

*Your Baby's Almost Here. It's Time to Get Ready.*  
Your Guide to Preadmission



**NORTHSIDE HOSPITAL  
GWINNETT**





## *Welcome to the Gwinnett Women's Pavilion*

The Gwinnett Women's Pavilion at Northside Hospital Gwinnett is committed to delivering healthy and happy babies. Even after delivering more than 100,000 babies, every birth feels special and unique. Our vast experience and state-of-the-art delivery services provide you with peace of mind allowing you to enjoy the magic of welcoming your new baby.

You will receive compassionate, personalized care from a dedicated team of expert nurses, physicians and midwives. Your health care team's highest priority is a healthy mother and baby. Medical experts in our level III neonatal intensive care unit (NICU) remain available and ready to help, if needed.

Schedule a tour, preregister for the hospital, sign up for classes and learn more about our Baby-Friendly® designation. You want your childbirth experience to be special, and we look forward to providing the experience you expect, and the exceptional care you and your baby deserve.

Sincerely,

***Debbie Mitcham***

President & CEO

Northside Hospital Gwinnett and Northside Hospital Duluth

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

ध्यान दें: यदि आप [हिंदी] बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता उपलब्ध है।

Bi o ba nsọ èdè Yorùbú ọfẹ ni iranlọwọ lori èdè wa fun yin o.

યુ ના: જો તમે જરાતી બોલતા હો, તો િન: લુ ભાષા સહાય સેવાઓ તમારા માટ ઉપલબ્ધ છ.

Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou.

تنبيه: إذا كنت تتحدث [اذكر اللغة]، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода.

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PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis.



We are dedicated to patient safety, clinical excellence and exceptional customer service.

We promise to provide the highest quality of care as your baby transitions to your home!



# Preparing for Your Baby

Getting ready for your baby ahead of time can help you feel more prepared and relaxed for childbirth.

## 1 Take a Tour

Tour our Labor & Delivery and Maternal Infant Unit. You visit the places you will see during your hospital stay and learn what to do, where to go and where to park when the time comes. Discussions include admission paperwork, our visitation policy and the other services we offer. Tours are free and offered in English and Spanish.



Register for a tour today!

Go to [northside.com/gwinnettclasses](https://northside.com/gwinnettclasses)  
or call 678-312-5000.

## 2 Pre-register for the Hospital

Pre-registering for your delivery speeds up the admission process when you arrive. Most women appreciate not having to fill out paperwork while in labor. We encourage you to pre-register by your 6th month of pregnancy.

To pre-register, go to [northside.com/patient-registration](https://northside.com/patient-registration) or complete and mail the Preadmission form included in your packet.

### Information You Need to Pre-register

- Government issued photo ID
- Insurance card for mom and baby if different
- Work address and phone number
- Emergency contact (name, phone and address)
- Completed Preadmission form
- Obstetrician/midwife and pediatrician information

### Questions

#### Pre-registration

- 404-459-1280
- [northside.com/patient-registration](https://northside.com/patient-registration)

#### Billing

- 404-851-8694  
(price estimates)
- *About Your Billing* brochure (included in your packet)
- [northside.com/billing-information](https://northside.com/billing-information)



## 3 Attend Classes

Gwinnett Women's Pavilion offers classes to help you prepare for delivery, breastfeeding and the newborn you so eagerly want to hold.

### Available Classes

✧ **Healthy Childbirth** | Learn the signs of labor, influences on the length of labor, relaxation techniques, medications, medical interventions, and much more.

*This class includes a tour of Gwinnett Women's Pavilion.* If you register, you will not need to schedule a separate tour.

✧ **Newborn Care** | Learn how to care for your baby at home. Topics we cover include basic infant care, choosing a pediatrician, infant development, and much more.

✧ **Breastfeeding Basics** | Prepare for a successful breastfeeding experience. Discussions include benefits of breastfeeding, positioning and latching techniques, how to tell if your baby is getting enough to eat, and much more.

✧ **Infant CPR and Safety** | Learn about basic infant/child safety and first aid. This class includes the American Heart Association's Friends and Family course on pediatric CPR and choking management.

✧ **Car Seat Class** | Our certified car seat technician covers how keep your most precious cargo safe and secure in your vehicle. The technician can also check to make sure your car seat is properly installed.

