

The Delivery Times

April 2022

Offering New Pain Management

We are so excited to be able to offer this Aromatherapy alternative pain management intervention to our moms looking for an un-medicated vaginal delivery, those with anxiety or nausea.

elequil[®]
aromatabs[®]
aromatherapy designed
for the clinical setting

What's the Scoop?

- **Visitation:** At Sentara, the safety of our team members and patients is our highest priority. Please visit our website (click COVID-19 updates) for the most up to date visitation policy: www.sentaraleighmaternity.com
- **Outpatient Lactation:** We want to continue supporting you on your breastfeeding journey after discharge. Call 757.261.6068 or email slh_lactation@sentara.com to schedule your appointment! Check insurance for coverage.

FMC is Expecting a Baby!!

FMC is growing and serving more families in our community. We are embarking on a new expansion for our unit and we are so excited to share it with you in the upcoming months. Our team has worked hard to map out every small detail for our families to come, so this expansion is our BABY. While staying with us, you may experience some of our growing pains; please pardon our noise as we go through this labor of love.

