

## Visiting

ARMC strives to provide high quality care for your baby – and for the rest of your family. Our facilities are designed to put parents and family members at ease and provide a comfortable environment while visiting. Please be aware of the following guidelines to help keep your baby's environment safe and secure:

- Our NICU is open 24 hours a day, but we do not allow visitors from 6:30 a.m. to 8:30 a.m. and 6:30 p.m. to 8:30 p.m. so we can complete assessments and allow for shift changes.
- To access the NICU, please come to the third floor waiting room and use the intercom to contact our staff. A member of the NICU staff will clear your visit and admit you to the nursery. We ask that you avoid knocking on the nursery door to minimize potential disturbances for the babies.
- If you are still a patient in our hospital, call the NICU from your room and notify your postpartum nurse so they can assist you.
- Visitors must wash their hands and arms – up to the elbows – before each visit and wear a gown into the NICU. Antibacterial hand cleanser is provided in the NICU for subsequent hand-washing during each visit. If you are sick, you will be required to wear gloves or a mask.

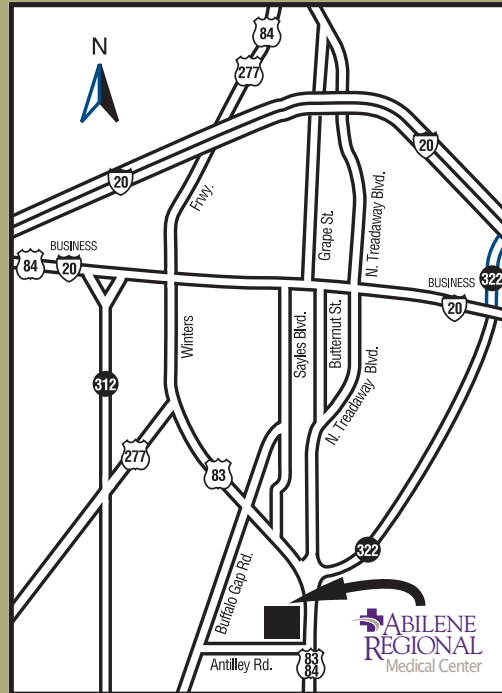
**We encourage you to wait until you are well to visit the NICU.**

Free wireless Internet access is available on the first floor in the hospital cafeteria.

## Hotel accommodations

Courtyard by Marriott  
4350 Ridgemont Drive  
Abilene, TX 79606  
325-695-9600

Comfort Inn by Clarion  
6350 Directors Parkway  
Abilene, TX 79606  
325-437-3773



 **ABILENE  
REGIONAL**  
Medical Center

6250 Hwy 83/84

Abilene, TX 79606

NICU: 325-428-3600

ARMC: 325-428-1000

[www.abileneregional.com](http://www.abileneregional.com)

## NEONATAL INTENSIVE CARE UNIT



 **ABILENE  
REGIONAL**  
Medical Center



## The Neonatal Intensive Care Unit at Abilene Regional Medical Center

### Special care for special newborns

The arrival of your baby is a joyful and exciting time – one of your family's most important life events. When a newborn baby needs special care, it can be an emotional and challenging time for new parents. At Abilene Regional Medical Center, we are proud to offer a NICU that offers specialized services for newborns in need of additional care.

The NICU provides access to advanced equipment and resources in an environment that supports and strengthens your baby's delicate immune system. The NICU offers an optimal environment for maintaining a baby's proper body temperature, or delivering sufficient nourishment to help build little muscles and strengthen vital organs in those first few days after birth.

### Compassionate, professional care

ARMC's 16-bed, Level III Neonatal Intensive Care Unit provides a high level of quality care for newborns and their families, conveniently close to home. A Level III NICU is equipped to provide the highest level of intensive care for newborns, from special equipment such as incubators to surgery. Our nursery is equipped and staffed to care for pre-term infants from 23 weeks to full term.

Babies come to the NICU at ARMC for many reasons: they can be premature, very small, born with a condition that requires special attention or monitoring, or just experienced difficulties during delivery. Sometimes your baby just needs a little more time to mature before he or she is ready to go home. Our NICU provides the extra level of support and care your baby needs.

We offer leading-edge technology and a staff with specialized training in newborn care.

- Board-certified neonatologists with 24-hour coverage
- Specially-trained and experienced nurses
- Ground transportation for mothers and/or newborns within a 100-mile radius of Abilene
- Pediatric cardiologist consultation services on an outpatient basis

### Meet The Neonatologists



Snehal Doshi, M.D.



James Marshall, D.O.

1680 Antilley, Ste. 300  
Abilene, TX 79606  
325-695-9460

### Your baby's stay in the NICU

The length of time your baby will stay in the NICU is determined by the nature of care he or she needs. While ARMC's team of specially-trained nurses will deliver baby's day-to-day care, the most important person involved in your baby's treatment is *you*. In addition to medical care, bonding time with parents is important for your new baby. Talk with your doctor to learn what is best for your baby and how you can participate in his or her care. Sometimes, being held close and cuddled is the best medicine for a baby – and who better to do this than a parent.

### For your family

#### **Breastfeeding services**

ARMC provides a private breastfeeding room equipped with rockers for your comfort. Mothers are encouraged to store their milk for later use. ARMC will furnish containers and labels for your convenience.

#### **Waiting areas**

Our family waiting room, adjacent to the NICU nursery, offers convenient access for parents and other family members while baby is in our care. Food and drinks are permitted in this area; however, regulations do not permit visitors to bring food into the NICU or the nurses' station.