✧ **Big Brothers & Sisters To Be** | Becoming a big brother or sister is a special event. Your baby's siblings participate in fun, educational and interactive instruction to help them prepare for and welcome your new baby. Children ages 3 to 10 learn what to expect when the baby comes home and how they can help.

✧ **OB Tour** | Take a tour of our Labor & Delivery and Maternal Infant Unit. You visit the places you will see during your hospital stay and learn what to do, where to go and where to park when the time comes. Tours are free and offered in English and Spanish. Register for a tour today!

To register, go to [northside.com/gwinnettclasses](http://northside.com/gwinnettclasses) or call 678-312-5000. Parking is free.



## 4 Choose a Pediatrician

Choose a **pediatrician** (doctor) for your baby before birth. Call the doctor's office to make sure they accept your insurance and are taking new patients.

For help locating a pediatrician, visit [northside.com](http://northside.com) and click Find a Doctor.



## 5 Finalize Umbilical Cord Blood Banking Enrollment

Deciding to donate or bank umbilical cord blood cells is a personal choice. Northside Hospital Gwinnett does not have a financial relationship with any cord blood entity, however, we do allow collection for public donation and private banking. Talk with your provider and baby's doctor about your desire to donate or bank cord blood.



Northside Hospital Gwinnett cannot guarantee that a cord blood sample is obtained, and is not responsible, under any circumstances, if the sample is not obtained.

### To finalize cord blood banking:

1. Select a cord blood bank and finalize all arrangements before your labor begins.
2. Bring the collection kit with you to the hospital when you arrive for delivery.
3. Give the collection kit to your nurse during your admission.

## 6 Choose and Install a Car Seat

Choose a proper car seat and learn how to install it and restrain your baby before delivery. Georgia law requires all babies to sit in a car seat when riding in a motor vehicle, starting from the trip home from the hospital. Northside Hospital does not provide car seats.

### To learn more:

1. Attend our *Car Seat Safety* class to learn the proper way to install a car seat and restrain your infant.
2. Practice installing the car seat before coming to the hospital. Before discharge, bring the car seat into the hospital, so we can confirm your baby is restrained properly for the trip home. Hospital staff cannot assist with car seat installation.
3. Visit the following web sites for more information:
  - [safekids.org/in-your-area/find-a-inspection-station](http://safekids.org/in-your-area/find-a-inspection-station)
  - [safercar.gov/parents/carseats/car-seat-safety.htm](http://safercar.gov/parents/carseats/car-seat-safety.htm)





Breastfeeding as soon as possible after birth helps establish your milk supply and gives your baby the important benefits of your first breast milk, called **colostrum**. Colostrum is easy to digest and packed with protective nutrients and antibodies.

## 7 *Learn More About Breastfeeding*

We support and encourage breastfeeding during your hospital stay. Breastfeeding gives your baby the best possible start in life. Your milk has the right balance of nutrients to help your baby grow strong and healthy. It also contains antibodies and live cells that help protect your baby from infection and illness.

Breastfeeding is good for your health too. It releases hormones in your body that help you reduce stress, burn calories and build a strong bond with your baby.

### To learn more:

1. Attend our *Breastfeeding Basics* class to help you learn what to expect.
2. Read *Getting Ready for Your Baby: Your Guide to Breastfeeding* included in your packet.
3. Call our Breastfeeding Helpline at 678-312-4743 for counseling before and after delivery.
4. Seek out reading resources, support groups and lactation consultants. Expert resources can answer questions and help you prepare for breastfeeding your newborn.



## 8 *Discuss Circumcision*

Circumcision involves removing the skin covering the tip of the penis. For many parents, personal, emotional and religious factors often play a role when deciding whether or not to circumcise their son. Talk with your provider and your baby's pediatrician early. Give yourself enough time to make an informed decision before coming to the hospital.

## 9 *Pack Your Delivery Bag*


Use this checklist to help pack a bag for the hospital ahead of time. Being well prepared can make labor and delivery more comfortable.

- Pediatrician's name and phone number
- Insurance card and government-issued photo ID
- Robe and slippers
- Water bottle
- Favorite music
- Hair tie to pull back long hair
- Lip moisturizer
- Toiletries and cosmetics
- 2 to 3 bras
- Going home outfits for mom and baby
- Snacks, toiletries and a change of clothes for your support person



Please leave valuables at home, such as a wallet and jewelry.





