for special needs

If your newborn is hospitalized in the NICU or Special Care Nursery, you can be assured that he or she will receive care from a team of physicians, nurses and other health professionals with advanced training to meet the intensive care needs of babies.

Lurie Children's pediatric specialists at CDH and Delnor represent more than 30 pediatric subspecialties to meet each baby's specific needs. Specialties include radiology, cardiology, neurology, pulmonology, orthopaedics, gastroenterology and surgery.

The critical care team

Neonatal team available 24 hours a day

Neonatal nurse practitioners and unit nurses specially trained in neonatal care

Therapists (respiratory, physical, occupational and speech therapists)

Pediatric dietitian with specialized education and training in neonatal nutrition

Pediatric pharmacist

Specialized team to safely transport ill newborns from a five-county region to CDH for care

* Ann & Robert H. Lurie Children's Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital is a collaborative program between Northwestern Memorial HealthCare, and Lurie Children's Hospital of Chicago and its affiliated physician groups. The physicians participating in this program are neither agents of nor employed by Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital.

A black and white photograph capturing a tender moment between a family. On the left, a woman with long dark hair smiles warmly, her face partially visible. In the center, a man with short hair leans in to kiss the forehead of a baby. The baby is lying down, eyes closed, appearing to be asleep. The woman is wearing a necklace with a butterfly pendant. The overall mood is intimate and loving.

"A grand
adventure
is about to
begin."

- Winnie the Pooh

Ann & Robert H. Lurie Children’s Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital

A unique pediatric program

Through our affiliation with Ann & Robert H. Lurie Children’s Hospital of Chicago*, Northwestern Medicine brings a range of healthcare services and pediatric expertise to the western suburbs. More than 140 board-certified specialists on the Lurie Children’s medical staff provide inpatient, outpatient and emergency medical care at CDH and/or Delnor. Your child will benefit from fully coordinated and comprehensive care in one convenient location.

CDH Neonatal Intensive Care Unit and Delnor Special Care Nursery

Neonatologists, intensivists and hospitalists provide 24-hour onsite services in the CDH Level III Neonatal ICU; private rooms and procedure suites give families a child-friendly, child-focused place to heal. Lurie Children’s neonatologists and/or neonatal nurse practitioners at the Delnor Level II-E Special Care Nursery also provide 24-hour onsite care.

CDH Pediatric Intensive Care Unit

Lurie Children’s intensivists provide children care in the state-of-the-art Pediatric Intensive Care Unit (PICU) at CDH. Intensivists coordinate complex care with specially trained nurses and therapy staff as well as some of the 140 pediatric specialty physicians. Each patient has a private room in the PICU, and each room provides sleeping accommodations for parents.

General Pediatric Unit

Children who are in the hospital benefit from 24-hour, on site coverage provided by Lurie Children’s hospitalists. Throughout the day, these physicians will monitor your child’s care in the pediatric unit and facilitate communication and continuity of care with your child’s primary care physician.

CDH Pediatric Emergency Department**

At CDH, Lurie Children’s board-certified pediatric emergency medical specialists and compassionate, experienced nurses care for patients in a dedicated Pediatric Emergency Department using state-of-the-art technology and equipment specifically designed for children.

Pediatric outpatient centers

At our pediatric outpatient centers, you’ll receive the comforting combination of pediatric expertise, experience and compassion. Here, you’ll find easy access to pediatric care in a wide range of specialties. Outpatient centers are located on both the CDH and Delnor campuses.

Pediatric outpatient specialties***

Adolescent Bariatric Surgery Program	Neurology
Allergy/Asthma/Immunology	Neuro-Oncology
Cancer and Blood Diseases	Oral Maxillofacial Surgery
Cardiology	Orthopaedic Surgery
Dermatology	Pain Management
Developmental and Behavioral Health	Psychiatry
Gastroenterology and Feeding Clinic	Psychology
General Surgery	Pulmonology
High-Risk Neonatal Follow-Up	Rheumatology
Infectious Disease	Sleep Medicine
Nephrology	Sports Medicine
	Urology
	Wellness and Weight Management

* Ann & Robert H. Lurie Children’s Hospital of Chicago at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital is a collaborative program between Northwestern Memorial HealthCare, and Lurie Children’s Hospital of Chicago and its affiliated physician groups. The physicians participating in this program are neither agents of nor employed by Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital.

** The CDH Pediatric Emergency Department hours are 9 am–1 am, Monday–Friday and noon–midnight on weekends and holidays. Hours are subject to change without notice. The CDH Emergency Department and Delnor Hospital Emergency Department are open 24 hours every day.

*** Vary by campus



Reference information

IMPORTANT PHONE NUMBERS

My Physician	Phone
My Baby's Physician	Phone
My Pharmacy	Phone

Car Seat Hotline	630.933.5133
Centralized Scheduling	630.933.5000
Financial Services	630.933.4066
Genetic Medicine	630.933.6249
Information and Physician Referral	630.933.4234
Maternity Pre-Registration	630.933.6125
Patient Relations	630.933.5100
Prenatal, Postnatal Classes and Support Groups	630.933.4234
TTY for the hearing impaired	630.933.4833

Central DuPage Hospital

Central DuPage Hospital (Main Number) 630.933.1600

Breastfeeding (Lactation Clinic)	630.933.6407
Labor and Delivery	630.933.6427
Maternal Fetal Medicine	630.933.6091
Mother-Baby Unit	630.933.6425
Obstetric Therapy Program	630.933.6293
Reception Desk (Women and Children's Services)	630.933.4120
Walgreens Pharmacy at CDH	630.407.0340

Delnor Hospital

Delnor Hospital (Main Number) 630.208.3000

Breastfeeding Resource Center	630.208.4068
Labor and Delivery	630.208.4071
Maternal Fetal Medicine	630.933.6249
Mother-Baby Unit	630.208.4070

Directions and campus maps
 Directions to CDH and Delnor Hospital as well
 as the most current campus maps can be
 found at nm.org.

"A baby is born with a need
to be loved—and never
outgrows it."

- Frank A. Clark







Northwestern Medicine Central DuPage Hospital

25 N. Winfield Road
Winfield, Illinois 60190
630.933.1600

Northwestern Medicine Delnor Hospital

300 Randall Road
Geneva, Illinois 60134
630.208.3000

nm.org/cdhmaternity
nm.org/delnormaternity

TTY for the hearing impaired 630.933.4833

