Thank You for Choosing Us
At Memorial Hermann, we are committed to supporting you throughout your labor and birth. Since 1925, Memorial Hermann has been delivering babies, and today, delivers more than 25,000 babies each year. With ten community hospital locations conveniently located across Greater Houston, we are dedicated to serving women and families as we aim to make every childbirth experience positive and memorable.

Our facilities offer a family-centered approach to deliver safe, comprehensive, quality care to both mother and baby. The qualified affiliated physicians and specially trained nurses provide full-service obstetrical care for low-risk to high-risk pregnancies. If a higher level of care is needed, all Memorial Hermann community hospitals have immediate transfer ability to Children’s Memorial Hermann Hospital in the Texas Medical Center. Our primary goal is to ensure you and your baby receive the best care and service possible.

Resources for Mom
Before your hospital stay, you are encouraged to take a tour to experience our private rooms and specialized services firsthand. Visit our website for information on what to expect during delivery and helpful resources, including:

• Answers to FAQs about labor, birth and postpartum care
• Newborn information regarding birth certificates, health screenings and immunizations
• Newborn photography and video services
• Patient services, including campus-specific location and parking information
• Preoperative instructions for a cesarean birth
• Preregistration for your hospital stay at a Memorial Hermann facility
• Registration for educational classes on childbirth preparation, breastfeeding support and other topics
• Scheduling a labor and delivery tour
• Selecting a pediatrician

Free educational e-books are also available online under “Patient Resources” that include:

• Prenatal Guide presents detailed information about what to expect throughout pregnancy, including signs and symptoms of preterm labor and guidance on how to care for yourself, baby and family as you prepare for birth.
• Breastfeeding: A Great Start reviews the benefits of breastfeeding and skin-to-skin care and offers information on strategies to be successful in meeting your breastfeeding goals.
• A New Beginning: Your Personal Guide to Postpartum Care offers answers and guidance on caring for yourself and your baby during the first weeks after birth, including information on bathing, feeding, immunizations and newborn safety.

To view online resources for labor and delivery at Memorial Hermann, visit memorialhermann.org/maternity.
Packing for the hospital

In the last trimester of your pregnancy, start making a list and gathering the things you will need to take with you to the hospital. It’s a good idea to pack two separate bags – one for labor and delivery and another for your after-delivery stay. Here are some things you may want to bring to the hospital:

1. Identification: Both parents need to bring government-issued picture identification.
2. Hospital forms
3. Approved car seat: This must be installed in the car to take your infant home from the hospital.
4. Cell phone and charger
5. Video camera, camera, iPad or similar tablet, and chargers. Many patients want to take photos with their newborns after the delivery. We politely request that you follow our policy of respecting each mother’s privacy and of not allowing photo or video recordings of the actual delivery. Please also check with your obstetrician regarding his or her policy regarding photography and video.
6. Comfortable clothing, nightgown or pajamas: The hospital will provide hospital gowns, but you may prefer to wear your own clothing after you deliver.
7. Nursing bras and nursing pads: You may also want to bring nursing tops or nursing pajamas.
8. Underwear: The hospital supplies disposable mesh underwear to patients, but you may prefer to wear your own after you deliver.
9. A robe: The hospital rooms can be very cold at times.
10. Non-skid socks or a pair of slippers
11. Breast pump and breast pump supplies if you prefer to use your own. Breast pump supplies are available for purchase from the hospital. For many mothers, a breast pump is not necessary during the postpartum hospital stay.
12. Toiletries and personal items: Hair brush, toothbrush, toothpaste, eye glasses, contact lens supplies, deodorant, face wash, body wash, lotion, lip balm, shampoo, conditioner, and head bands or ponytail holders. The hospital does not provide these items.
13. Sanitary pads: The hospital will supply these to patients during their stay, but if you prefer a certain brand, please bring them with you. We recommend against using tampons after delivery.
14. A pillow and blanket if desired. The hospital will also supply these items.
15. Baby book to record delivery information
16. Boppy pillow to help support your infant during feedings
17. Infant clothing and blankets: The hospital will provide blankets and clothing for your infant during the postpartum hospital stay; however, many parents prefer to bring these items from home. At a minimum, you will need to bring clothing for your baby to wear home.