Be sure to share your personal preferences for labor and comfort measures with your nurse.

# Delivering Your Baby

*Gwinnett Women's Pavilion is dedicated to providing special beginnings every day. You want only the best care for you and your baby, and so does Northside Hospital Gwinnett. We are here to support you and to help ensure you have a safe delivery and a positive, fulfilling birth experience.*

## Labor & Delivery at the Hospital

Our private birthing suites provide a relaxed, warm and cozy environment. Each suite features the latest technology, birthing balls and a Jacuzzi® tub. We designed them to enhance your comfort, peace of mind and to provide a unique, personalized birth experience.



### When to Call Your Doctor

Call your doctor right away if you notice:

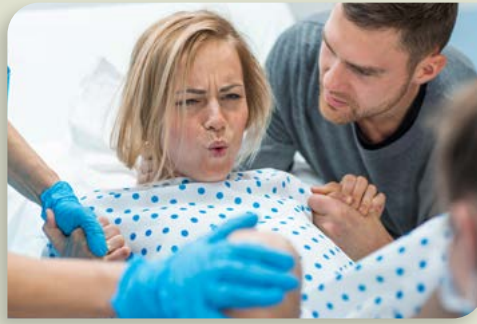
- Fluid coming from your vagina, with or without contractions
- Bleeding heavy enough to need a sanitary pad
- Your baby is moving less than before



### Signs of Labor

Ask your doctor about the signs of labor and discuss when to go to the hospital once labor begins.

- Blood-tinged mucus discharge that may occur days before real labor begins.
- Strong, regular contractions that occur about every 5 minutes and get progressively more painful.
- Pain felt deep in your pelvis and lower back.
- Water breaks. Clear fluid may gush or trickle slowly from your vagina.



## Delivery Options

Gwinnett Women's Pavilion offers several options for delivering your baby. Discuss your birth plan with your doctor. Ask questions about which delivery option is best for you.

- **Vaginal Birth** – Your baby passes from the uterus (womb) and through the vagina (birth canal) during birth. For safety concerns, doctors sometimes use forceps or a vacuum device to assist with the delivery.
- **Cesarean Section (C-section)** – A surgical procedure where the doctor makes a cut into your uterus and lifts your baby out through the opening.
- **Vaginal Birth after C-section (VBAC)** – Giving birth through the vagina after already delivering another baby by C-section. Ask your doctor if VBAC is a delivery option for you.
- **Induction** – A procedure where the doctor gives you medicine to help you go into labor. Most women give birth through the vagina after induction.

## Managing Pain

You can expect some pain during labor. Since everyone is different, it is difficult to predict how a woman will react. Discuss your options for managing pain with your doctor, and talk about the methods you prefer. Keep in mind, your choices may change once labor begins. You may have a plan for how you hope to manage your labor, but it is best to prepare and remain flexible.



Register for our *Healthy Childbirth* class to learn the signs of labor, influences on the length of labor, relaxation and breathing techniques, medications and possible medical interventions.



Gwinnett Women's Pavilion has board-certified anesthesiologists available 24-hours a day, 7 days a week. No matter what time your labor begins, you have access to our full range of anesthesia options during labor.

## Breastfeed Right After Birth

Breastfeed as soon as possible after birth to help your baby learn to latch on to your breast. Most newborns are alert right after birth and will seek the breast when held skin-to-skin. Some babies latch on very well while others take some time to get the hang of it. Breastfeeding right after birth also helps to establish your milk supply and gives your baby the important benefits of your first breast milk.

### Benefits of Skin-to-Skin Holding

- Helps your baby adjust to life outside the womb
- Calms, comforts and keeps your baby warm
- Steadies your baby's heartbeat, blood pressure, breathing, blood sugar levels and temperature
- Enhances bonding allowing you both to smell, feel and get to know each other
- Makes breastfeeding easier
- Increases your confidence as a new parent



### Meeting Your New Baby

Hold your baby skin-to-skin immediately after birth to celebrate the first special moments together. **Skin-to-skin contact** means holding your naked baby against your bare chest. Touch is a powerful way of bonding with your newborn and helps you get to know each other.

