NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns

THE MOST ADVANCED CARE FOR YOU AND YOUR BABY





NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns is scheduled to open in August 2020

This state-of-the-art facility will be exclusively dedicated to the healthcare needs of pregnant patients and their newborn babies. Located on floors 12 to 18 of the NewYork-Presbyterian David H. Koch Center, across the street from the main hospital, the new hospital will accommodate 7,300 births a year. Leading physicians, surgeons, and other specialists will offer a full range of personalized services for women and newborns before, during, and after childbirth — including specialized prenatal care if needed and high-level care for patients in need of extra support.



Providing Advanced Maternity and Newborn Care for Over Two Centuries

NewYork-Presbyterian and Weill Cornell Medicine have a long tradition of providing exceptional obstetric care to the women of New York City. Since the founding of the Lying-In Hospital in 1798, our maternity program has been known for excellent maternal and infant care, groundbreaking developments in the advancement of women's and children's health, and progressive training programs for physicians and medical students. Mothers and their babies will continue to receive the highest quality care from the team of experts at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns. From prenatal care, throughout your pregnancy, and into motherhood, you will receive advanced, compassionate care from Weill Cornell Medicine's experienced physicians and other healthcare professionals.

An integrated approach. Our team members work across disciplines and specialties, pooling their expertise to treat even the most complex maternal-fetal and newborn conditions.

Multispecialty care. Our maternity and newborn care teams include highly trained obstetrician-gynecologists, maternal-fetal medicine specialists, neonatologists (newborn care physicians), obstetric anesthesiologists, nurses and nurse practitioners, physician assistants, lactation counselors, social workers, geneticists, genetic counselors, ultrasound technicians, psychiatrists, and psychologists. Every provider you could need is right here at NewYork-Presbyterian/Weill Cornell Medical Center.

Superior infant care. The pediatric specialists at NewYork-Presbyterian Komansky Children's Hospital are available during and after your newborn's hospital stay and collaborate to provide your child with exceptional care. NewYork-Presbyterian is ranked as New York's #1 Children's Hospital.

Advanced Technologies in a Modern Facility

NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns will feature the latest equipment in a setting designed with mothers and babies in mind, including:

- · A private room for every patient: 75 private antepartum and postpartum rooms
- A 20-bed triage suite, where our staff will greet you and assess your needs
- 16 labor and delivery rooms and five operating rooms including a fully equipped operating room featuring a portable CT scanner and ultrasound — and the ability to perform complex and routine cesarean deliveries
- Eight private antepartum testing rooms

Eddle Com

- 15 ultrasound rooms to perform onsite prenatal diagnostic and treatment procedures
- A 60-bed Neonatal Intensive Care Unit with advanced in-unit technologies (see page 4 to learn more)

Preparing for Childbirth

At NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns, we are creating a nurturing environment for you, your birth partner, and your baby. Our care is based on the latest medical evidence and aligns with your needs, preferences, and values.

