

Common Questions After Your Prenatal Visit

Answers to some of the questions you may have after your appointment.

Why can't my medical team tell me exactly what is wrong with my baby?

Sometimes providers can't tell exactly what is wrong because your baby has not been born yet. This can be for several reasons, including:

- Limitations of current technology and of testing during pregnancy
 - The nature of different body tissues before birth
 - Differences between how the body works when connected to the placenta during pregnancy compared to how the body works after birth
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Why can't my medical team tell me exactly what will happen after delivery?

When a health problem is found during pregnancy, there may be some tests and treatments we can plan on after birth. But the exact plan after delivery depends on your baby's overall health and on the results of tests after your baby is born.

Your prenatal team will tell you what is known and where the uncertainty remains. It's natural to feel some frustration and worry because of these lingering unknowns. Our hope is that families feel more prepared for the tests and treatments because of discussions during the pregnancy.

Can I still breastfeed my baby?

If you want to breastfeed your baby, Seattle Children's shares that goal with you. When to start breastfeeding depends on your baby's health and your recovery from the birth. The hospital where you deliver and Seattle Children's Hospital have breast pumps you can use if your baby is not able to nurse right away. As soon as your baby can eat, we will use your breast milk first before offering formula. Some babies benefit from the slow introduction of milk with a tube or bottle, before breastfeeding directly.

Whether you are breastfeeding or pumping, you can get lactation support from your nurses, Lactation Services, and Occupational and Physical Therapy. They can help with questions or supplies. Ask your nurse if you need help with:

- Pumping
 - Milk supply
 - Breast health
 - Your baby's feeding skills
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To Learn More

- Prenatal Diagnosis and Treatment
206-987-5629
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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What if I have concerns about paying for medical bills?

Cost is a common concern for families. We encourage you to contact your insurance company to better understand your coverage, and how much of your bill you may need to pay. Your child may also qualify for other programs available from the state like Medicaid, or you may be eligible for Children's Financial Assistance.

Call Seattle Children's financial counselors at 206-987-3333. They can answer your financial questions and help with applications for these resources. Visit seattlechildrens.org/financialassistance to learn more.

Where can I stay?

Once your child is at Seattle Children's Hospital, parents are welcome anytime. With your permission, other visitors are welcome from 8 a.m. to 8 p.m. Siblings may visit during visiting hours but may not stay overnight.

Bedside

You can stay overnight in the hospital with your baby. Except in the Newborn Intensive Care Unit (NICU), all hospital rooms have a sofa bed for parents. For parents of babies in the NICU, there are free, private sleep rooms in the Family Resource Center near the NICU. You can use one of these rooms, if available.

Ronald McDonald House

Ronald McDonald House (RMHC) provides low-cost lodging for qualified families of patients at Children's. RMHC is one block from Children's. There is onsite parking and easy access to the hospital. To learn about facilities, cost and guidelines, call at least 2 weeks before at 206-838-0610 or visit rmhcseattle.org for more information. They do not take reservations, so you will need to make back-up lodging plans. For help finding a place to stay, call Guest Services at 206-987-9330.

Hotels

Some hotels in Seattle charge a lower rate for families of patients at Seattle Children's. Some have a shuttle service to and from the hospital. Visit seattlechildrens.org/visitors to learn more.

RV hookups

Seattle Children's has some RV parking spots with electrical hook-ups for patient families. Contact Guest Services to learn more at 206 987-9330