## Frequently Asked Questions

### ➤ How many people can be in the labor and delivery room?

Choosing who you want to have in the delivery room is a personal decision. Some women want to share the intimate experience of birth with only their partners. Others allow visitors during labor but ask everyone, except their partners, to leave during the delivery. **Visiting hours are 9 a.m. – 9 p.m.**

#### Consider the following:

- **Choose one main support person.** Someone who can comfort and calm you and can help you make decisions. Attending childbirth classes with your support person can help enhance your birth experience. In most cases, this person may stay with you during a C-section should the situation arise.
- **Children must be accompanied by an adult at all times.** The adult must be someone other than you or your support person.
- **For your safety and comfort,** we ask that you limit visitors to no more than two at a time. Your family and friends can wait in our family waiting areas.
- **We may ask visitors to leave your room** if the situation changes.



Many parents want privacy during the first special moments spent bonding with their babies.

### ➤ Do you offer water births?

Many women use the Jacuzzi® tubs in their birthing suites during labor, and get out for the delivery. We do not offer water birth deliveries.

### ➤ When should I come to the hospital?

Ask your doctor about the signs of labor and discuss when to go to the hospital once labor begins. Being well prepared can help your birth experience go more smoothly.





## ➔ When can I have an epidural?

You should ask for an epidural when you need it. It takes 30 to 60 minutes to prepare and start the epidural before the medicine begins to work. Please see the *Epidural: What You Need to Know* pamphlet in your packet.

## ➔ Can I video record my birth?

You may video record baby and mother right after birth. Ask your doctor for permission to record the delivery. Most doctors have policies around electronic recording. To protect the privacy of patients and staff, any type of photo, video and electronic recording is strictly prohibited in our surgical suites.

## ➔ Can I eat during labor?

What you can eat and drink during labor depends of the type of delivery you expect. Once admitted to the hospital for a:

- **Vaginal birth** – you can have clear liquids, such as water, clear juices, soft drinks, tea, Jell-O®, popsicles and broth, but no solid food.
- **Induction** – you can have ice chips and modest amounts of clear liquids.
- **C-section** – you cannot eat or drink anything until after the delivery.

## Adoption and Surrogacy

We warmly welcome all families and dedicate ourselves to providing every parent a positive, fulfilling birth experience. If your birth includes adoption or surrogacy, a case manager will meet with you to discuss how we can best meet the needs of your family.





Your main support person can stay overnight with you.



# *Recovering After Delivery*

*A few hours after delivery, you and your baby transfer to our Mother Infant Unit for recovery. Mothers and babies stay together unless there is a medical problem. The safest place for your baby is with you in your room. Rooming-in gives you time to ask questions and learn how to care for your newborn.*

## **Rooming-In With Your Baby**

You and your baby rooming together helps you:

- Learn how to care for your newborn while our staff is around to help if you need it
- Have more time for skin-to-skin contact and cuddling, so your baby cries less and sleeps better
- Get more rest and feel less stressed knowing your baby is receiving the care you want
- Bond with your infant, learn your baby's feeding cues and find comfortable feeding positions
- Breastfeed more often and make more milk, faster
- Feel more comfortable and confident caring for your baby after leaving our care



**Officially a Baby-Friendly® designated hospital.**

Baby-Friendly® designation means the international Baby-Friendly Hospital Initiative (BFHI) recognizes the Gwinnett Women's Pavilion for providing and maintaining the highest standards of infant feeding care.



Breastfeed as soon as possible after birth to help establish your milk supply.

## Successful Breastfeeding

We are committed to helping you breastfeed as soon as possible after birth to establish your milk supply and provide your newborn the important benefits of your first breast milk. Your breast milk contains everything your infant needs. It is free, convenient, environmentally friendly, and always available at the right temperature.

- **Before delivery** – Read *Getting Ready for Your Baby: Your Guide to Breastfeeding* included in your packet. We recommend you also attend our Breastfeeding Basics class to learn breastfeeding tips and tricks to help you get started quickly and easily.
- **During your hospital stay** – Ask for assistance if you need it. Your nurse can help you get off to a great start breastfeeding. If breastfeeding does not go as expected, your nurse can call one of our professional lactation consultants.
- **The lactation consultant** helps you set up an individual feeding plan.
- **At home** – Call our Breastfeeding Helpline at 678-312-4743 and attend The Lactation Club support group.
- **Returning to work** – If you plan on returning to work, establishing a pumping routine can help with the transition. Refer to the *Breastfeeding Resource* handout in your discharge materials for a list of breast pump rental resources.

