



Delivering Your Baby at Mount Sinai South Nassau during COVID-19 Pandemic

- What is the entrance that I go to when I think/know I am in labor?

You will enter the hospital through the main entrance: One Healthy Way, Oceanside, NY 11572.

Please, do not go through the Emergency Room entrance.

- If driving my vehicle, where can I park?

- 1) You may use valet parking available at the main entrance of the hospital.
- 2) You may choose to park your car on the visitor's lot located on One Healthy Way, Oceanside, NY 11572, right in front of the hospital main entrance.
- 3) If someone is driving you to the hospital, please have this person let you out in front of the hospital entrance.

- Do I go to the labor floor, even in an emergency?

Yes, please do not go to the Emergency Department.

- What floor is the labor and delivery unit on?

3rd floor.

- What happens when I walk through the hospital doors "in labor?" Who greets us?

A security guard is there to greet you 24/7. If you need a wheelchair, one will be provided for you. A member of Labor and Delivery staff will come to the lobby to greet you and escort you to the unit.

- How many people can be with me when I am being evaluated for admission (triage)?

You will be escorted to L&D for an evaluation. Your support person will be asked to wait in the main lobby until you have been admitted and are in a birthing room. When you are admitted, the L&D staff will let Security know to let the support person go upstairs. The support person will be asked to wear a mask at all times and to stay in the room with you.

- How many people can attend to me during labor and delivery?

You may have one support person with you during labor and delivery. Both of you will be tested for COVID-19. The nurse will check support person's temperature periodically and ask questions about any signs and symptoms of COVID infection.

If your spouse or significant other is already known to be COVID-19 positive, he will not be allowed in the delivery room. He/she will be able to experience your baby's birth virtually in real-time. You may choose one other healthy person to be with you.

- Should we pre-register before the "big day?" Where do we go to do this?

Yes, you should be pre-registered. Registration may be done on the hospital website by clicking [HERE](#).

Although you have pre-registered, you will be asked to fill out admission paperwork upon arrival to Labor and Delivery. Please, bring a form of identification with you (driver's license or passport) and your insurance card.

Your doctor's office will give you an admission package with registration and other very important information.

- If we are scheduled for Cesarean birth, where do we go for pre-surgical testing?

You will receive a call phone from the presurgical nurse one or two days before your surgery. The nurse will interview you and give you instructions on how to prepare to come to the hospital on the day of your C-section.

On the day of your c-section, you should arrive at the labor and delivery unit 3 hours before the scheduled time.

All this will be explained to you by your doctor's office manager and the nurse that you speak to during your pre-admission evaluation.

You also will be instructed about where to go to get tested for COVID-19 with your support person prior to admission to the hospital.

Family Medicine Clinic. Address: 196 Merrick Road Oceanside, NY 11572.

Once in the parking lot, you will park in front of the first door and please call (516) 632-4861 and speak to Marleny. Please remain in your car and follow her instructions. You may arrive at the Family Medicine Clinic as early as 6:30 am.

- If we are scheduled for induction of labor, do we go right to labor and delivery when we get to the hospital?

You will be called one or two days prior to the scheduled date of induction to receive instructions on where to go to get tested for COVID-19 with your support person prior to admission to the hospital.

On the day of admission please, come through the main entrance of the hospital, One Healthy Way. A security guard is there to greet you 24/7. If you need a wheelchair, one will be provided for you. A member of Labor and Delivery staff will come to the lobby to greet you and escort you to the unit.

- What are visiting hours for birth partners, family, siblings, and friends after the baby is born?

Due COVID-19 pandemic, visiting hours have been suspended until further notice. At this time, no visitors are allowed in the labor and delivery and maternity unit.

- Is there a limit on the number of visitors you can have after you deliver your baby?

Currently, no visitors are allowed in the labor and delivery and maternity unit.

- Am I allowed to bring my food into the hospital?

Yes, there is a refrigerator on the Mother Baby unit to store your food in. You must label your food with your name and date. All deliveries by outside vendors or family member will be picked up in the hospital lobby and brought to you.