Pregnancy and Newborn Care
Specialized services for mother and baby
More expectant parents choose to deliver their babies at Norton Hospital and Norton Women’s & Kosair Children’s Hospital than anywhere else in the region.
Expectant parents trust the expertise of the region’s most specialized care for moms and new babies.

Families have access to:

• **Neonatal intensive care units**; Norton Women’s & Kosair Children’s Hospital’s NICU is Level III; Kosair Children’s Hospital has a Level IV NICU, providing the highest level of care.

• **24-hour on-site neonatologists** for babies needing advanced medical care

• **Advanced ultrasound and prenatal testing**

• **Care for complications** associated with multiple births, premature labor, maternal hypertension, diabetes and other medical conditions

• The **region’s only anesthesiologists** dedicated exclusively to obstetrics

• **Certified lactation consultants** providing breastfeeding support for new moms

• **Private** labor, delivery and mother/baby rooms

• **Free educational classes** including natural labor preparation, making birth plans and classes for dads

• **NortonBaby.com** for online access to comprehensive, timely articles and advice about pregnancy, prenatal and newborn care, and taking an infant home

• **AirStrip OB**, cutting-edge technology for keeping a closer eye on mom and baby

• **Spa services** and Aveda aromatherapy from Joseph’s Salon & Spa (available only at Norton Women’s & Kosair Children’s Hospital)

• Our **OB/GYN hospitalist program** allows hospital-based physicians to provide care for patients in the hospital and emergency care for women in Labor and Delivery.
OB/GYN offices

Norton Women’s Care coordinates with independent and employed physicians from across the community. Our employed practices are listed below.

*Advocates for Women’s Health, a Part of Norton Women’s Care*

Norton Medical Plaza II – Brownsboro, Suite 350
9880 Angies Way
Louisville, KY 40241
(502) 423-9595

Norton Medical Plaza 3 – St. Matthews, Suite 507
4123 Dutchmans Lane
Louisville, KY 40207
(502) 423-9595

*Associates in Obstetrics & Gynecology, a Part of Norton Women’s Care*

Norton Medical Plaza 3 – St. Matthews, Suite 300
4123 Dutchmans Lane
Louisville, KY 40207
(502) 899-6700

Southend Medical Center
Suite 305
5129 Dixie Highway
Louisville, KY 40216
(502) 447-9288

*Norton OB/GYN Associates*

720 W. Hill St.
Louisville, KY 40208
(502) 635-2205

*Children’s Hospital Foundation Building, Suite 300*

601 S. Floyd St.
Louisville, KY 40202
(502) 629-1515

*Iroquois Medical Center*

Suite 200
5601 S. Third St.
Louisville, KY 40214
(502) 629-1515

*Norton Medical Plaza West – Audubon, Suite 304*

2355 Poplar Level Road
Louisville, KY 40217
(502) 636-4946

*Norton Women’s Specialists*

Children’s Hospital Foundation Building, Suite 350
601 S. Floyd St.
Louisville, KY 40202
(502) 629-2030

*Physicians here speak Spanish.*

4420 Dixie Highway, Suite 108
Louisville, KY 40216
(502) 449-6400

12615 Taylorsville Road
Louisville, KY 40299
(502) 629-2030
Women’s Care Physicians of Louisville, a Part of Norton Women’s Care
4130 Dutchmans Lane
Suite 400
Louisville, KY 40207
(502) 897-0697

(Located in the office of Norton Community Medical Associates)
300 High Point Court, Suite B
Mount Washington, KY 40047
(502) 449-6400

(Located in the office of Norton Community Medical Associates)
2051 Cleveliance Blvd., Suite B
Clarksville, IN 47129
(502) 629-2030
Maternal-fetal medicine

Kosair Children’s Hospital Maternal-Fetal Medicine Specialists provides high-risk pregnancy care for women carrying multiples or experiencing premature labor, maternal hypertension, diabetes and other pregnancy-related conditions. These specialists also diagnose and offer counseling for fetal abnormalities and inherited conditions. The offices are staffed by board-certified physicians with specialized training in maternal-fetal medicine. All patients must be referred by a physician to Kosair Children’s Hospital Maternal-Fetal Medicine Specialists.

