

UNC Center for Maternal & Infant Health

"If we are to achieve results never before accomplished, we must employ methods never before attempted."

Francis Bacon

TIPS FOR YOUR FETAL SURGERY HOSPITAL STAY AT UNC

• **WHAT TO BRING FROM HOME**

- Photo ID for yourself and your support person
- Robe
- Bedroom shoes/slippers
- Flip-flops
- Comfy pajamas if you don't want to wear the hospital gowns the whole time (i.e. nightgowns or two piece pj's)
- Very loose clothes to wear home
- Hair ties
- Chapstick
- Glasses, contact lens solution, etc.
- Your own pillow with a pillow case cover that is not white (Your own pillow will also be helpful to have in the car on the way home.)
- Pregnancy pillow
- Comfy pillow and/or blanket for person staying with you (hospital pillows and linens are provided, but not as comfortable)
- Cell phone and charger
- Laptop or tablet and charger
- Hard candy, gum
- Snacks for yourself and your partner (i.e. granola bars, fruit, peanut butter crackers, etc)
- DVDs
- Books and magazines
- Puzzle books (i.e. Sudoku, Crossword puzzles)
- Heating pad
- Journal
- Light jacket or sweatshirt for support person, as pregnant women are often very hot and like the room to be cool
- Notepad to jot down questions as soon as you think of them

• **FOOD**

- You may order food through Restaurant Delivery any time, day or night. You will have a large menu in your room. The food will be delivered directly to your room.
- You may order food every hour, so order extra meals for your support person!
- If you or your support person would prefer to go to one of the hospital cafeterias to purchase food, there are 3 cafeterias located within the hospital, as well as a Starbucks.
 - Terrace Café (main cafeteria)
 - Open 7 days a week, 6:00 AM – 9:00 PM
 - Located on the first floor of the Children's Hospital
 - Serves a wide variety of food (i.e. breakfast foods, BBQ, pizza, pasta, Asian, burgers, and grab-n-go sandwiches and salads)
 - Overlook Café

- Open Monday-Friday, 11:00 AM – 6:00 PM
- Located on the 2nd floor hallway connecting the Neurosciences Hospital with the Cancer Hospital
- Serves made-to-order salads, pizza, soups, paninis, ice cream, and smoothies
- Corner Café
 - Open Monday-Friday, 7:00 AM – 2:00 PM
 - Located on the ground floor of the Children’s Hospital
 - Serves made-to-order subs and sandwiches, burritos and burrito bowls, and a bagel bar in the morning
- Starbucks
 - Open 24 hours a day
 - Located near the lobby of the Cancer Hospital (ground floor)
 - Serves coffees, teas, pastries, and sandwiches

• **PARKING**

- The parking (Dogwood) deck is free after 9:00 PM on Fridays, Saturdays, and Sundays.
- The Dogwood deck charges \$1.50/hr or a max of \$10.00 a day. If you “lose” your parking ticket, you will only be asked to pay \$10.00, regardless of how many days you’ve actually been parked there.
- Aside from paying the regular rate at the Dogwood Deck, there are two other parking options. If you are interested in either of these, please have your support person check in with the parking office sometime while you are here. The parking office is the little building right across from the Women’s and Children’s entrances, behind the valet parking area.
 - 1) There is a parking lot (S11 Lot) down the street from the main hospital. You can get a parking pass for that lot for \$10 per week. There is a free shuttle that takes people from the lot to the hospital throughout the day.
 - 2) You may park in the Dogwood Deck and get a \$10 coupon that allows you to come and go as many times as you’d like in 24 hours.

• **SPIRITUAL NEEDS**

- There is a Children’s Chapel located on the ground floor of the Memorial Hospital. You may visit the Chapel and write down a prayer for your baby, which a Chaplain will sign.
- There is a chapel and meditation room on the ground floor of the Cancer Hospital. You may go there to pray, meditate, or just take a break.
- You may request that a hospital Chaplain visit your room.

• **HOSPITAL TIPS AND RESOURCES**

- You may ask to leave the floor! A friend/partner can take you off the floor in a wheelchair, so that you can go to the cafeteria, the butterfly gardens, Starbucks, etc.
- Your support person will need to have a visitor’s pass at all times, which can be obtained at the Women’s or Children’s information desk with a photo ID. Your support person can also get a week long pass, instead of going back to get a new pass every day.
- An abdominal binder may help with the pain after surgery. Just ask your nurse for one if you’d like to try it.
- There is a snack/nutrition room on the floor you will be staying on. You may store food there in the refrigerator, as long as it’s labeled. You may also microwave food there. The room also has snacks, such as chocolate milk, crackers, ice cream cups, etc.
- There is a small hospital library located on the ground floor of the Children’s Hospital on a back hallway. Please ask your nurse or someone at an information desk how to find it. You may check out books and magazines.

- Your other children may be allowed to stay with you in your room, if another adult also stays. This may change during cold and flu season, so ask the nurse if this is an option for you.
- On some Sundays, a manicurist comes to the floor and provides free manicures. You may bring your own nail polish or use what is available on the floor.
- There is an outpatient pharmacy located on the ground floor of the Cancer Hospital where you may have your prescriptions filled prior to discharge.
- You will be given net underwear after your surgery, which are great because they will not hurt or rub against your incision. Ask for extras to take home with you.

- **LOCAL RESOURCES**

- The Ronald McDonald House (RMH) is located less than 5 minutes from UNC. If you have family who would like to stay close to the hospital while you are admitted, please ask your care coordinator for a referral. The RMH is on a free bus line, so that family may catch the bus in front of RMH and be dropped off directly in front of the hospital. Each family will have their own room and bathroom. Dinner is served every night and washer and dryer are available. Children are welcome to stay at RMH. The cost is \$25/night per family. Financial assistance is available.
- There are a variety of stores located within a short driving distance from the hospital, if you've forgotten something and need your support person to make a run to the store. Many of these stores are also on the free bus line. Some of these include:
 - Wal-Mart – 12500 US Hwy 15 501 N, Chapel Hill, NC 27517
 - Target – 8210 Renaissance Pkwy, Durham, NC 27713
 - The Streets at Southpoint Mall – 6910 Fayetteville Rd., Durham, NC 27713
 - Harris Teeter – 310 N. Greensboro St., Carr Mill Mall, Carrboro, NC 27510
 - Harris Teeter – University Place, 2110 S. Estes Dr., Chapel Hill, NC 27514
 - Food Lion – Rams Plaza, 1720 Fordham Blvd, Chapel Hill, NC 27514
 - Food Lion – 602 Jones Ferry Rd, Carrboro, NC 27510

- **TIPS FOR RECOVERING FROM SURGERY AT HOME**

- Decide where you'll be lounging most often at home. For most people this is a recliner in the living room, the couch, or the bed.
- Set up a small table next to where you will be lounging with everything on it that you might need, so that you do not have to get up often (i.e. remote control, phone, laptop, power cords, medicine, water bottle, snacks, chapstick, gum, pens/pencils, notepad to jot down questions, puzzle books, etc).
- Have a tray or lap table so that you can eat in your lounging spot.
- Have a power strip near your lounging spot.
- A body pillow for lounging or sleeping at night may be helpful.
- A shower chair (which could be a plastic lawn chair) may be helpful.
- In the weeks before your fetal surgery, think about preparing freezer meals that can just be warmed up when you are home recovering.
- Have a hospital bag with clothes, toiletries, and other essentials prepared and in the car at all times, in the event that you have to be readmitted to the hospital unexpectedly.