



**BAYFRONT WOMEN'S**  
**CARE CENTER**



*A Guide to Your Hospital Stay*



**Bayfront**  
Health System

[www.bayfront.org](http://www.bayfront.org)

*The dedicated staff of the Women's Care Center at Bayfront Medical Center understand that women have unique healthcare needs. We are committed to providing our patients the full continuum of care from diagnostic testing, such as state-of-the-art mammography and bone density testing to less invasive, therapeutic procedures such as uterine embolization.*

*Our board-certified oncologists and surgeons specialize in women's cancer care and treatment.*

*As a private, not-for-profit community hospital and academic teaching center, Bayfront continues to serve the community by training highly-competent medical professionals. We are proud of our four-year residency program which allows physicians to gain proficiency in all areas of women's healthcare needs, including obstetrics, gynecology, gynecologic oncology, reproductive endocrinology and infertility.*

# The Bayfront Approach to Care

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Bayfront Medical Center strives to be your healthcare partner in all stages of your life. The goal of our dedicated Women's Care Center is to respond to your needs, and those of your loved ones, by providing family-focused healthcare, involving you and your family in healthcare planning and education.

We take extra steps to make sure that you are cared for in a setting that is comfortable, caring, and compassionate. Our secured women's inpatient unit offers rooms with hardwood floors and special feminine touches. Our nurses have experience in women's healthcare and will ensure that you receive personalized attention. Talented and devoted physicians work together with our multidisciplinary team of nurses, dietitians and therapists to provide you with the best care possible.

## How to Prepare For Your Hospital Stay

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Before your hospital stay and/or surgery, you will be contacted by a pre-admission nurse to discuss your specific medical history and related information. If necessary, an appointment will be set up for diagnostic testing before your procedure. On the day of your surgery, proceed to the Pre-Op unit located on the 6th North floor of the main hospital. Or, if your procedure is being done at the Same Day Surgery Center, LLC, please proceed to the second floor of the Bayfront Medical Plaza building.

It is best to pack lightly for your hospital stay. Make sure to bring personal care items, slippers and/or socks, and loose comfortable clothing such as a nightgown. All valuables, jewelry and medication should be left at home.

For surgical procedures, please follow these important do's and don'ts:

- Take a bath or shower the night before your procedure.
- DO NOT eat or drink anything after midnight the night before surgery, except for any medications your doctor told you to take.
- DO NOT use any lotions, powders or colognes on the day of surgery.
- DO NOT wear makeup, lipstick or nail polish the day of surgery.

When having a procedure at Bayfront, you can expect that all efforts will be made to ensure that you are as comfortable as possible. Be sure to tell a nurse if you are experiencing an unusual level of discomfort or pain.

## After Your Procedure

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After surgery, patients recover comfortably in our dedicated women's care unit on the 4th floor of the A building. Friends and family are welcome to visit with patients during hospital visiting hours from 11 a.m.- 8 p.m. Upon discharge, you will receive detailed instructions and education.

## Contact Us

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If at any time you need to call the hospital with questions about preparations or post-procedure questions, please use this list of important phone numbers:

Bayfront Medical Plaza Diagnostics:	(727) 893-7808
Admitting:	(727) 893-6102
Pre-Op:	(727) 893-6666
Women's Care Nursing Unit:	(727) 893-6400
Physician Referral Service:	(727) 895-DOCS

# Outpatient Services at Bayfront Medical Plaza

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Because women have special imaging needs, Bayfront Medical Plaza offers a variety of diagnostic services. At Bayfront Medical Plaza, we take every measure to make sure your imaging experience is as stress-less as possible.

## *Mammogram*

Regular breast exams are an important part of good breast health. Early detection is vital to a successful treatment of irregularities and cancer. The skilled and gentle staff at Bayfront Medical Plaza will perform your mammogram with care to make it as easy on you as possible.

## *Ultrasound*

Diagnostic Ultrasound is a non-invasive medical imaging technology that utilizes high frequency sound waves to form an image of body tissues. At Bayfront, our experienced sonographers work with sonologists, cardiologists, vascular surgeons, and other physicians in order to arrive at a diagnosis. In addition, our team partners with obstetricians to follow the progress of infants in vitro.

Bayfront Medical Center is proud to be one of the first hospitals on the West Coast of Florida to bring expectant parents the technology of 4-D Ultrasound: 3-D images with the added dimension of time. With this technology you will be able to see what your baby looks like and how your baby moves, which may help you feel more confident during your pregnancy.

## *DEXA Scan*

Recommended by The National Osteoporosis Foundation, DEXA Scan measures the density of your bones and forecasts fracture risks. The procedure is painless, quick, and involves low radiation exposure.

## *Lab Services*

For your convenience, other diagnostic and blood chemistry tests are performed at the Medical Plaza's on-site laboratory.

# Hospital Directions

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## **From the Tampa area:**

Proceed southbound on I-275 to I-175

Downtown St. Petersburg.

Take 8th or 9th Street Exit,

Continue 2 blocks.

Turn right onto 7th Street South.

Continue to West Entrance of Bayfront.

## **From the Sarasota area:**

Proceed northbound on I-275 to I-175

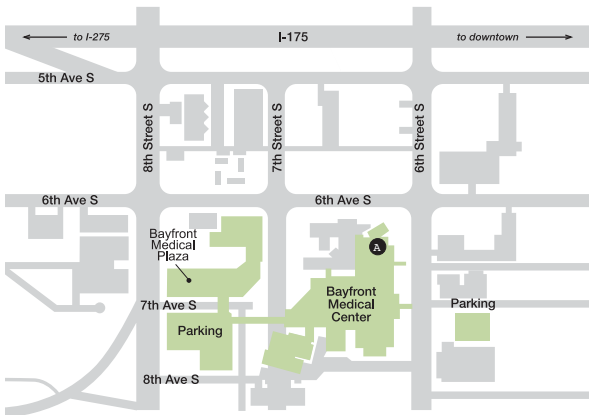
Downtown St. Petersburg.

Take 8th/9th Street Exit,

Continue 2 blocks.

Turn right onto 7th Street South.

Continue to West Entrance of Bayfront.



**Bayfront**  
**Health System**

**Bayfront Women's Care Center**

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St. Petersburg, FL 33701-4891

(727) 823-1234

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