

Thank you for sending your pre-admission information for your upcoming delivery at AdventHealth Shawnee Mission Birth Center. We are honored to be part of such a special time in your lives. The next step in preparing for your baby's birth is to set up an appointment with one of our Maternity Navigators. By taking the time to visit our Birth Center and meet with your Navigator now, you will minimize the need for more paperwork and additional questions when you arrive at the hospital for delivery. This visit is an extremely important piece in providing you with the individualized, whole-person care that you deserve.

To set up your Maternity Navigator visit, please call our scheduler at 913-632-4233 at approximately 32 weeks in your pregnancy. This will give us time to get your visit scheduled for when you are close to 36 weeks. We do have appointment times available during the day, evening and on weekends.

This is also a good time to enroll in our Childbirth Preparation, Breastfeeding and/or Newborn Care classes by calling 913-676-7777, option 2, or visiting AdventHealthKC.com/classes. These classes will help you feel much better prepared for the birth of your baby as well as for the first few weeks at home. These classes can be done either online, in the comfort of your own home, or in person, in a group setting. As part of our online classes, you will also have access to a Certified Childbirth Educator should you have questions or need any clarifications.

What to bring with you for your Maternity Navigator visit:

- The name of the pediatrician or family medicine provider who will care for your baby after delivery.
- A complete list of all medications, prescriptions and over-the-counter medications, including dosages, that you are taking.
- A list of birth wishes, questions and concerns that you have for your delivery and hospital stay.
- We are happy to review your birth plan with you if you have written one or you may access our birth plan template online at AdventHealthKC.com/birthcenter under A Dedicated Birth Center, should you wish to use our form.

What we will discuss during this visit:

- Your birth wishes and concerns
- Your health history
- A review of this pregnancy as well as delivery details from your previous pregnancies
- Education related to any consents that you may be signing when you are admitted, such as epidural, circumcision, etc.

Our Maternity Navigators are all registered nurses with extensive experience in obstetrics and newborn care. We are here to discuss any special concerns or needs that you and your family may have related to your delivery experience. We work closely with our anesthesia, social services, lactation and our neonatal intensive care departments to coordinate your care and any special needs that you and your baby may have. It is our hope that this visit will help make your admission process as relaxing and comfortable as possible.

Please take a minute to call us at 913-632-4233 to schedule your visit. Thank you for choosing AdventHealth Shawnee Mission for your delivery. We look forward to meeting you and working together to ensure that your birth experience is everything that you're expecting and more.

Sincerely,

Our Maternity Navigator Team

Monica Grosdidier, RN
Angie Roberts, RN

Cheralyn Jevne, RN
Mary Sattler, RN

Tricia Rausch, RN