

Welcome to the Neonatal Intensive Care Unit (NICU)

We welcome you as our partners as we provide care and safety for your baby. Please review this information to learn more about our NICU guidelines and resources.

Spending Time With Your Baby

Parents are welcome in the NICU nearly always. However, there are times during the week when the NICU is closed to parents:

- Weekly Care Rounds (Nursery C & D): Mondays from 1 to 2:30 p.m.
- Weekly Care Rounds (Nursery A & B): Wednesdays from 1 to 2:30 p.m.
- Special procedures

Daily Quiet Time (Nursing Shift Change)

- Morning nursing shift change: 7 to 7:30 a.m.
- Evening nursing shift change: 7 to 7:30 p.m.

It is important for Quiet Time to be as uninterrupted as possible so that nurses can provide reports and information to the oncoming nurse. Please ask questions before or after Quiet Time.

- If you wish to hold your baby, please arrive no later than 6:45 a.m./p.m.
- If you must leave during *Quiet Time*, please re-enter after 7:30 a.m./p.m.

Updates on Your Baby

- Please notify your baby's nurse with the best way to contact you.
- Information about your baby will only be given to a legal parent/legal guardian over the telephone or at the bedside.

Visitors

- Per infection control guidelines, only banded parents are allowed in the NICU at this time.
- Banded parents will be screened daily for signs of illness at the NICU desk prior to entering the unit.
- Banded parents entering must wash their hands, up to their elbows, for at least one minute.

Other Important Information

- Only bottled water is allowed due to infection concerns. Other drinks and food are prohibited.
- Please refrain from using cologne, perfume and scented body lotions due to NICU infants' sensitivities.
- Our NICU is a referral center for infants who need a higher intensive level of care. If your infant was transferred to our unit from another hospital, s/he may be transferred back to their birth hospital if his/her health improves.
- We strive to provide your baby the highest quality of care. If you or a family member has a safety or patient care concern that is not being addressed to your satisfaction, please ask a nurse to assist you in contacting the NICU manager/supervisor.

Stay Connected

- **NicView**
We offer this secure, encrypted camera streaming system for parents, guardians and extended family members to view their baby 24/7. Sign-ups are created when your baby is admitted to our unit.
- **Sharp Mary Birch NICU Parent Support Group**
Join our virtual support group every Wednesday from 1 to 2 p.m. for parents and guardians whose baby is in the NICU. For access and questions, please call the social work department at Sharp Mary Birch at 858-939-4133.
- **Sharp Mary Birch NICU Parent Facebook Group**
We created a safe place only open to current and past NICU parents to support each other. Go to facebook.com and search "Sharp Mary Birch NICU Parent Support Group." Click on the "Join Group" button, and one of our staff members will confirm your information and give you access.
- [Guiding parents throughout the NICU experience](#)
Read our specialized guide for NICU parents. This guide provides information on the NICU, caring for your baby during the first few weeks of life, and preparing for your baby's discharge from the hospital. Disable your browser's pop-up blocker in order to view the guide. [En Español.](#)
- [Sharp newborn/baby care classes and support groups](#)
From breastfeeding to building healthy sleeping routines, Sharp offers various classes and support groups to assist you in caring for your baby.

Our address: 3003 Health Center Drive San Diego, CA 92123

NICU phone number: 858-939-4882