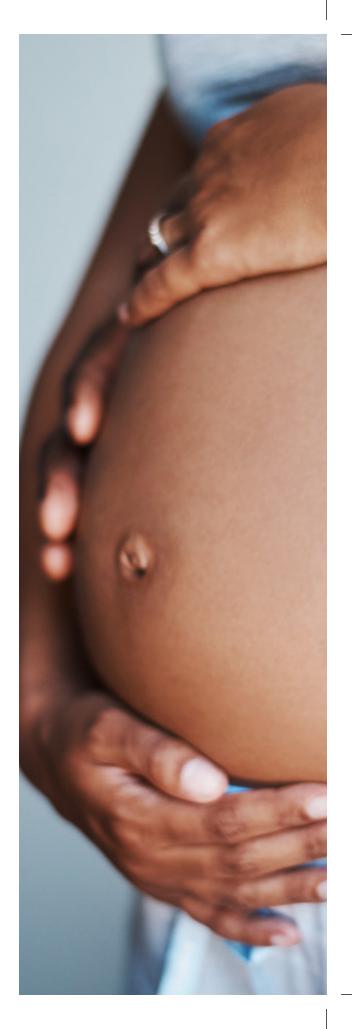
Advanced Perinatal Care

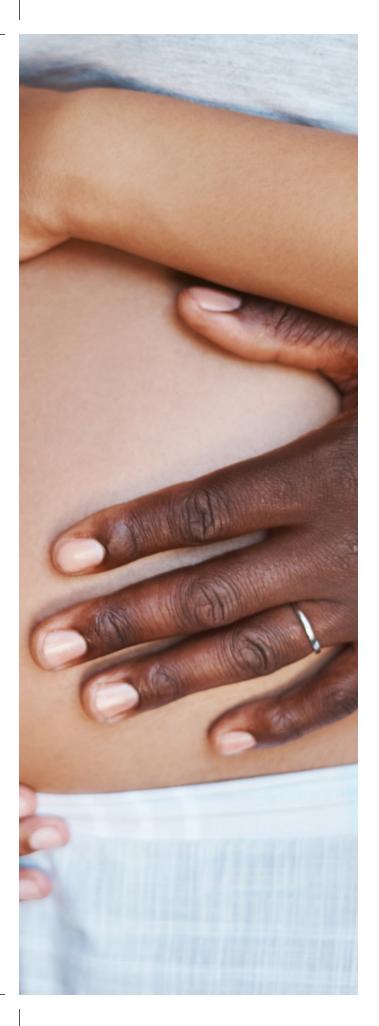
The Fetal Care Center at NewYork-Presbyterian/ Weill Cornell — an internationally recognized program for fetal diagnosis, counseling, and care — provides exceptional care to women whose pregnancies are complicated by fetal conditions. Our patients have access to Weill Cornell Medicine physicians, including maternal-fetal medicine (MFM) specialists and subspecialists in fetal and neonatal cardiac, neurologic, urologic, orthopedic, and gastrointestinal care, among other areas. During the first visit, each patient meets with a neonatologist, an MFM specialist, and any other necessary doctors. Our coordinators help arrange these appointments, with the goal of scheduling all consultations on the same day whenever possible.

Prenatal Testing and Genetic Counseling

Your doctor will order certain tests before or during pregnancy to monitor your health. Other prenatal tests are done to check for health conditions in your baby such as birth defects and genetic conditions such as Down syndrome. We have specialized expertise and dedicated rooms to perform further evaluations when needed.

Some patients benefit from prenatal genetic counseling. Genetic counselors at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns will explain your baby's risk of fetal abnormalities, coordinate genetic counseling, provide educational materials, and answer any questions you may have.





Care for High-Risk Pregnancies

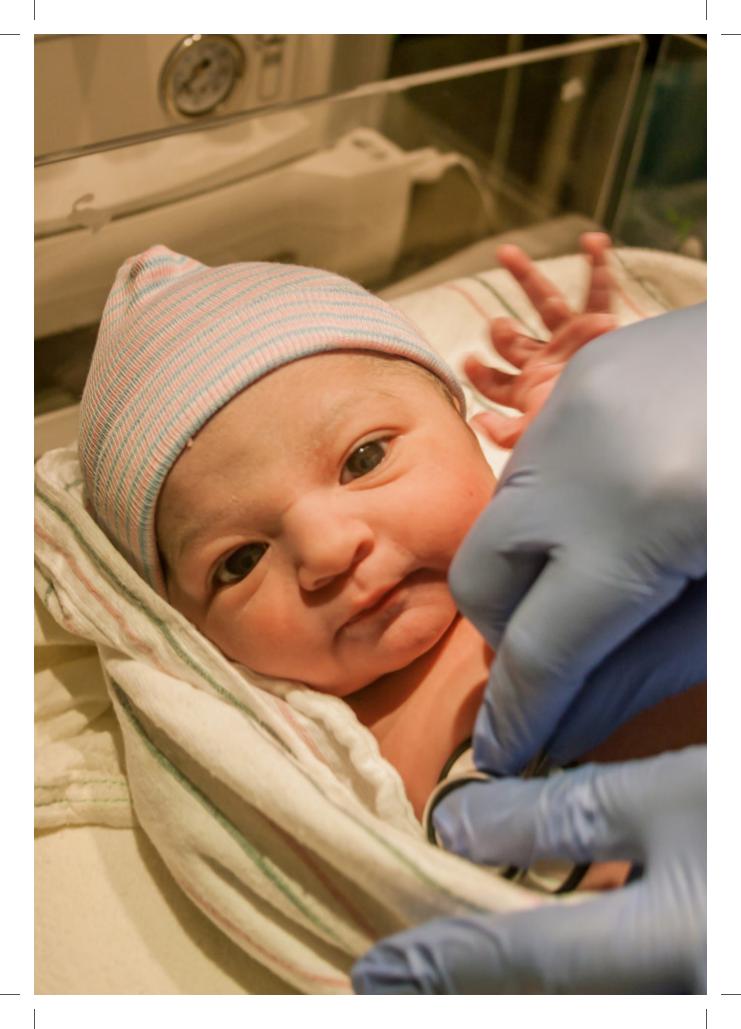
Pregnant women or babies with an increased chance for health complications are considered high-risk. If you have been told you have a high-risk pregnancy, maternal-fetal medicine specialists at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns will offer expert care, including prenatal evaluations, fetal monitoring, and state-of-the-art diagnostic procedures. Maternal-fetal medicine physicians have advanced fellowship training in the care of women with high-risk pregnancies.

