

Notes for North Shore Hospital

Going to the hospital

- Before you go to the hospital make sure you keep in contact with your LMC when you are having regular contractions. Give them a final phone call when you are ready to leave and make your way to the hospital entrance. If you are really in a hurry, use the emergency lane. You can sort out parking later. Park outside the front door (drop-off drive) and advise the receptionist that you are making your way to the delivery suite and where your car is parked. Once the Mum-to-be is settled into the delivery room then someone can return to move your car. Keys can be left at reception if you think you won't be returning in a hurry.
- After hours (8.30pm-7.30am) you will have to enter the hospital via the Emergency Department entrance.
- Use either the public lifts or stairs to get to level 2. In an emergency you may use Lift #1. Parking is free between the hours of 8:30pm and 7:30am, so the barrier arm should be up during these times. During the day the barrier arm will be down, and you will need to take a parking ticket.
- If you arrive when the barrier arm is up, and leave when it is down, explain this to the parking attendant and you will be charged accordingly. If you arrive when the barrier arm is down and you leave when it is up, you won't have to pay.
- Only one free parking ticket will be issued – usually on discharge.

Facilities on the Ground Floor of the hospital

- There is a coffee shop on the ground floor; support people may need snacks during labour.
- There is also a coin-operated food machine available in the coffee shop for after-hours food requirements.
- Meals and snacks are provided for the mums in Delivery Suite.

Facilities in the Delivery Suite

- There are 10 birthing rooms. Don't think that once you are allocated a room you have to stay there. You can walk the hallways, stairs and outside if you want.
- Ensuites are attached to each room in the delivery suite. The toilets in these rooms are for mums-to-be only.
- Toilet facilities for visitors and partners are down the hall from delivery suite or in the foyer.
- The visitors' waiting lounge is next to the delivery suite. This is for people waiting who will not be in the delivery room with you. Coffee and tea making facilities, drink dispensers, microwave, T.V. and public telephone are provided.
- The Special Care Baby Unit (SCBU) is down the hall from waiting lounge.
- Three birthing pools are available. Please let your LMC know if you wish to use these, as these are on a first come first serve basis.

- Large beanbags, birth stools, pregnancy rockers are also available. Bring an extra pillow or tri-pillow as only one standard pillow is issued in hospital.
- There is a Cool water dispenser in the hall opposite the midwife station, so bring a sipper bottle with you.
- Ice chips, ice cold flannels, microwave for wheat bags are also available.
- CD player is provided, along with a telephone for local calls in each room.
- Dads / birthing partners don't forget to bring some food in case you don't feel you can leave the room.
- Feel free to walk around the hospital if you need to move and you're feeling too room-bound at the first stages, especially in being induced.

The Equipment in Your Delivery Room

- Bed - This can be used in various positions while in labour - lying down, sitting up, or semi-reclined. It can also be adjusted for the use of stirrups if required.
- Drawers - In the drawers are items available to your LMC during Labour.
- Nitrous Oxide is available in each room – blended with oxygen.
- Bassinette - This has an electric blanket in it, to keep baby warm.
- Metal basket on wheels - Everything that you brought into the delivery suite will be put into this trolley so your belongings can be wheeled through into the ward with you.
- CD Player- Bring your own CDs if you want some music to listen to.
- Electronic Foetal Monitoring (EFM) - This unit is used to check baby's heart beat. This will be attached to Mum around her belly with two wide elastic belts, or your LMC may use a doppler.
- Aromatherapy - Electric burners only- no candles as there is oxygen in the room. Make sure you have checked with your LMC that you are using the correct oils; there are some that can't be used in pregnancy.
- Resuscitation equipment is available if baby requires any assistance after birth. If the baby continues to require assistance after birth for any reason they will be transferred to SCBU (special care baby unit) for further monitoring.

After the birth

- 1 & 5 minutes after birth: APGAR Tests: The first test for baby's colour, reflexes, heartbeat, breathing & muscle tone. This will be done at one minute and then five minutes after birth. The LMC is looking for a score of 7 or more.
- 1 - 2 hours after birth: LMC Monitoring & Transfer to Post Natal ward. Your LMC will be monitoring both mother and baby for the next 1-2hours in the delivery suite before you are transferred to the Post Natal ward. This is the time to have a shower and/or something to eat.
- If you are transferring to Birthcare or any other post natal unit, a 6 hour stay is required before you are discharged from hospital.