Kosair Children’s Hospital Maternal-Fetal Medicine Specialists

Children’s Hospital Foundation Building, Suite 700
601 S. Floyd St.
Louisville, KY 40202
(502) 629-7181

Norton Medical Plaza 3 – St. Matthews, Suite 515
4123 Dutchmans Lane
Louisville, KY 40207
(502) 899-6900

Twin Lakes Regional Medical Center
Diagnostic Imaging Center
910 Wallace Ave.
Leitchfield, KY 42754
(866) 574-4111

Kosair Children’s Hospital Outpatient Center – Paducah
Doctors Office Building 3, Suite 102
2605 Kentucky Ave.
Paducah, KY 42001
(866) 574-4111

King’s Daughters’ Health
1373 E. State Road 62
Madison, IN 47250
(866) 574-4111
Diabetes and Pregnancy Center

The Diabetes and Pregnancy Center is a multidisciplinary outpatient program for pregnant women with preexisting diabetes, gestational diabetes or a prior history of gestational diabetes, as well as women with diabetes who are considering pregnancy. Each patient referred to the Diabetes and Pregnancy Center receives a comprehensive evaluation and treatment plan. Patients are seen by a maternal-fetal medicine specialist for a consultation and, if indicated, an ultrasound. They also meet with a certified diabetes educator.
Women’s mental health services

Norton Women’s Mental Health Services provides outpatient care on the Norton Healthcare – St. Matthews campus. Services include treatment for:

- Depression
- Anxiety disorders
- Mood disorders
- Premenstrual dysphoric disorder
- Infertility
- Postpartum depression

Norton Women’s Mental Health Services

Norton Medical Plaza 3 – St. Matthews
Suite 307
4123 Dutchmans Lane
Louisville, KY 40207
(502) 899-6220

New Vision for Expectant Mothers

You are not alone. We can help.

New Vision for Expectant Mothers offers knowledgeable, supportive staff who are skilled in caring for pregnant mothers with addiction and their babies.

When a pregnant woman is addicted to drugs or alcohol, her baby is addicted too. A baby born with an addiction to an opiate drug (such as heroin), may experience *neonatal abstinence syndrome*. Babies have this when they go through withdrawal after being born. Symptoms include pain, screaming, uncontrollable sucking, tremors, agitation and seizures. When the mother is addicted to alcohol, the baby may experience *fetal alcohol syndrome*. It can cause slow growth, facial abnormalities and brain disorders. These babies require very specialized care in the hospital until they are weaned off the drugs or alcohol. The New Vision for Expectant Mothers service at Norton Women’s & Kosair Children’s Hospital is committed to helping you and your unborn baby break the cycle of addiction and go on to lead healthy, productive lives.
Substance abuse during pregnancy can lead to:

- Miscarriage
- Premature birth
- Baby with low birth weight
- A child with behavioral issues
- Neonatal abstinence syndrome
- Fetal alcohol syndrome
- A lifetime of learning disabilities for the child
- A child who struggles with addiction throughout life

**New Vision for Expectant Mothers offers:**

- Specialized care or resources to get care before and after birth
- Compassionate care focused on the health and well-being of both mother and baby
- Education about the dangers of using alcohol or illegal substances while pregnant

**Monitoring and healing**

Candidates for the New Vision for Expectant Mothers service are screened by a qualified clinician to determine:

- If the service is the right medical option for the mother
- The mother’s addiction status
- The urgency of the mother’s need
- What level of withdrawal symptoms the mother is experiencing

After the assessment is completed, a qualified physician will determine if further evaluation or admission is needed. New Vision for Expectant Mothers staff monitor the patient during admission and the patient’s hospital stay.

