



August 1, 2020
Maternity Tour Information

Princeton Health Community Wellness has resumed some in-person programming, with added safety precautions. However, in an abundance of caution to help protect our community from spread of COVID-19, we continue to limit the number of people entering Princeton Medical Center, **and maternity tours are canceled for the foreseeable future.**

For latest updates about Community Wellness classes and maternity tours, visit www.princetonhcs.org/calendar

PLAN AHEAD WITH OUR VIRTUAL RESOURCES

We invite you to join our weekly Pregnancy and Postpartum support group on **Wednesdays** at **4:30 p.m.** Our registered nurse and lactation consultant will be available to answer questions, and you will have the chance to connect with other expecting parents and new parents. Sign up at www.princetonhcs.org/calendar and search keywords *pregnancy and postpartum*. You may also register there for childbirth classes that will better prepare you for your labor & delivery experience.

WHAT TO BRING WITH YOU TO THE HOSPITAL

When you are packing your overnight bag for the hospital, please remember to bring:

- Clothing for you to wear home
- Clothing for baby to wear home
- A baby blanket
- An infant car seat

IF YOU THINK YOU ARE IN LABOR

If you think you are in labor, or if you have pregnancy-related questions, please contact your healthcare provider. **For any medical emergency, please dial 911.**

If your provider directs you to go to Labor & Delivery, the hospital is located at 1 Plainsboro Road, Plainsboro, NJ 08536:

- **Between 5:30am and 9pm**
Please enter through the East Entrance at the front of the hospital - **Parking Lot P1**.
(West Entrance is closed to the public).
- **Between 9pm and 5:30am**
Please enter through the Emergency Department around the rear of the hospital - **Parking Lot P8**.

For a Campus Map, [click here](#).



VISITOR POLICY

Princeton Medical Center (PMC) has implemented new visitation restrictions that may conflict with information given to you previously. Under the current visitation policy:

- You may have one labor support person AND a certified labor doula with you.
- Your support person can remain with you for the duration of your stay at the hospital.
- No other visitors are allowed.

ABOUT LABOR & DELIVERY UNIT

- Eight state-of-the-art Labor & Delivery suites with private bathrooms are located on the 6th floor and can be accessed using the West elevators.
- Two cesarean delivery operating suites.

ABOUT MOTHER/BABY UNIT

- 24 private Mother/Baby suites are located on the 6th floor and can be accessed using the East elevators.
- Board certified lactation consultants will be available during your stay.
- Mothers are encouraged to room in with their newborns.
- During your stay, you will be visited by a nurse leader.
- Our birth registrar will also visit to obtain birth certificate information.

ADDITIONAL QUESTIONS OR CONCERNS

Please contact Community Wellness at **609.897.8980**, or, on nights and weekends, **609.897.8982**. If you leave a message, we will return your call as soon as possible.