Delivery Day Hospital Instructions

Call your obstetrician if he or she asked you to do so. Doctor’s phone: ________________.

There is no need to call the hospital – just come immediately when you go into labor.

Stop by the Business Office and provide your name, date of birth, doctor’s name and the number of weeks of gestation.

Take the elevator to the 3rd floor Birthing Center.

Our Care Team

During your stay at Memorial Hermann Sugar Land Hospital, you can rest assured that you and your baby will be cared for by a team of healthcare professionals working together to provide the best possible care for both routine births and high-risk pregnancies. Our staff is trained to care for all childbirth needs, including high-risk obstetrics.
Labor and Delivery

Our Labor and Delivery unit, West Tower 3rd Floor, includes private state-of-the-art labor and delivery suites that feature superior quality clinical equipment in addition to amenities for convenience and comfort. After delivery, you and your baby will be cared for by the nursing staff of the Family Life Center, West Tower 5th Floor.

Visitation Guidelines

Memorial Hermann Sugar Land Women’s and Children’s Services always strives to encourage a family-centered environment for our patients and their loved ones. In the interest of safety for both pregnant and postpartum mothers and their babies, we must limit visitation to only three visitors at any given time.

- Because rest is important to you and your baby, we offer Snuggle & Snooze time from 2 to 4 p.m. We ask that you limit visitors on the unit to provide a quiet atmosphere so you and your baby can rest.
- No children under 18 are allowed except siblings of the newborn; children must be accompanied by an adult other than the patient.
- Only one adult visitor may attend a cesarean delivery.
- One person over the age of 18 years may spend the night with the patient.
- Siblings are not allowed to stay overnight.
- Visitation may be suspended at the discretion of the nurse due to a patient’s medical condition, during a procedure, or if a visitor’s behavior is disruptive.
- Please do not allow children to run in the halls, scream, play loud music or argue in public areas. If your visiting child is upset and crying, please take him or her out of the unit.
- Any visitors who are experiencing flu-like symptoms – including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills or fatigue – may not visit a patient and will be asked to leave the unit by the nursing staff.

Family Life Center

Rooming in provides a warm, comfortable and quiet atmosphere that allows the bonding process to continue. You and your baby will be cared for by nursing staff in the comfort and convenience of your room. Our top-notch nursing staff is NRP (neonatal resuscitation provider) certified and provides personalized care for your baby at your bedside. Caring for mothers and babies together promotes bonding and attachment between mother and baby by offering the education and support your family needs to welcome the new baby into your lives and routines. The father or support person is also encouraged to get involved in the educational process and newborn care. Your nurse will assist you with feeding, bathing and any questions you may have on how to care for your baby. You will also receive instructions on how to care for yourself after having the baby. As a result, the baby is happy, and your new family leaves the hospital more confident in your parenting and infant care skills.
Food and Beverages
In order to serve our patients better, we have developed an innovative meal preparation and delivery system, which we call “At Your Request – Room Service Dining.” This new program gives you greater control over what you eat and when. The basic premise is that you, the patient, can order “What you want (within diet restrictions)... When you want it.” You may order any of your meals at any time between the hours of 7 a.m. and 6:30 p.m. Check the Room Service Menu located in your room for specific meal ordering instructions.

Grand Parkway Café:
The Café is located on the 1st Floor.
Hours of Operation:
Breakfast - 7 to 9:30 a.m.
Lunch - 11:15 a.m. to 2 p.m.
Dinner - 4:30 to 7:15 p.m.

Healing Brew
Starbucks Coffee is located in the East Tower 1st floor off the main lobby.
Hours of Operation:
Monday - Friday: 7 a.m. to 8 p.m.
Saturday - Sunday from 11 a.m. to 6 p.m.

Gift Shop
Lori’s Gifts offers plants, balloon bouquets, cards and a variety of gift items. The gift shop is open 7 days a week and is located directly across from the Grand Parkway Café.
Hours of Operation:
Monday - Friday from 9 a.m. to 8 p.m.
Saturday - Sunday from 11 a.m. to 6 p.m.