The typical length of stay in the hospital is two to seven days. When the patient is ready to leave the hospital, a qualified New Vision for Expectant Mothers clinician will provide discharge planning, information and referrals for follow-up recovery treatment.

New Vision for Expectant Mothers accepts most insurance plans.
OB/GYN hospitalist program

Norton Women’s Care is pleased to offer an OB/GYN hospitalist program, which allows hospital-based physicians to focus on hospital inpatients and women in Labor and Delivery when their regular physicians are not available.

If your physician is not available, OB/GYN hospitalists can examine you, evaluate the progress of your labor, review test results, monitor your baby’s heart rate, provide you and your baby with a safe delivery, and address any issues. Hospitalists’ primary focus is hospital-based treatment; they are experts in providing emergency care and are on-site if an emergency occurs.

AirStrip OB

Norton Women’s Care labor and delivery physicians use cutting-edge technology to keep a closer eye on mom and baby than ever before. This innovative monitoring system is called AirStrip OB.

AirStrip OB adds an extra layer of security and comfort for expectant parents. Your physician is able to monitor your vital signs and your baby’s from virtually anywhere, at any time, using only a smartphone. The information the physician sees is the same data that appears on the monitoring system in your room — including contraction patterns, baby’s heart rate, nurses’ notes and other data.

Your privacy is fully protected as well. AirStrip OB is fully compliant with the federal government’s privacy regulations.
Labor and delivery

Norton Women’s Care provides the environment and expertise to meet expectant parents’ needs and exceed expectations, ensuring a comfortable setting that offers support and minimizes stress. Norton Healthcare hospitals’ labor and delivery units are fully equipped for the birthing method parents prefer and set up so that labor, delivery and recovery all occur in a private, comfortable room.

The mother/baby units also encourage rooming-in and skin-to-skin time. Rooming-in involves the entire family in the baby’s care during the little one’s first few days. It allows mother and baby to be cared for by the same nurse in the same room. Studies show that keeping mom and baby together better prepares both for going home. Skin-to-skin means placing the baby on mother’s chest, skin-to-skin, right after birth for the first one to two hours. Babies who experience skin-to-skin time have steadier body temperatures, heart rates and breathing rates. It also is a wonderful and important way for mother and baby to bond.

**Babies who experience skin-to-skin time:**

- Are more successful at breastfeeding
- Maintain steadier temperature and blood sugar levels
- Keep a good heart and breathing rate
- Are less likely to cry or get upset
- Sleep more

Immediately following birth, mother and baby experience the “golden hour,” which should be used for skin-to-skin time in a quiet room. This is why we ask visitors to wait so that mother and baby may have this important bonding experience.
Breastfeeding support

Norton Healthcare promotes and encourages breastfeeding. Norton Healthcare’s lactation centers and breastfeeding experts provide personalized support for breastfeeding mothers and their infants. Internationally board-certified lactation consultants provide a broad range of services to support the family by identifying and correcting issues that may interfere with successful breastfeeding.

Top 10 reasons to breastfeed

Breastfed babies have:

• Fewer infections
• Lower rate of sudden infant death syndrome and other forms of infant death
• Lower rates of childhood cancer, diabetes and asthma
• Better brain development and higher IQ
• Lower risk of childhood obesity

Moms who breastfeed have:

• Quicker recovery from childbirth
• Quicker return to prepregnancy weight
• Lower risk of breast and ovarian cancers
• Lower risk of osteoporosis and diabetes
• Better bonding, comfort and closeness with baby

Baby-Friendly

Norton Women’s & Kosair Children’s Hospital has been designated a Baby-Friendly hospital by the Baby-Friendly Hospital Initiative (BFHI).