## Frequently Asked Questions

### ➤ How many people are allowed in room after delivery?

Your main support person can stay overnight with you. We ask that you limit the number of visitors to a few at a time. Privacy allows you to establish healthy breastfeeding habits and to spend more quality time with your newborn. Limiting stress can also enhance your birth experience. **Visiting hours are 9 a.m. – 9 p.m.**

### ➤ Where do visitors park?

Family and friends can park in the lot next to the Gwinnett Women's Pavilion. Please let visitors know that we charge a small fee for parking.

### ➤ Do I need to call my baby's pediatrician?

No, our nursery staff notifies your pediatrician about your baby's birth. The pediatrician examines your newborn within 24 hours. If your pediatrician is not available, one of our board certified pediatricians will examine your baby.

### ➤ Is breastfeeding support available?

Yes. All of our nurses are trained to show you how to breastfeed and help you get off to a good start. If breastfeeding does not progress as expected, your nurse can arrange for one of our lactation consultants to visit with you.



### ➤ How do I know if my insurance covers my baby's pediatricians?

Please choose a pediatrician before your baby's birth. Call the doctor's office to make sure they accept your insurance and are taking new patients.





## ➤ Do I need a car seat when we leave the hospital?

Yes, please leave the base secured in the car and bring the car seat into the hospital. We check to confirm your baby will be restrained properly for the trip home.

- Select a car seat appropriate for your baby's weight. Do not use a car seat more than six years old. Check the sticker on the seat for the manufacturer's date.
- Attend our *Car Seat Safety* class before delivery to learn the proper way to install a car seat and restrain your infant.

## ➤ Can I order meal trays for my guests?

You can order breakfast, lunch or dinner trays for guests. Guests may select meals from your menu. Your hostess will collect payment in advance for guest trays. We accept credit cards, debit cards and cash.

To place your order, call extension 22477 at least one hour before mealtime to receive the guest tray along with your meal tray.

## ➤ Do you have hospital dining options for visitors?

Our cafeterias offer a variety of options where visitors can enjoy a diverse assortment of breakfast fare, sandwiches, soups, salads, entrees, snacks, desserts and much more. We accept credit cards, debit cards and cash.

### **New Arrivals Cafe'**

**Location:** 2nd floor of the Northside Hospital Gwinnett Women's Pavilion

**Hours:** 7:00 a.m. – 2 p.m.,  
Monday – Friday

**Breakfast:** 7:00 a.m. – 10:00 a.m.

**Lunch:** 11:00 a.m. – 2:00 p.m.

### **Main Hospital Cafeteria**

**Location:** Ground floor

**Hours:** 6:00 a.m. – 11:00 p.m.,  
seven days a week

**Breakfast:** 6:00 a.m. – 10:00 a.m.

**Lunch:** 11:00 a.m. – 2:00 p.m.

**Dinner:** 4:30 p.m. – 7:00 p.m.

**Grill:** 11:00 a.m. – 11:00 p.m.



An ATM is located in the lobby of the Northside Hospital Gwinnett Women's Pavilion and on the ground floor of the main hospital near the cafeteria.



# Getting Ready to Go Home

*Bringing a new baby home from the hospital feels exciting and sometimes overwhelming. Planning ahead can help you feel more relaxed on the day of discharge. Remember, your health care team is here to help.*

## Newborn Screenings

Newborns are screened for certain rare but serious medical conditions shortly after birth. If a test suggests a problem, your pediatrician may recommend follow-up testing. Finding problems early allows doctors to treat certain conditions before they can make a baby sick.

### Common Screening Tests

- **Blood Test** – Checks for rare but serious health conditions.
- **Hearing Test** – Checks for hearing problems. Babies rely on their hearing more than their sight during the first 6 months of life. A hearing loss can delay a child's language development.
- **Congenital Heart Disease** – Uses pulse oximetry to measure the amount of oxygen in the blood. It is a simple and painless way to check for serious heart defects.

### Online Photo Nursery

The Gwinnett Women's Pavilion partners with Mom365 to photograph your newborn. We capture your baby's first hours of life in the intimate setting of your room. Photos are posted to your baby's secure web page in the mom365 WebNursery®. You can share these first photos with family and friends.