Our maternal-fetal medicine specialists have exceptional experience caring for women with medical complications of pregnancy such as:

- Heart disease
- · High blood pressure
- Preeclampsia
- Diabetes or other endocrine disorders
- Kidney or gastrointestinal disease
- Infectious diseases
- Lupus in pregnancy

Special care is also available for otherwise healthy women whose pregnancies are considered high-risk due to:

- Expected twins, triplets, or more
- A history of preterm labor and delivery
- Premature rupture of membranes
- A history of multiple pregnancy losses
- Suspected fetal growth restriction (baby not growing enough)
- Problems with the placenta



Having Your Baby

Labor and Delivery

The hospital's Labor and Delivery Unit will be a safe, comfortable, family-friendly private setting where you can give birth. Our Labor and Delivery team will provide:

- Obstetric services for all types of deliveries
- Specialized medical and nursing staff with a high nurse-to-patient staffing ratio
- Advanced technologies to support labor and delivery
- 24-hour obstetric anesthesiology services to manage your discomfort during labor

Women who have a concern early in their pregnancies and those who are unsure they are in labor will be evaluated in our 20-bed triage area. In this suite, our staff will determine your activity level, whether you can eat or drink, and whether you need fetal monitoring, intravenous fluids, or medications.

There will be 16 birthing rooms, each equipped with a special multi-positioned birthing bed, as well as state-of-the-art equipment for monitoring and delivering your baby. Five operating rooms will be located onsite for Cesarean deliveries.

Still photography only, but not video recording, will be permitted during your delivery. Video recording will be permitted afterward in your private postpartum room. Please obtain the permission of any staff members before photographing them.

Neonatal Intensive Care

Our 60-bed Neonatal Intensive Care Unit (NICU) will provide a wide range of services for extremely premature newborns and those who need specialized medical or surgical support. Our Level IV NICU — the highest recognition possible in newborn intensive care — will be the first in New York City to have an MRI scanner and an operating room located right within the unit. Our NICU will also feature:

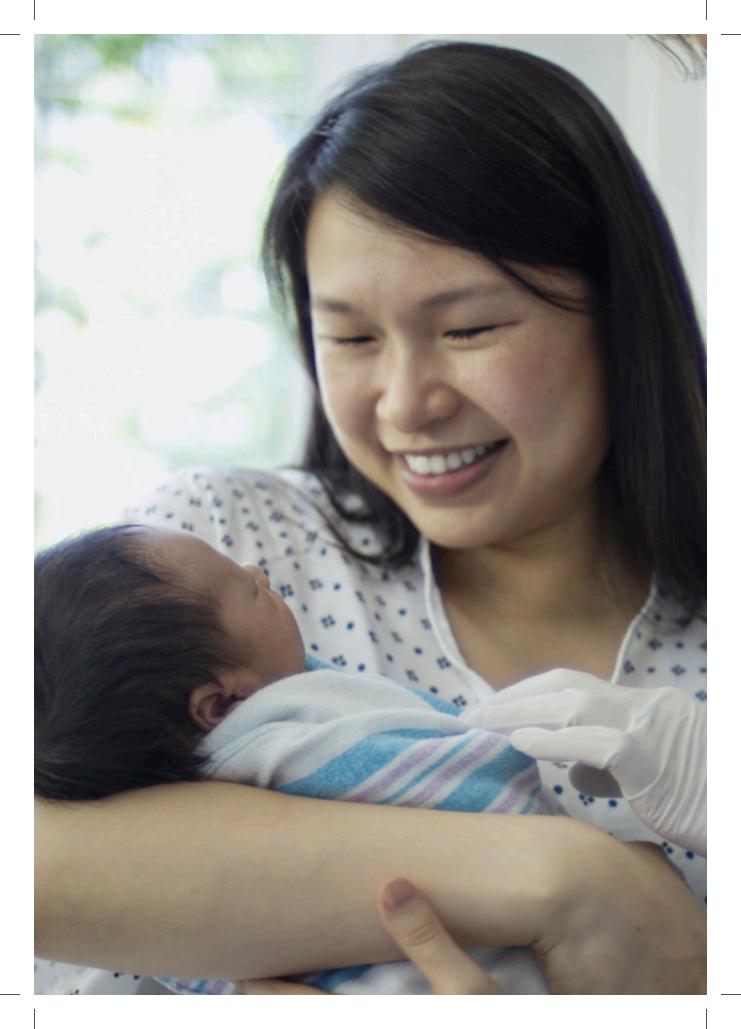
- Newborn care provided by Weill Cornell Medicine physicians
- Bedside imaging, including x-ray, portable ultrasound, and fluoroscopy
- Quiet meeting spaces for consultations and family education
- Private NICU rooms to help support family bonding and comfort

