

Sibley Memorial Hospital

Virtual Maternity Tour



Women's & Infants' Services

Childbirth Education
Labor & Delivery
Special Care Nursery
Family Centered Care
Lactation Services

5255 Loughboro Road N.W.
Washington, D.C. 20016
202-537-4000
www.sibley.org



Having Your Baby

Preparing for your new baby is exciting and there is so much to learn before the big day.

Knowing what to expect and knowing that you have a team of experienced and dedicated professionals by your side will help ease your mind and ensure both you and your baby have a positive birth experience.

Pre-register for Your Hospital Stay



To streamline your admission to the hospital, please pre-register by completing a pre-registration form before your eighth month of pregnancy.

Forms can be obtained from the Admissions Department, at www.sibley.org or by calling 202-537-4190.

Attend a Childbirth Class



Childbirth classes are more than just ‘funny breathing.’ They are designed to help educate pregnant women and their families about options during childbirth and how to support women during labor.

Classes are taught by certified childbirth educators (CEE). There are many choices for first-time and repeat parents. You will have an opportunity to learn how to prepare for labor and birth and how to care for your newborn in the first weeks of life. If you are planning to breastfeed your baby, we offer education and support. We recommend attending a class during the seventh or eighth month of your pregnancy.

Visit our labor suites and post-partum rooms during a maternity tour. A big brother or a big sister can peek in our nursery during specially-designed sibling tours.

For a complete list of programs, visit www.sibley.org under “Community” and “Childbirth and Parenthood Education.”

When the Time Comes

Our birthing rooms combine a comfortable environment with advanced medical technology.

You and your partner will labor, give birth and recover in one location.

Amenities in each room include a birthing bed, rocking and reclining chairs, telephone, television and a shower with water massage.



Our dedicated nurses work alongside your physician to help you stay comfortable and to offer expert guidance and support during the labor and birth of your child as well as during recovery. Right after your baby is born, the nurse will put your baby on your chest. The first hours of snuggling skin-to-skin let you and your baby get to know each other.

Giving Your Baby the Best Start

We encourage you to breastfeed your baby; skin-to-skin snuggling gives you and your baby the best start.

Sibley's international board-certified lactation consultants will visit you during your stay and offer specialized support. Breastfeeding classes are offered daily.



Commercial health care providers are required by law to allow breast pumps as a covered expense for lactating women.

There is some variation with co-pays depending on your insurance carrier and plan. Please contact your health insurance provider before you deliver and ask what pump is covered and where you can get it. Insurance companies have contracts with durable medical equipment (DME) providers. Sibley Lactation Services is not a DME. You may schedule a bra fitting, purchase supplies or rent a breast pump from our breastfeeding educators.

For questions that arise after you go home, you may contact the Lactation Services Warm Line at 202-242-2321 or sibleylactation@jhmi.edu.

If you need further hands-on help after discharge, call and schedule a private visit with one of our lactation consultants.

If Your Baby Needs Extra Care

If your baby should require specialized medical care, our Special Care Nursery has a team of experienced neonatal nurses and neonatologists who are here 24-hours-a-day, seven-days-a-week.



The Special Care Nursery is equipped with advanced technology and is able to deliver optimal around-the-clock care to babies with special medical needs. Parents are welcome in the Special Care Nursery 24-hours-a-day and are encouraged to spend as much time as possible with their baby.

Neonatologists and neonatal nurses attend all complicated deliveries and complete an initial assessment on all newborns in the first hours of life.



Deluxe Maternity Suites

Exceptional Comfort & Ammenities

Whether you are expecting your first child, or are experienced parents, the addition of a new baby to your family is a very exciting event. Our Deluxe Maternity Suite will enhance your experience by providing exceptional comfort in every way.



Deluxe Maternity Suite



Our two-room, two-bathroom deluxe suites provide lovely, truly intimate settings in which to bond with your newborn. Luxurious amenities cater to the needs of mom, baby and family members.