To earn the designation, facilities must undergo a rigorous survey and demonstrate successful implementation of the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-Milk Substitutes. The BFHI was created by the World Health Organization and UNICEF to encourage and recognize hospitals and birthing centers that offer optimal care for infant feeding and mother/baby bonding.
Ten Steps to Successful Breastfeeding

Developed by a team of global experts, these guidelines consist of evidence-based practices that have been shown to help more mothers start breastfeeding and continue breastfeeding longer. The Ten Steps are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming in — allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

Source: BabyFriendlyUSA.org
**Inpatient lactation services**

Breastfeeding experts are available at Norton Hospital, Norton Women’s & Kosair Children’s Hospital and Kosair Children’s Hospital. Lactation-certified nurses and clinical staff are available for families of newborns to receive personalized education and support shortly after delivery and throughout their hospital stay.
At the Baby Bistro & Boutique, moms and their families can find everything they need for breastfeeding before they head home from the hospital. The boutique and lactation center is located on the Norton Healthcare – St. Matthews campus.

The Baby Bistro & Boutique offers:

- Convenient one-stop shopping for breast pumps and parts, breastfeeding bras, nursing pillows and many other items that make life easier for breastfeeding moms
- A certified lactation consultant available by appointment to answer questions and educate new moms on how to use the equipment properly
- Breastfeeding services including individual counseling, breast milk analysis to determine fat and caloric content, and follow-up consultation for parents whose infants have poor weight gain
- Services for moms with special needs, such as feeding multiples, hearing impairment, vision impairment and language interpretation
- Complimentary weight check station
- Services for babies with special needs

For more information about the Baby Bistro & Boutique or to schedule an appointment with a lactation consultant, call (502) 899-6530.

**Baby Bistro & Boutique**

Norton Women’s & Kosair Children’s Hospital
4001 Dutchmans Lane
Louisville, KY 40207
‘Just for Kids’ Care

Kosair Children’s Hospital is Kentucky’s only full-service, free-standing facility dedicated exclusively to specialized pediatric care and advocating for the health, safety and well-being of all children. Keeping in mind that children are not just small adults, each aspect of care at Kosair Children’s Hospital takes children’s special needs into consideration. From the tiniest newborns to teenagers, Kosair Children’s Hospital offers care designed “Just for Kids.” For more information about Kosair Children’s Hospital, visit KosairChildrensHospital.com.

Serving residents of northeastern Jefferson County and the surrounding area, Kosair Children’s Medical Center – Brownsboro is the only pediatric outpatient facility of its kind in Kentucky. This facility was designed “Just for Kids” and offers the same level of expert pediatric care that the community has come to expect from Kosair Children’s Hospital.

The 71,300-square-foot medical center features 24-hour pediatric emergency services, a pediatric diagnostic imaging center, a full-service laboratory and an outpatient surgery center that can accommodate a wide range of procedures. For more information about Kosair Children’s Medical Center – Brownsboro, visit KosairChildrensHospital.com/KCMCB.

Norton Women’s & Kosair Children’s Hospital • St. Matthews, Kentucky

Located in the heart of St. Matthews in the east end of Louisville, Norton Women’s & Kosair Children’s Hospital was established to improve availability of expert pediatric care, making it more convenient for Louisville-area families. Our pediatric facilities offer the special brand of care the community has come to know at Kosair Children’s Hospital. The pediatric areas of the hospital include a 40-bed neonatal intensive care unit, pediatric inpatient unit, pediatric emergency services, a Pediatric Surgery Center with four operating suites and diagnostic imaging and testing for children.
Kosair Children’s Medical Center – Brownsboro • Northeastern Jefferson County, Kentucky

In 2010, Kosair Children’s Hospital opened Kentucky’s first pediatric outpatient center, Kosair Children’s Medical Center – Brownsboro. The medical center is adjacent to the Norton Brownsboro Hospital campus. It features 24/7 pediatric emergency services; a full complement of pediatric diagnostic imaging services, including MRI, CT, X-ray, fluoroscopy and ultrasound; cardiology services; a full-service laboratory; and a wide range of pediatric outpatient services, such as ear, nose and throat, orthopaedics, vision, dental, nutritional services, and general surgery.