We offer several packages and keepsakes for you. Remember to bring a special outfit for your baby's first portrait.



## Required Birth Certificate Information

### Mother

- Current legal name
- Social Security number
- Date of birth
- Address
- Educational level
- Race
- Previous births
- Maiden name
- Marital status
- Occupation
- Origin/descent
- Prenatal visits
- Medical history

### Father

- Current legal name
- Social Security number
- Date of birth
- Address
- Educational level
- Race
- Occupation
- Origin/descent

### Baby

- Name
- Request for Social Security card

## Birth Certificates

You must complete a **birth certificate worksheet** after delivery and return it to your nurse. This provides the information we need to register your child's birth with the State of Georgia. You receive a **Confirmation of Birth** from Gwinnett Women's Pavilion. Contact the Georgia Division of Vital Records for a **certified copy of the birth certificate**.

### Birth Certificate Worksheet Guidelines

- If you register as a single mother with the hospital, you must also select single on the worksheet. Or you can provide us with a copy of your marriage license to show you are legally married.
- If you are single and want the father's information printed on the birth certificate, you and the father must provide a state issued picture identification and sign a paternity acknowledgement form.
- If a paternity acknowledgement form is not signed, the baby's last name must match the mother's legal last name. The father's information will not appear on the birth certificate
- If you are married but your husband is not the father of the baby, you cannot list the biological father's information on the birth certificate. The State of Georgia will only accept your legal husband's information.

### Questions About

- Birth Certificate worksheet
- Confirmation of Birth

### Please Contact

Northside Hospital Gwinnett  
Vital Records at 678-312-4468  
or visit [northside.com/gwinnettmaternity](http://northside.com/gwinnettmaternity)

Legal Birth Certificate

Georgia Division of Vital  
Records at 404-679-4701  
or visit [dph.georgia.gov/birth-records](http://dph.georgia.gov/birth-records)



# Planning for the Unexpected

*A pregnancy or birth that does not go as planned can leave you feeling frightened, worried and anxious. Our doctors, nurses and social workers are experts in caring for the physical and emotional needs of our moms and their babies.*

## High-Risk Pregnancy

The term “high risk” describes a pregnancy where the mother or baby experiences medical complications that threaten their health and wellbeing. Medical complications can develop during pregnancy or from a pre-existing health condition.

If you have a high-risk pregnancy, Gwinnett Women’s Pavilion maternal-fetal medicine team has the experience and knowledge to give you and your baby the best chance for a healthy pregnancy and birth. Our High-Risk Pregnancy Unit provides comfort and privacy for women who require a prolonged hospital stay. Each room includes a private bath, refrigerator, microwave, desk/ workstation and access to Wi-Fi.

## Neonatal Intensive Care Unit

The birth of a baby is a joyous time for families. Having a baby that needs special care can feel frightening, overwhelming and stressful. Our level III **neonatal intensive care unit** (NICU) offers comprehensive, state-of-the-art medical care for babies born early and for those who have complex health conditions.

If your newborn requires special care after delivery, our board certified physicians and highly trained staff provide the safest and best medical care in a nurturing environment that promotes healing and wellness. Our goal is to help your baby grow and develop for a successful transition home with you.



## Childbirth Support Groups

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It is important for you to share your feelings when facing difficult times. Many parents find tremendous comfort attending a support group of people who share a similar experience.

## Perinatal Loss Support Group

Experiencing the loss of a pregnancy or infant can bring unimaginable pain and grief. Our Perinatal Loss support group meets once a month and provides non-judgmental support, information and connection with others.

