

The Birthing Center at Los Robles



Women & Children's Services

LOS ROBLES
REGIONAL MEDICAL CENTER

Part of Los Robles Health System



The Birthing Center at Los Robles

Classes

We offer a complete education program for you and your family to answer the important questions you have about pregnancy and childbirth. Our variety of classes include:

- Tour of the Los Robles Birthing Center
- Grandparenting
- Breastfeeding
- Sibling Preparedness
- Childbirth Preparation
- Newborn Baby Care
- Online program available upon request

The list of classes and schedule is available online at www.LosRoblesHospital.com, to register, call: Consult-A-Nurse at (877) 888-5746.

Birthing Rooms

The Birthing Center features nine private "Labor, Delivery and Recovery" (LDR) rooms. Each LDR offers you and your family the amenities that help make your birthing experience enjoyable and as comfortable as possible. The LDRs are furnished with a birthing bed, sleeper sofa, private bathroom, television, telephone and latest in technological resources. Free wireless internet is available throughout the hospital.

Anesthesia and Pain Management

Your physician will discuss various pain management options with you. It's important that you understand all the options. If you and your physician decide on an epidural, it will be administered by one of our board certified anesthesiologists; available 24/7.

Cesarean Section Birth

Should you have a cesarean birth, our two specially designed surgical suites are easily accessible within the Birthing Center. The neonatal team will care for your baby while your obstetrician and nursing team care for you. Your partner is invited to remain with you so that both of you may welcome your newborn together.

Los Robles has been named a 5-Star Recipient for Labor and Delivery and Gynecologic Surgery Care by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.



When Baby Arrives

Golden Hour

After your baby is born, we encourage you to bond with your baby immediately by holding your baby skin-to-skin. Your care team will encourage undisturbed skin-to-skin contact for your baby's first hour of life. Skin-to-skin contact provides many health benefits for both you and your baby.

NICU

We are pleased to provide our community with a 12-bed, Level III Neonatal Intensive Care Unit (NICU). The NICU is an impressive resource. Infants with special needs will receive medically advanced care from board certified neonatologists on staff at the hospital and our NICU team. For many parents, just knowing that the skill and technology of the NICU is available - just a few steps away - provides extra feelings of reassurance, comfort and security throughout childbirth.

Nursery

Our Birthing Center makes it possible so that your baby can stay with you at all hours. Should you need assistance during the night, we have a respite nursery available from 11:00 p.m. – 8:00 a.m. to assist you in caring for your newborn. If you have any questions regarding our nursery, please ask your nurse so that she can review your options with you. We encourage you to keep your baby with you at all times.

Visiting Hours

Significant others and support coaches may remain in the unit with mothers at all times. **Please keep in mind that children must be supervised by someone other than the patient, during their visit, and will not be able to spend the night.** For your convenience, we offer open visiting hours so that you and your loved ones can celebrate the newest addition to your family. Please keep in mind that for the protection of our patients, all guests must present a valid photo ID in order to receive access to our Women & Children's Unit.

Wireless internet

Los Robles offers free wireless internet access throughout the hospital, so you can update everyone about your special event, keep up with work or browse the internet.

For more information about the Birthing Center at Los Robles, sign-up for classes or to find a physician that delivers at the Birthing Center, call Consult-A-Nurse at (877) 888-5746.



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215 W. Janss Rd. | Thousand Oaks, CA 91360

(805) 497-2727

LosRoblesHospital.com

Amenity Program

For our new families



Dear Expectant Parent,

Thank you for entrusting Los Robles Regional Medical Center with your maternity care needs. Designed with your comfort in mind, The Birthing Center at Los Robles has added amenities that can help make your stay more enjoyable so that you can focus on your new addition. We strive to offer our patients a comfortable and serene environment while providing comprehensive medical treatment by outstanding and compassionate physicians and nurses. Between the expertise, the calming environment and amenities, The Birthing Center at Los Robles provides patients with a birth experience they can trust.