Kosair Children’s Hospital Outpatient Centers • Four locations throughout Kentucky

The walls of Kosair Children’s Hospital stretch far and wide when it comes to providing that special brand of care that’s “Just for Kids.” Pediatricians and specialists associated with the University of Louisville, Norton Healthcare and other community providers care for thousands of children throughout our region at Kosair Children’s Hospital Outpatient Centers. The outpatient centers are places where children, as well as moms-to-be experiencing high-risk pregnancy, can see doctors for unique health care needs without having to travel to our main offices in Louisville. Our telemedicine-equipped outpatient centers connect you with specialists in Louisville and minimize travel and time away from home.

Kosair Children’s Hospital Outpatient Centers are located in Bowling Green, Frankfort, Owensboro, and Paducah, Kentucky.

Kosair Children’s Hospital Medical Associates • 17 locations throughout Kentucky and Southern Indiana

The community has come to trust Kosair Children’s Hospital for high-quality specialty medical care for children. Now that expertise and care is available for routine pediatric visits, often with same-day appointments, at Kosair Children’s Hospital Medical Associates practices.

The dedicated pediatricians of Kosair Children’s Hospital Medical Associates have 17 locations, including Elizabethtown, Frankfort, Shelbyville and throughout Louisville, along with Southern Indiana offices in Clarksville and Jeffersonville.
Our pediatric programs coordinate with independent and employed physicians from the University of Louisville and across the community. Listed below are Kosair Children’s Hospital pediatric practices. For a full list of area pediatricians or information on finding a pediatrician near you, call the Kosair Children’s Hospital Access Center at (855) KCH-KIDS/(502) 629-KIDS.

Kosair Children’s Hospital Medical Associates – Breckenridge Lane
217 Breckenridge Lane
Louisville, KY 40207
(502) 895-9421

Kosair Children’s Hospital Medical Associates – Broadway
Norton Healthcare Pavilion
Suite 104
315 E. Broadway
Louisville, KY 40202
(502) 629-8990

Kosair Children’s Hospital Medical Associates – Brownsboro
Norton Medical Plaza II – Brownsboro, Suite 400
9880 Angies Way
Louisville, KY 40241
(502) 394-6500

Kosair Children’s Hospital Medical Associates – Dixie
4420 Dixie Highway, Suite 126
Louisville, KY 40216
(502) 810-3780

Kosair Children’s Hospital Medical Associates – Dupont
4010 Dupont Circle, Suite 283
Louisville, KY 40207
(502) 897-1727

Kosair Children’s Hospital Medical Associates – Fairdale
189 Outer Loop, Suite 2
Louisville, KY 40214
(502) 379-8870

Kosair Children’s Hospital Medical Associates – Iroquois
5109 New Cut Road
Louisville, KY 40214
(502) 361-1197

Kosair Children’s Hospital Medical Associates – Middletown
13328 Shelbyville Road
Louisville, KY 40223
(502) 254-2223

Kosair Children’s Hospital Medical Associates – Okolona
5211 Commerce Crossings Drive
Louisville, KY 40229
(502) 966-3918

Kosair Children’s Hospital Medical Associates – Shepherdsville
115 Huston Drive
Shepherdsville, KY 40165
(502) 955-7311
Kosair Children’s Hospital
Medical Associates – Springhurst
10210 Westport Road
Louisville, KY 40241
(502) 339-0444

Kosair Children’s Hospital
Medical Associates – Tyler Retail Village
12615 Taylorsville Road, Suite A
Louisville, KY 40299
(502) 261-1580

Kosair Children’s Hospital
Medical Associates – Elizabethtown
1301 Ring Road
Elizabethtown, KY 42701
(270) 765-2107

Kosair Children’s Hospital
Medical Associates – Frankfort
4 Physicians Park
Frankfort, KY 40601
(502) 223-8400

Kosair Children’s Hospital
Medical Associates – Shelbyville
213 Midland Blvd.
Shelbyville, KY 40065
(502) 647-5468

