

*We love taking care of  
mommies and babies, and it shows.*



Special Deliveries<sup>SM</sup>





*We're proud* to be entrusted with the health and care of so many mommies and babies.

If you don't find the answer to what you're looking for, please call us at 956-523-2000, or log onto our website for more information: [www.ichoosedoctorshospital.com](http://www.ichoosedoctorshospital.com).

We love taking care of mommies and babies, and it shows!

– *The Women's Center  
at Doctors Hospital of Laredo*

## *What a great place to have your baby!*

- Women's Center for your whole health
- Ultrasound
- Childbirth classes
- Labor and delivery unit tours
- Private labor and delivery suites
- NICU nearby, should your baby need it
- Childbirth services
  - Labor and delivery
  - Natural childbirth
  - Cesarean births
  - Epidural
  - High-risk births
- Special Deliveries program

Private insurance, Medicaid and CHIP accepted.  
Self-pay delivery packages are available.



If you decide to breastfeed your baby, we encourage you to seek support from nurses at Doctors Hospital, your physician and other mothers who have breastfed.

### **Recommended reading:**

The Complete Book of Breastfeeding by  
Marvin S. Eiger and Sally Wendkos Olds

### **La Leche League's website:**

[www.la lecheleague.org](http://www.la lecheleague.org)

### **Doctors Hospital Lactation Department:**

956-523-2530



## *Childbirth Education*

Mommies-to-be (and your birthing partners) can learn a lot from our experts before the baby arrives.

- Admission to hospital (process)
- Anatomy of Labor – fun and interactive
- Relaxation techniques and pain relief interventions
- Tour of Women’s Center
- What happens if you need a c-section?
- How to take care of your newborn
- Taking care of yourself
- New mom and dad roles



# Breastfeeding Benefits for You and Your Baby

## For baby:

- Breast milk is easy for babies to digest, so their chances of developing gastrointestinal problems are reduced.\*
- Breastfeeding lowers the risk of infections and boosts your baby's immune system.\*
- Breastfeeding may reduce your baby's risk for Sudden Infant Death Syndrome (SIDS).\*
- Children who were breastfed are less likely to become overweight as they become older. They also score higher on cognitive tests compared with children who were not breastfed.
- Breastfeeding reduces the chances of children developing food or respiratory allergies. Children also are less likely to develop eczema.\*

## For mom:

- Mothers who breastfeed may decrease their risk for ovarian cancer and certain types of breast cancers.\*
- Breastfeeding releases a hormone called oxytocin that causes the uterus to contract and return to its normal size after delivery. The contractions also reduce bleeding after delivery, decreasing a woman's risk of postpartum hemorrhage.\*
- Breastfeeding may stop a woman's menstrual cycle, helping women who wish to delay a future pregnancy.
- Mothers who breastfeed were found to return to their pre-pregnancy weight quicker than new mothers who did not breastfeed.\*
- Breastfeeding is free, so there is less of an economic strain on families.\*

\* Office on Women's Health, U.S. Department of Health and Human Services.

## Childbirth Education Classes

**Where:** Community Center,  
next to the cafeteria

**When:** Classes are held the first two  
Tuesdays of each month  
from 6 – 8 p.m.

We recommend that moms and their support person attend a class at least one or two months before their due date. Classes are FREE and registration is easy. Patients may simply call 1-877-992-1711 to sign up and confirm their class dates.

If you have questions or concerns involving childbirth, infant feeding and your hospital stay, please call 956-523-2272.

## *Direct Doctors Plus®*

Direct Doctors Plus® is a free physician referral service of Doctors Hospital of Laredo. Call us and we can help you find a family practitioner or specialist close to home.

**1-877-992-1711 toll free**

Talk with an English or Spanish-speaking operator to get information such as a doctor's education background and professional experience. We can connect you with a doctor's office so you can schedule an appointment. Call us: 7am – 7pm, Monday – Friday, and 8am – 2pm on Saturdays.

We can also mail free literature to your home.



### *Share Your Pride and Joy*

#### **Web Nursery**

When your baby is born at Doctors Hospital, you and your family can see new additions on our Doctors Hospital website through the Web Nursery link.

**Something wonderful has arrived.**



Because everyone wants to celebrate your pride and joy, specially selected gifts are waiting for moms who deliver their babies at Doctors Hospital of Laredo. For more information about our Special Deliveries Program, please just give us a call at 956-523-2530. And while you're at it, find out about birthing center tours, birthing classes and hospital preregistration by calling 956-523-2272.

*We deliver bundles of joy, with love.*

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**Women’s Center Important Phone Numbers**

Women’s Center Admitting, open 24/7 .....	956-523-2100
Labor and Delivery Nurse Station .....	956-523-2111
Postpartum Nurse Station.....	956-523-2129
Nursery Nurse Station .....	956-523-2102
NICU Nurse Station .....	956-523-2107

**Multilingual Capabilities**

Some of our physicians and staff are fluent in Spanish. Interpreters are available, if requested in advance, for other languages, including sign language.

Physicians are independent practitioners who are not employees or agents of Doctors Hospital of Laredo.  
The hospital shall not be liable for actions or treatments provided by physicians. This hospital is co-owned with physician investors.



Present this card to the Admitting Clerk at  
Women's Center Registration

WOMEN'S CENTER ADMITTING  
OPEN 24/7  
10700 MCPHERSON RD.  
LAREDO, TX 78045  
**956-523-2100**



DOCTORS  
HOSPITAL

## Preregistration Card



NAME \_\_\_\_\_

E-MAIL ADDRESS\* \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_

SOCIAL SECURITY # \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

EMPLOYER \_\_\_\_\_

OCCUPATION \_\_\_\_\_

PHYSICIAN'S NAME \_\_\_\_\_

LAST MENSTRUAL PERIOD (LMP) DATE \_\_\_\_\_

FORM OF PAYMENT \_\_\_\_\_

INSURANCE  PROVIDER

SELF-PAY DELIVERY PACKAGES  NORMAL DELIVERY  C-SECTION

\* Your email address gets you online access to your medical records. Signing up for **Health Records Online** is easy. Just provide your email address and we will email you an invitation to join. Follow the simple steps and you'll have access to your health records in minutes.

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