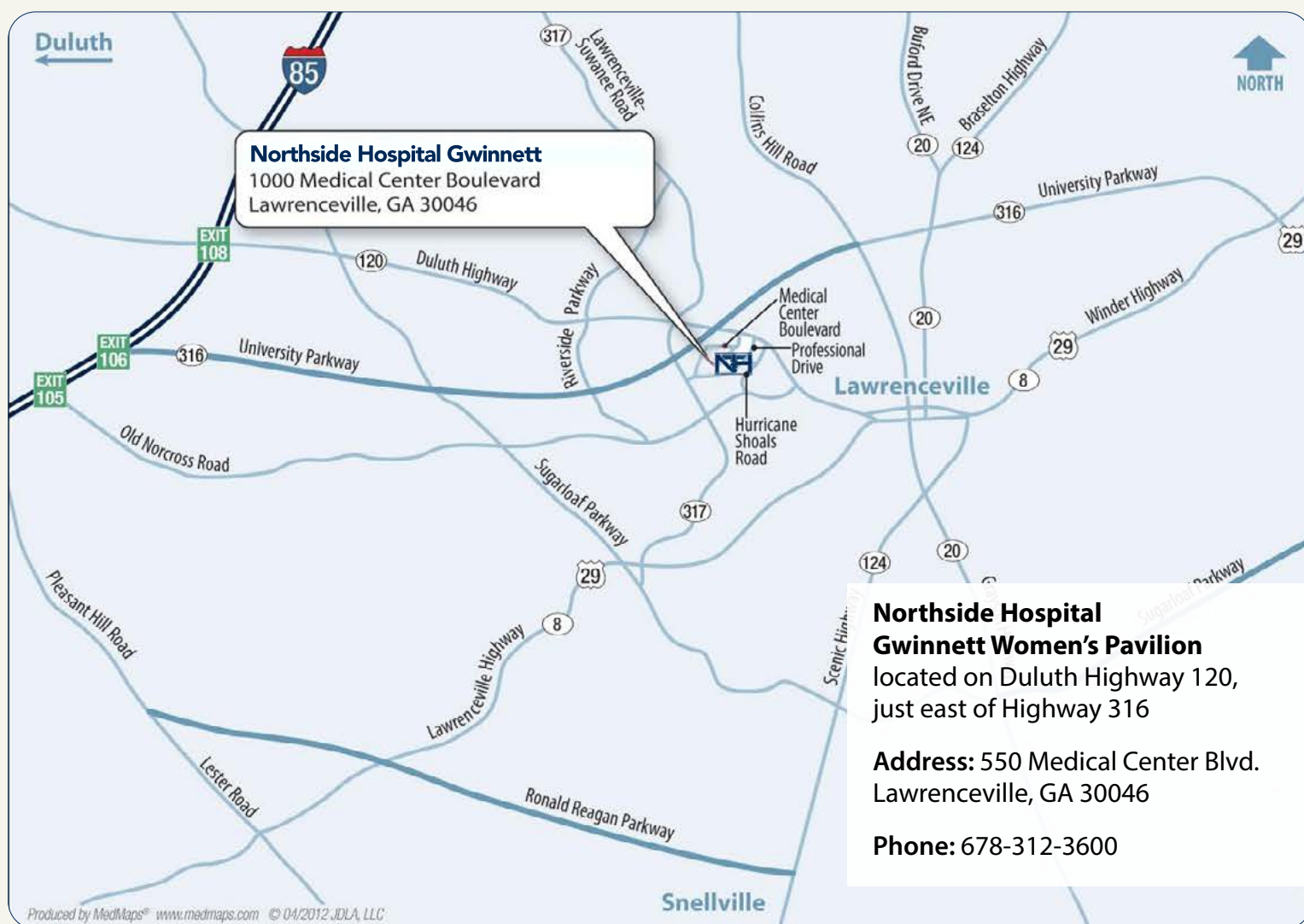
**For more information, please call 678-312-4786.**

## The Lactation Club

Breastfeeding is rewarding and also challenging. The Lactation Club (TLC) provides support and information for breastfeeding moms in the community. It meets every Monday from 11 a.m. to noon at the Gwinnett Women's Pavilion and is hosted by the Gwinnett, Newton and Rockdale Health Departments. No registration is required and babies are welcome.

**For more information, please call our Breastfeeding Help Line at 678-312-4743.**







**NORTHSIDE HOSPITAL  
GWINNETT**

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**Important Numbers at  
Northside Hospital Gwinnett Women's Pavilion**

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Birth Certificate Office .....	678-312-4468
Breastfeeding Help Line .....	678-312-4743
Childbirth Class Information & Registration .....	678-312-5000
Financial Counselor .....	678-312-4406
General Information/Patient Registration .....	678-312-3600
Medicaid Assistance .....	678-312-4184
Medical Records .....	678-312-3285
Physician Referral .....	678-312-5000