



Prenatal

Plan to have your baby
at Nepean Private



Nepean
PRIVATE HOSPITAL



Nepean Private Hospital offers a setting that will make your pregnancy and birth a very personal, emotional and happy experience.

We will provide the highest standard of personalised care and safety for you and your baby.

The unit

All private rooms within the postnatal ward have ensuite facilities, television and direct dial telephone. Tea and coffee making facilities are available in the unit. Partners are permitted to stay free of charge the first night after delivery. After this, however, a boarder fee will apply. This fee may be claimable from some health funds.

Health insurance

If you currently only have single health insurance, it is strongly recommended that you contact your health fund and transfer your cover to family cover. Health funds do not cover your baby under a single membership. To ensure you receive maximum benefits from your health fund after the birth of your baby, we suggest you review your cover and add your baby as soon as possible.

Smoking

Smoking is detrimental to good health. Patients and visitors are advised that smoking is prohibited within the confines of all building and outdoor area's of Nepean Private Hospital. Also within four metres of a pedestrian access to the hospital.

Birthing and parenting classes

Antenatal classes for prospective parents are available. We aim to share parenting knowledge and through discussion, assist in making your childbirth experience as pleasurable as possible. You will have the opportunity to meet some of the midwives who will be involved in your care and become familiar with the hospital environment. Partners are encouraged to attend all antenatal classes.

It's advisable to book early as spaces are limited. We recommend you should complete your set of classes approximately one month before your baby is due.

What to bring to hospital

- Your antenatal record and health fund details
- Items for labour eg. massage creams, CD player, camera
- Daywear - underwear and sleepwear including footwear.
- Maternity sanitary pads and toiletries.

The ward has a limited choice of formula, if you are planning to formula feed your baby and require something different you will need to bring it in with you.

Coming to hospital

It's always best to telephone the midwife in birthing suite of your intention to present to the hospital so preparation for your arrival can be made.

- Birthing Suite Phone: [4732 7390](tel:47327390)
- Ward Phone: [4732 7397](tel:47327397)

For security reasons the hospital doors are locked after 8:30pm Mon-Fri and 8:00pm Sat-Sun. If you arrive after this time simply ring the security bell and a midwife will let you in.

Birthing suite

We recognise that with many different options available today, there is no “right” way to deliver your baby. The decision on how to approach birth is different for every woman and the way you choose to experience labour and birth is your choice; determined by you and your doctor, and supported by us.

Our birthing rooms are spacious with up-to-date equipment at hand if needed. Each ensuite has a bath. Tea, coffee and juice are provided and a fridge is available for the celebratory drink you may wish to bring along.

Support persons are welcomed in the birthing suite (ie. partner, friend or relative). Relatives and friends are requested not to phone the birthing suite to enquire about patients. In the interests of privacy, staff cannot give out information about the progress of labour or the baby. It's best to arrange for your partner or support person to contact the people you wish to keep informed. Each birthing suite has a phone for your use. It is requested that mobile phones are switched off in the birthing rooms.

Meal times

Breakfast 7:30am - 7:45am

Lunch 12:00pm - 12:30pm

Dinner 5:30pm - 6:00pm

Meals will be provided for partners whilst mothers are in the birthing suite. Once in the ward, meals for partners can be ordered at reception at a small cost.

Visiting hours and rest period

The Women's Health Unit visiting hours are different to the general hospital. Partners and siblings are welcome at any time. The ward prefers NO visiting between 12:00pm and 2:00pm to allow a rest time. Please ask your family and friends not to visit or phone during this time.

11:00am – 12:00pm | 3:00pm – 4:30pm | 6:00pm – 8:00pm

Rest period

Although this is a very exciting time and people want to share it, there are many reasons why we have visiting hours and a rest time:

- Mother and baby both need their sleep
- Staff need to provide education and care to mother and baby
- Mother's need to understand baby's cues. This can become difficult with too many people about
- Some mothers are unwell and may need quiet, rest and extra attention by the staff.

Rooming in with your baby

We encourage rooming in. "Rooming in" means having your baby at your bedside during your stay. It's recommended that family and friends don't handle the baby, when visiting in your room because although babies are asleep they become very tired when handled and passed about and then may become unsettled and irritable. If you have a problem with visitors wanting to handle and hold your baby the staff can assist you. For medical reasons it may be necessary for you and your baby to be separated for some time.

Education sessions

There is a more structured session at 10:00am daily in the education room. Partners are welcome to attend these sessions.

They are on a variety of topics including:

- Parenting skills and settling
- Breastfeeding
- Formula preparation
- Safe sleeping and SIDS information
- Physiotherapy.

The staff will advise you of the topic for the day.

Special Care Nursery

Some babies require extra care and may need to go to the Special Care Nursery (SCN) for a period of time. This will be determined by your doctor and the paediatrician. Specialist trained staff work in the nursery to ensure your baby gets the best possible attention and care during their time in there. You will be given additional information if your baby is admitted to the nursery.

Security and Safety

Your baby's security is paramount and all efforts are made to ensure a safe environment. Baby will have two identification bands placed on two limbs soon after birth. Mothers will wear an additional matching wrist band.

Partners will be asked for identification when entering the special care nursery (SCN). If your baby needs to visit the SCN or leaves your room, two staff or a midwife and parent will check your newborns identification.

Some tips on security in the unit:

- Care should be taken with any valuables. They shouldn't be left in your room unattended. It is wise to leave them at home or send them home at your earliest opportunity
- Babies shouldn't be left in rooms unattended
- If necessary the staff may be able to watch your baby for a while
- You may take your baby to the lounge area with your visitors
- It's not recommended that you take your baby outside of the hospital

Remember to always let the staff know if you leave the ward.

Some tips on safety:

- When moving about the unit the baby must remain in the cot, please don't carry your baby in your arms
- The cots should remain flat and not tilted
- Be careful with hot food and drinks near your baby
- Soft toys shouldn't be in the top of the cot area
- Never leave you baby on your bed. Always put them in the cot.

Paperwork

You will be given your birth registration and family allowance forms before leaving the birthing suite. Staff will complete some details on the forms and then will discuss what you need to do with these forms.

Discharge from hospital

Usually women go home four - five days after a vaginal birth and five - six days following a caesarean section or sooner if you wish. Discharge time is by 10:00am, please arrange for your support people to pick you up by this time. If you feel you need to stay longer, for any reason, discuss with your doctor and the midwife caring for you. Sometimes there may be medical reasons that require you and/or your baby to stay longer.

If travelling by car it is the law to have your baby secured into a correctly fitted car seat capsule.



Postnatal check-up

This is usually at about six weeks following the birth of your baby unless your doctor needs to see you earlier. Your doctor will discuss this follow-up. You'll need to make your own appointment and if one is needed for your baby.

Community follow-up

Community Health Centre details will be given on discharge for you to arrange the early childhood nurses. Generally, you'll have a home visit and then follow-up at the local clinic. This may change to meet your needs. The early childhood nurse will advise you.

There are several free services available at the community health centres:

- Early childhood health with regular growth and development checks; weight, length and milestones, hearing, vision and immunisation
- Advice on mothercraft skills, lactation, settling and crying
- Postnatal depression screening
- Parenting groups, new mum groups
- Other services include: counselling, women's health issues, development assessments, health assessments.





Nepean
PRIVATE HOSPITAL

1-9 Barber Avenue
Kingswood NSW 2747

Phone: 02 4732 7333 | Fax: 02 4721 8895

www.nepeanprivatehospital.com.au

A Healthscope hospital.

ABN 85 006 405 152

V2 08/2016