In the Postnatal Ward

- Visiting hours are 2pm - 4pm and 6pm – 8pm. Please support the ward staff by reminding your visitors when it is time to leave. There are no overnight stays for partners or family. You are allowed one support person in the room with you outside of visiting hours but they have to be there to support you and not just chat.
- The entry door is locked outside of visiting hours. Hospital staff is very strict on visiting hours, as mother and baby need their rest and time to get to know each other. Partners are able to visit outside these hours by buzzing themselves in via the intercom system. Grandparents of baby may also be allowed visits outside of hours at the midwives' discretion, except for the rest period between 1 and 2pm. ABSOLUTELY NO VISITORS.
- The ward has 36 rooms (some with own ensuite and others with shared ensuite between two). There are single and shared rooms.
- Single rooms are more of a priority for Emergency C Sections where mum has been in labour, normal births (due to having been in labour) or twins.
- You can not pre-book rooms.
- A buzzer is by the bed for calling midwives to help/answer questions etc. An EMERGENCY buzzer is on the wall by the bed for mothers to use which will send a midwife in a hurry – eg if baby is not breathing. Ward emergency button is usually by the door – midwife/nurses will use this to get URGENT help.
- Laundry Cupboard – there are laundry supplies that you can collect at your convenience from the laundry. These include nappies (one pack of Huggies newborn is provided only) babies singlet, towels, sheeting, blankets and hospital gowns are provided. There is also a washing machine and dryer for your own needs.
- Showers – in the ensuites have chairs. Please use the chair for your first shower (with blood loss during pregnancy and after birth, care is needed in a hot shower) If possible it is a good idea to wait until your partner is visiting so they can assist you and take care of the baby.
- Toiletries – bring all your toiletries. Plus an extra supply of sanitary pads, as you will only be given enough for 24hours.
- Rooms – each room has telephone, T.V., side table, baby change area and a buzzer for calling the midwife.
- Meals – are delivered to you. Breakfast is available around 7.30am, lunch 12.00, dinner 6.00pm. Food may be brought into hospital. There is a microwave in the kitchenette so you can re-heat food. Coffee and tea is delivered with all your meals and at morning and afternoon tea. A menu will be given to you in the evening to pick your meals for the next day – tick the large portion especially when you are breast feeding as you will find your appetite has increased.
- Refreshments – there are two kitchenettes on the ward which are stocked with food (muffins/biscuits/fruit) as well as hot drink supplies and microwave. Mums are encouraged to help themselves at anytime. Don't forget to bring your favourite snacks from home with you.
- The West Wing in the ward is for mums that have had a baby already so the midwife to patient ratio is 1 to 10 in there. For the first time mums it is 1 to 4-6

- Baby Bathing - Your baby probably will not have their first bath until day 2 or 3. A midwife will demonstrate this for you. It's a nice idea if partners can be around for the first bath so you can learn together. Bathing is done in your room. There is a bathing trolley, towels, singlets and soap-free bath for you to use.
- Lactation Consultant - There is a lactation consultant available Monday to Friday. Please ask the midwives for as much assistance as you need while in Hospital or let the consultant know that you wish to see her. The hospital midwives are here to help you become confident at breast feeding before you take your baby home. Please use their services - there may be conflicting advice but take from them what you need.
- Jaundiced Baby- If your baby is slightly jaundiced, he/she may need to be placed under UV lighting along with protective eyewear; your baby will stay in the room with you while under the light.
- Clothing for Baby- Not a lot of clothing is required for your baby; a couple of woolen hats, booties and cardigans are good to have with you as new babies sometimes don't maintain their temperature. They will probably wear the hospital singlet and be swaddled with a cloth nappy.
- Clothing for Mum- Day Clothing – something lightweight as the ward temperature is quite warm for the babies. Sizing – wear what you wore during pregnancy, better to be comfortable in larger clothing. (It can take a little while for your body to bounce back). Tops – button front is best for breast feeding. Nighties– light weight and button front. (Hospital gowns are available) Take care with the amount of perfume you wear, baby needs to get know your smell.

Checking Out

- Following a vaginal delivery the normal length of stay in hospital is 48 hours - You are usually in for two nights. However if you give birth late in the evening you will get two more nights.
- Following a caesarean section the length of stay is usually 4 days.
- Check out time is 11am as beds are at a premium and need to be made ready for newly delivered mums.
- Dads make sure you bring the baby's car seat with you when coming to the hospital to collect your family.
- Make sure you have attempted to place the car seat in the car before you have had your baby; it's much easier to put an empty car seat in the first time around.
- Don't forget, it could be raining when you leave the hospital so make sure your baby is warmly dressed with a hat. It's a good idea to get into the habit of having a warm blanket and a hat for your baby in the car at all times.
- Also remember to get a free parking ticket from the midwives.
- If you have any further questions regarding the hospital after your visit, please talk to your class leader or LMC.