The NICU's neonatologists, neonatal nurses and nurse practitioners, respiratory therapists, psychologists, social workers, nutritionists, and pharmacists are highly experienced caring for critically ill infants. If you have other children, they will have the opportunity to visit your new baby in the NICU on weekdays after a Child Life Specialist has arranged for a teaching session and guided visit with them.

SPECIALIZED SERVICES

Different women have different pregnancy and childbirth needs. To make your experience the best it can be, we provide:

- Free interpreter services for patients and families with limited English proficiency (LEP), speech or a visual impairment, and those who are deaf or hard of hearing.
- Assistance for the visually impaired to complete forms, including select forms available in Braille.
- **Spiritual support** from our Pastoral Care and Education Department, reachable through the page operator at 212-746-5100.



After Delivery

Postpartum Care

After giving birth, you and your baby will be taken to one of our 75 postpartum rooms. Your private room will include a bathroom with shower and toiletries if you need them. We encourage 24-hour rooming-in, which allows you to bond with your baby, get to know his or her behaviors, and be available to meet feeding needs. If you feel the need to rest or you are not feeling well, we will be happy to care for your baby in our Well Baby Nurseries.

Breastfeeding Support

Our hospital recognizes and fully supports each mother's choice of feeding for her newborn — breastfeeding, formula, or a combination of both. We are a breastfeeding-friendly hospital that acknowledges and complies with the New York State Department of Health's Breastfeeding Mothers' Bill of Rights. We support mothers who choose to breastfeed and will offer support to help them succeed, including:

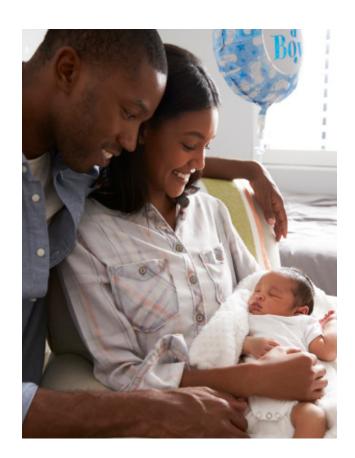
- A daily breastfeeding class
- Nurses who are thoroughly trained in breastfeeding basics, including techniques and positioning
- Access to International Board-Certified Lactation Consultants — registered nurses who help new mothers challenged by breastfeeding

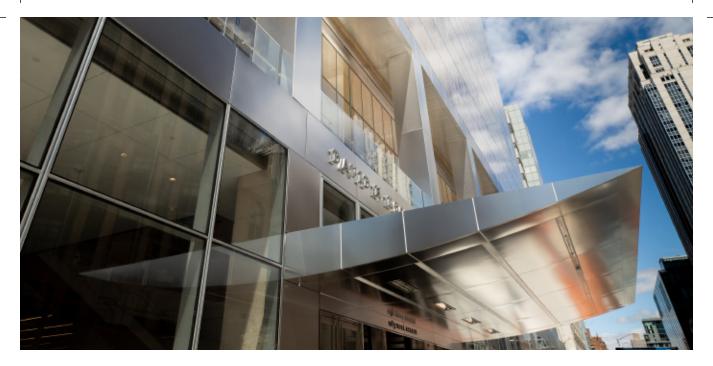
Receiving Visitors

We understand that you value the support of your loved ones when you are in the hospital. Please visit NYP.org to view our current visitor policy.

Going Home

Mothers usually leave the hospital one to two days after a vaginal birth and two to three days following a Cesarean delivery. When your obstetrician and pediatrician say that you and your baby are ready to go home, your nurses will discuss ongoing care with you. You will also receive a written discharge plan for you and for your baby, describing arrangements for future care your doctor may order and a list of any medications that you may need to take at home.