Standard amenities in our Deluxe Maternity Suites include:

- “At Your Request” Room Dining Service: Order what you want, when you want it. Meals are cooked-to-order and delivered to your room for you and your significant other.
- Separate guest suite with sofa bed
- Two bathrooms
- Flat screen television and Wi-Fi in both the patient room and adjacent guest room
- In-room refrigerator stocked with complimentary chilled juices and bottled water
- Healthy snack basket
- Fine linens, plush towels and robes
- Rocking chair
- Boutique toiletries
- Free parking

To inquire about the Deluxe Maternity Suites email siblesuites@jhmi.edu and visit www.sibley.org/suites



Birth Certificate

Before you are discharged, you will be asked to complete a request for your baby's birth certificate application for your baby's Social Security

If you have any questions after you are discharged call Health Information Management at 202

Sib



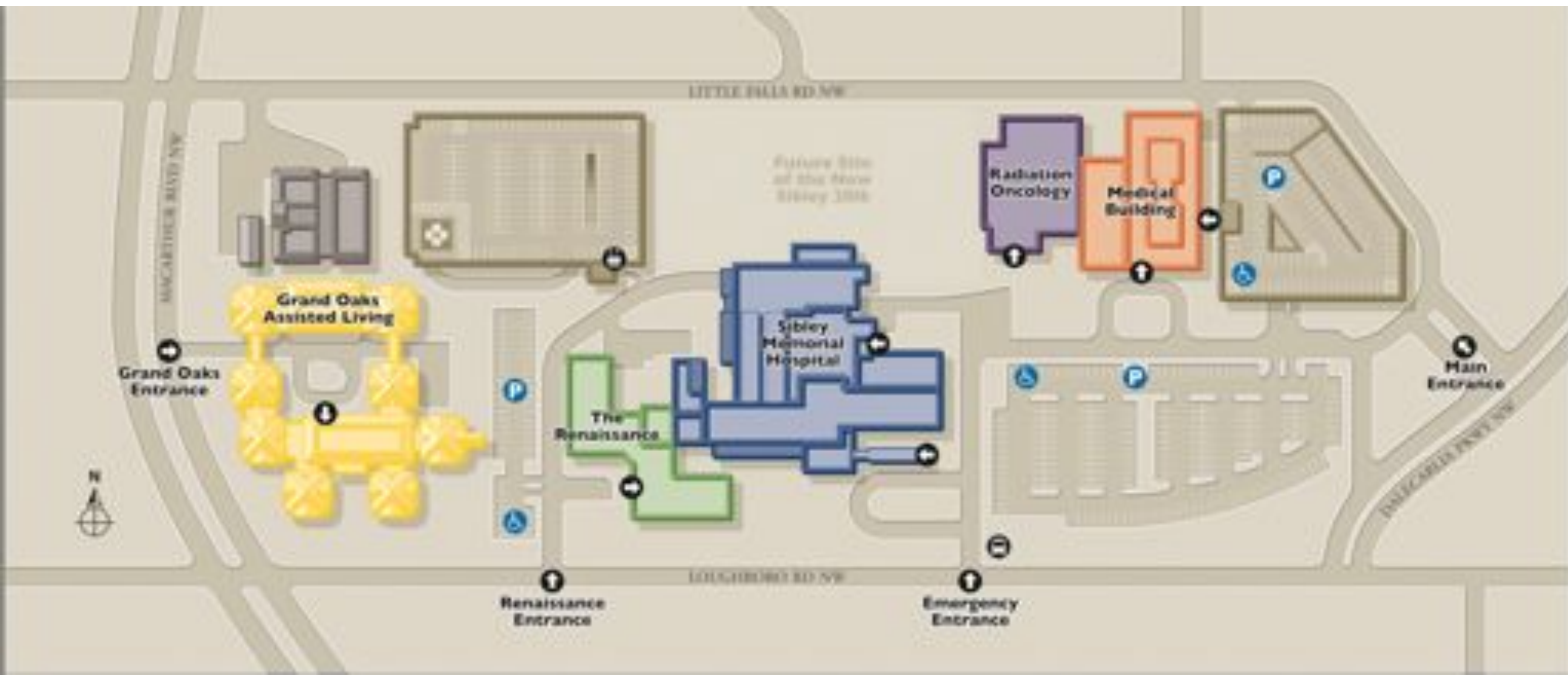
Sibley Memorial Hospital Campus Map

Grand Oaks Assisted Living
5901 MacArthur Boulevard, N.W.
Washington, D.C. 20016

The Renaissance Building
5275 Loughboro Road, N.W.
Washington, D.C. 20016

Sibley Memorial Hospital
5255 Loughboro Road, N.W.
Washington, D.C. 20016

Sibley Medical Building
5215 Loughboro Road, N.W.
Washington, D.C. 20016



Contact Information

Main Line

202-537-4000

Childbirth Education

childbirth@jhmi.edu

202-537-4076

Lactation Services

sibleylactation@jhmi.edu

Warm Line: 202-243-2321

Financial Counselor

202-537-4160

Admissions

202-537-4190

Health Information

Management

202-537-4088