Infant Security
We take infant security and safety very seriously, and all hospital staff has been trained in infant security measures. Our highly sophisticated monitoring system makes it very difficult for anyone to take the baby out of Labor & Delivery or the Family Life Center. The system involves a Hugs® tag attached with a soft, tamper-proof strap around the infant’s ankle. Alarms are generated if a strap is cut or tampered with, if the infant is moved to an unauthorized area, or if a tag’s signal is no longer detected.

Neonatal Intensive Care Unit
The Level II neonatal intensive care unit (NICU) at Memorial Hermann Sugar Land Hospital offers the most advanced neonatal care available in the Fort Bend County area.

For newborns who require continuous monitoring and observational support, highly skilled care is provided 24 hours per day by experienced neonatal nursing professionals. The NICU is equipped with state-of-the-art technologies in a comfortable setting designed to accommodate families.

Level II neonatal intensive care is available onsite for newborns with:
• Prematurity and no other medical problems
• Acute respiratory distress requiring oxygen therapy
• Chronic respiratory disease
• Apnea not requiring ventilator assistance
• Feeding difficulties requiring feeding support

Should further specialized care be needed, our NICU nursing team is experienced in assessing and stabilizing newborns for transfer to Children’s Memorial Hermann Hospital. Rapid emergency neonatal transport is provided by the dedicated Children’s Transport Team via ground ambulance or Memorial Hermann Life Flight®.

NICU Parenting Visitation Hours
8:00 a.m. to 6:30 p.m.
8:00 p.m. to 6:30 a.m.

NICU Visitation Guidelines
• The NICU is closed to parents and visitors twice daily from 6:30 to 8 a.m. and 6:30 to 8 p.m. to ensure patient privacy during the nurses’ shift changes.
• No more than two visitors at a time may accompany the parents at the bedside. Visitors must be accompanied by a parent at all times.
• A security code will be provided and must be given prior to any telephone inquiries regarding the infant.
• To reduce the risk of infection during invasive procedures and to promote comfort for the patient, the nursery or sections of the nursery may be closed to visitors when deemed necessary by the nursing staff.
• Siblings under the age of 18 years will not be allowed to visit due to risks of infection and illness.

The Golden Hour
Sharing the first hour of your baby’s life will create memories that last a lifetime. The best place for your baby to be for this first hour is in your arms, close to your heart! These precious moments should be treasured, for this is truly the “Golden Hour.” As you gaze with wonder into each other’s eyes, hold, touch and talk to your new baby, your heart will be filled with love and joy as you experience a beautiful beginning of this lifelong bond. This Golden Hour should be spent holding your baby skin-to-skin. All babies and mothers benefit from skin-to-skin care. It is so important that we want to do everything we can to provide you with the opportunity of sharing this special time with your newborn together as a new family.

Breastfeeding
Memorial Hermann Sugar Land is a Texas Ten Step Facility. This designation indicates that we support the health of future Texans and that the care we provide is sensitive to the needs of the breastfeeding family. Because we want the very best for you and your baby, we promote breastfeeding and support breastfeeding mothers before, during and after delivery. If you choose to breastfeed, we provide educational support for you by having a lactation consultant on staff and available for one-on-one consultations by appointment for moms with questions or those facing challenges.

Going Home
Your healthcare team begins planning for discharge when you are first admitted. Staff members will work closely with you to anticipate your needs and those of your baby as you prepare to leave. The standard length of stay for a vaginal delivery is 48 hours – 72 hours for a cesarean – from the time of delivery.
• Please make transportation arrangements based on the time of your delivery.
• You will need to have an infant car seat properly installed in the car and ready to use upon discharge.
• Confirmation of a pediatrician follow-up appointment is required prior to discharge. Please plan ahead and have your pediatrician selected before entering the hospital for delivery.

We Thank You
Thank you for choosing Memorial Hermann Sugar Land. We are honored that you have selected us for the amazing experience of the birth of your child. Our goal is to provide you and your baby with exceptional care and to exceed your expectations throughout your stay here. We appreciate and value your feedback. A few days after you are discharged, you will receive a phone call from a nurse on the unit, following up to see how you and your baby are doing. A few weeks later, you may receive a survey in the mail. Please take a moment to complete the survey so we can learn from you and continue to provide the best health care possible to our patients. While you are our guest, please let us know if there is anything we can do to improve your experience.
To preregister for your delivery or for more information, please visit memorialhermann.org/maternity or call 281.725.5000.