Natalie Mussi

President & CEO

Los Robles Regional Medical Center



- Private rooms
- Hair dryers
- Convertible sofa for your partner's comfort
- Flat screen TV's
- Wireless internet access
- Mini in-room refrigerator
- Baby gift
- Complimentary cake and cider to celebrate your new addition
- Continental breakfast and snack cart
- Local newspaper upon request
- Listing of local restaurants with delivery service
- Peaceful, serene, private environment for a personal experience
- Keepsake hospital footprint birth certificate
- Complimentary valet parking
- Coffee cart drinks available for purchase in lobby
- Sleep masks

Before the Big Day

Before the Big Day

Complete your pre-registration paperwork (see Pre-Registration tab) and visit our Admitting Department to complete your registration process. Please make sure to complete the pre-registration process prior to your admission.

Pack your bags... here are some things you shouldn't forget!

- Robe
- Slippers, flip flops or socks
- Pajamas (and pajamas for your partner!)
- Nursing bra and nursing tops
- Toiletries
- Camera
- Laptop (free wireless internet access is available throughout the facility)
- Car Seat
- "Going Home" outfit for baby and mom



Arriving at the Hospital

When you arrive at the hospital, please check-in at the Information Desk located in the Main Lobby. If you arrive after 9:00 p.m., please use the Emergency Room entrance and one of our team members will assist you in getting to the birthing center.

Driving directions to Los Robles Regional Medical Center from East and West points of the 101 Freeway:

Heading East (Southbound) on the 101 Freeway: Exit at Lynn Road, turn left, travel approximately 2 miles to Janss Road, turn right. The hospital entrance is about 100 yards up on the left at 215 W. Janss Road, Thousand Oaks, CA 91360, 805-497-2727.

Heading West (Northbound) on the 101 Freeway: Exit at Lynn Road, turn right, travel approximately 2 miles to Janss Road, turn right. The hospital entrance is about 100 yards up on the left at 215 W. Janss Road, Thousand Oaks, CA 91360, 805-497-2727.

Pre-Registration

Dear Expectant Parent,

Thank you for choosing Los Robles Regional Medical Center for your baby's arrival. In order to expedite your arrival on the big day, we kindly request that you bring the following items to pre-register for your stay.

- Conditions of Admission Form
- Maternity Pre-Admission Questionnaire (Located in your Folder) or online at www.LosRoblesHospital.com
- A valid photo ID
- Insurance Cards

Please sign the forms and bring these items to the Los Robles Admitting Department at your convenience daily from 7:00 a.m. to 9:00 p.m. in order to complete your pre-registration. If you choose to pre-register online, please keep in mind that you will have to visit our Admitting Department in order to complete the pre-registration process.

It will be very helpful for you to understand the insurance benefits for your stay. In order to assist you, you will receive an estimate on financial responsibility from our facility after your pre-registration. If you have any questions about this document, please call (805) 370-4425. Also, remember that each physician involved in your care will be separate (e.g. obstetrician, anesthesiologist, pediatrician)

You should also consider the following:

- Call your insurance company to notify them of your expected due date and name of your physician.
- Select a pediatrician for your newborn. If you have an HMO, make sure the physician is under the Mother's medical group. To find a pediatrician that practices at Los Robles, contact Consult-A-Nurse at (877) 888-5746.
- If you do not have insurance, we offer a discounted flat rate.

Again, thank you for choosing Los Robles. We look forward to sharing this experience with you.



Los Robles Mother-Baby Suites

What are Mother Baby Suites?

Los Robles Health System's Mother-Baby Suites offer our families a spacious patient recovery room and living area to cherish the first days of your little one's arrival. Here's what you can expect with a stay in our mother-baby suites:

- Cozy robe and slippers for mom
- A newly redesigned patient room featuring a queen size bed
- A cozy living room complete with couch and table seating
- 2 redesigned bathrooms
- 2 TVs
- Mini fridge
- Coffee maker
- Snack bar
- Celebratory cake and cider
- And much more...

How do you reserve a suite?

Suites can be requested once you deliver and are reserved on a first come, first serve basis. At this time, rooms are only available for our ambulatory patients. Moms that have just had a c-section can stay in the Mother-Baby suites on night two of their recovery process.

Are there additional costs?

Yes! In addition to your estimated costs that were discussed with our Admissions Team, our Mother-Baby suites are \$500/night. Please note insurance does not cover the extra fee. Should you have questions on pricing, our financial counselors are available to discuss this process with you.



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