Frequently Asked Questions

What should I bring to the hospital?

The more you plan for your hospital stay beforehand, the better your experience will be. Please visit NYP.org/womens for a checklist indicating what to pack for you and your baby.

Where do I go when I'm in labor?

Before August 2: If you go into labor before August 2, 2020, please report to NewYork-Presbyterian/Weill Cornell Medical Center, **525 East 68th Street.**

On or after August 2: If you go into labor on or after August 2, 2020, please report to NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns at 1283 York Avenue, between East 68th and 69th Streets. When you arrive, a patient ambassador will welcome you and direct you to the Labor and Delivery Unit, where your care team will greet you.

Please call your doctor's office to let us know you are coming in, and we will confirm where you need to go.

Will there be an Emergency Department at the hospital?

NewYork-Presbyterian Alexandra Cohen Hospital has a Triage Evaluation area and team dedicated to obstetric emergencies. For nonobstetric emergencies, the Emergency Department of NewYork-Presbyterian/Weill Cornell Medical Center at 525 East 68th Street is best. If you call 911, the ambulance will bring you to 525 East 68th Street first, where you will be evaluated by our Emergency Department and obstetric teams and triaged as needed.

Does it cost extra to have a private room?

No, you won't need to pay extra. All women staying at NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns get a private room with your own bathroom and shower.

What is the NICU like?

Our 60-bed Neonatal Intensive Care Unit (NICU) will offer the most advanced newborn care available and will feature technologies not widely available elsewhere, such as bedside imaging. While we offer the latest high-tech services, our private and semi-private NICU rooms help support your family's comfort and promote bonding. We're also creating quiet spaces for you to meet with your baby's care team. If you have other children, they will have the opportunity to visit your new baby in the NICU on weekdays after a Child Life Specialist has arranged for a teaching session and guided visit with them.

Do I need to choose a pediatrician for my baby before I give birth?

Yes. Your baby will need to see a doctor frequently within the first weeks of life, so it will be helpful to choose a pediatrician in advance. If you need help finding a pediatrician, visit nyp.org/find-a-doctor or ask your ob/gyn.

Getting to the Hospital

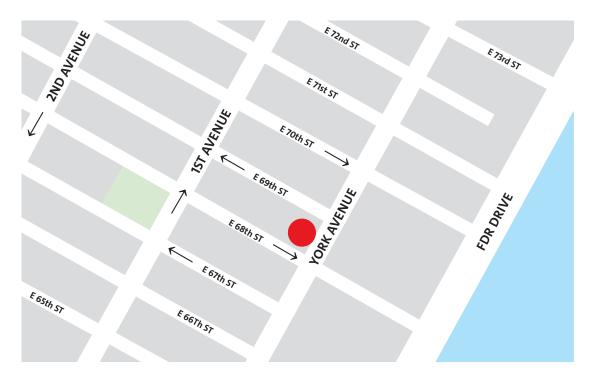
Please call your doctor's office to let us know you are coming in, and we will confirm where you need to go. Where you check in will depend on when you go into labor:

- **Before August 2**: If you go into labor before August 2, 2020, please report to NewYork-Presbyterian/Weill Cornell Medical Center, **525 East 68th Street.**
- On or after August 2: If you go into labor on or after August 2, 2020, please report to NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns at 1283 York Avenue, between East 68th and 69th Streets. When you arrive, a patient ambassador will welcome you and direct you to the Labor and Delivery Unit, where your care team will greet you.

The hospital is accessible via public transportation:

- #6 subway to 68th Street, then walk 4 blocks east to York Avenue
- Q subway to 72nd Street, then walk 2 blocks east to York Avenue and 3 blocks south
- M31 bus on York Avenue to 69th Street stop
- M15 bus on First and Second Avenue; walk east on East 68th or 69th Street to York Avenue
- If you arrive in a taxi or a vehicle from a ride-hailing app, tell the driver to take you to York Avenue and East 68th or 69th Street (depending on where you are coming from)

If you are being driven in your own vehicle, there is a parking garage under the NewYork-Presbyterian David H. Koch Center, accessible from East 69th Street. Payment may be made by credit or debit card.



NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns

NewYork-Presbyterian David H. Koch Center
1283 York Avenue (between East 68th and 69th Streets)
New York, NY 10065
SCHEDULED TO OPEN AUGUST 2