Kosair Children’s Hospital
Medical Associates – Clarksville
2051 Clevendence Blvd., Suite B
Clarksville, IN 47129
(812) 280-9145

Kosair Children’s Hospital
Medical Associates – Jeffersonville
3118 E. 10th St. (Highway 62)
Suite B
Jeffersonville, IN 47130
(812) 285-4585
Office of Child Advocacy and Poison Control Center

The Children’s Hospital Foundation Office of Child Advocacy of Kosair Children’s Hospital takes pride in being the voice for all children. We believe that through prevention, intervention and education we can have a positive impact on child safety, health and wellness. The Office of Child Advocacy provides resources for children of all ages and valuable education for new parents about proper car seat use and infant sleep safety.

**Car seat checks:** Schedule a car seat check by a certified child passenger safety technician. For an appointment, call the Office of Child Advocacy at (502) 629-7358.

**Safe to Sleep:** Classes for infant safe sleeping are held at the Marshall Women’s Health & Education Center on the Norton Healthcare – St. Matthews campus.

For more information, visit NortonBaby.com

The Kentucky Regional Poison Control Center helpline, (800) 222-1222, is staffed by nurses, pharmacists and physicians specially trained in clinical toxicology. We are always open — 24 hours a day, 365 days a year. Calls to the poison control center are free and confidential. Be sure to save our number — you never know when you will need us!
Special care for newborns

**Neonatal intensive care units**

For babies who need advanced care, the neonatal intensive care units (NICUs) at Norton Women’s & Kosair Children’s Hospital and Kosair Children’s Hospital have specialized staff and technology to support the needs of premature and critically ill newborns. The Level III NICU at Norton Women’s & Kosair Children’s Hospital and the Level IV NICU at Kosair Children’s Hospital — the highest level available — offer proven experience in caring for newborns with special medical conditions.

**Kosair Children’s Hospital Neonatal Specialists**
Norton Medical Plaza 3 – St. Matthews
Suite 301
4123 Dutchmans Lane
Louisville, KY 40207
(502) 896-2500
Marshall Women’s Health & Education Center

Marshall Women’s Health & Education Center on the Norton Healthcare – St. Matthews campus was created to empower women to take charge of their health. The first of its kind in the region, the center provides women of all ages with comprehensive, personalized support for their unique health care needs through information, education and navigation.

Norton Medical Plaza 3 – St. Matthews, Suite 108
4123 Dutchmans Lane
Louisville, KY 40207
(502) 899-6300

Expectant parent classes

Expectant parent classes are available at Norton Hospital and Norton Women’s & Kosair Children’s Hospital. Call (502) 629-1234 to register or visit NortonBaby.com for a full class schedule and additional resources and information.

Women’s health navigator

Our women’s health nurse navigators help women of all ages navigate the health care system during and after a diagnosis and educate them on various women’s health issues. They also provide information about disease processes and surgery, help schedule office visits and accompany patients to their appointments if desired. For more information, call (502) 899-6310.
New Mommy 101
Get tips and advice on parenting, share your concerns, discuss areas of interest and learn the latest information about keeping your baby healthy. Lactation consultants are available. To register or for more information, call (502) 629-1234.

Marshall Women’s Health & Education Center
Norton Medical Plaza 3 – St. Matthews, Suite 108
4123 Dutchmans Lane

MyChart
Norton Healthcare offers MyChart, the patient portal for our state-of-the-art electronic medical records system. MyChart gives you convenient online access to portions of your medical record. With MyChart, you can:

• Review your medications, immunizations, allergies and medical history
• Manage your appointments
• Receive some lab results
• Send nonurgent messages to your physician

To learn more, speak with your Norton Healthcare provider or visit NortonHealthcare.com/MyChart. Sign up today and get connected with your health.

Norton Women’s Care is supported by the Norton Healthcare Foundation. For ways you can help women’s initiatives at Norton Healthcare, call (502) 629-8070 or visit NortonHealthcareFoundation.com.