

## CAR SEAT FOR NEWBORNS

### Nga hope o to pepi

It is a legal requirement that babies are transported in a car seat. Please bring your car seat suitable for a newborn, to the ward prior to discharge.



These can be hired from the Plunket Society, phone (06) 358 6862, or The Baby Factory, phone (06) 356 8160. Car seats are not available from the Maternity Unit.

## EXPECTED LENGTH OF STAY

### He turu waka mo nga pepi

For women who have a normal birth it is anticipated that discharge will occur within 48 hours from birth. For women having a caesarean section discharge is anticipated to be three to five days from birth.

It is appreciated there may be exceptional circumstances which will require women to stay longer and consideration will be made accordingly.

## DISCHARGE

### Te wa mo te hoki ki te kainga

You and your baby will be visited at home by either your own midwife or the Hospital Community Midwifery Service. Your midwife will refer your baby to a Well Child provider of your choice.

There is a noticeboard on the Maternity Ward displaying information regarding choices of Well Child Providers that are available.

## CARE OF PLACENTAS/WHENUA

If you wish to keep your placenta/whenua we can store it in a designated fridge on Delivery Suite. If the placenta/whenua is unclaimed after five days it will be discarded. Therefore we encourage you to arrange for your family/whanau to take the placenta/whenua home soon after you have given birth.

## CAR PARKING

Palmerston North Hospital has a user-pay system for car parking. For admission to Delivery Suite use the **Emergency Maternity Entrance** (opposite helicopter hanger), this can be accessed via Gate 9 Ruahine St.

For all other maternity visits enter via the main entrance.

For further details on paid parking refer to the 'Paid parking at Palmerston North Hospital' leaflet or visit [www.midcentral.govt.nz/paidpark](http://www.midcentral.govt.nz/paidpark)

## OTHER

### Etahi atu mea

#### Telephone...

A phone is available for your use on a limited basis. There are public phones available on the ground floor and on Level 1 of the Women's Health Unit.



Women may use their cell phones in the ward, but it is not advised with any electronic medical equipment.

To limit the number of people ringing the Maternity Unit, please advise your friends of the visiting hours and nominate a family member for your friends to call.

#### Televisions...

Please do not bring televisions to the hospital, as they may interfere with medical equipment and extension cords are a safety risk for clients and staff.



#### Smoking...

To promote the health of clients/family and staff, there is no smoking in MidCentral Health buildings or grounds.



## FEEDBACK

### Nga Korero mo te wa i ro hohipeara koe

We encourage feedback and give assurance that such communication from you will in no way adversely affect your current or future care.

You can do this through discussion with MidCentral Health staff providing your care, or by making contact with (written or verbal), our Customer Relations Co-ordinator, PO Box 2056, Palmerston North 4440 or phone (06) 350 8980, or you may contact a Health and Disability Commissioner Advocate phone 0800 112 233.

*If you have any questions or concerns regarding any information in this brochure, please do not hesitate to contact your Lead Maternity Carer.*

**MIDCENTRAL HEALTH**

– Maternity Services –

Kia Ora and  
welcome to the

# WOMEN'S HEALTH UNIT

WE ARE A TEAM OF HEALTH  
PROFESSIONALS WHO SPECIALISE IN  
MATERNITY CARE. WE PROVIDE  
QUALITY CARE, INFORMATION AND  
SUPPORT TO YOU, YOUR  
PARTNER/HUSBAND AND FAMILY/WHANAU.

Palmerston North Hospital  
Delivery Suite  
Phone: (06) 350 8410



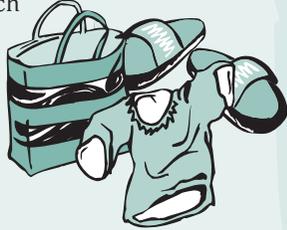
## ITEMS FOR YOUR BABY IN HOSPITAL

### Nga mea mo to pepi i ro hohipera

Please bring with you vaseline, baby soap or lotion, baby wipes, woollen hat and booties, cardigan or matinee jackets. Woollen babies clothes are preferable as newborn babies often become cold.

While in hospital, clothing for your baby is supplied, eg singlets, nighties and nappies. Suggested items for your baby leaving hospital are a singlet, gown or stretch and grow, nappies, cardigan, hat, booties and cuddly or shawl.

Formula and feeding equipment is provided for bottle feeding, and information is available.



## ITEMS FOR YOUR HOSPITAL STAY

### Nga mea kei mau mai ki te hokipera

We encourage women to wear their normal clothes during the day so you will need to bring a supply. Please bring with you:

- Sleepwear/dressing gown
- Maternity bras
- Underwear
- Slippers/jandals
- Breast pads
- Sanitary pads (we supply your initial pads on delivery suite).
- Toiletries
- Plastic bottle for drinking water
- Books/magazines
- Small amount of change
- Pen to fill out your menu card
- Plastic bag for dirty washing.

## TOUR OF DELIVERY SUITE AND MATERNITY WARD

### Te haerenga ki nga whare whaka whanau pepi

On Wednesdays at 11.00am, except public holidays, a 30 minute tour of Delivery Suite and the Maternity Ward is given by one of our Care Assistants. There is no need to book, just meet outside the Neonatal Reception Area, on the first floor of the Women's Health Unit.

## WHEN TO RING THE HOSPITAL

### Te wa hei waia atu ki te hohipera

If your waters break or if you have any vaginal bleeding at any time during your pregnancy, or if you notice a decrease in your baby's movements, it is important to either ring your Doctor/Midwife or the Maternity Unit.

If contractions become regular at an interval of 10 minutes or less, or become painful, please ring your midwife or contact Delivery Suite, phone 350 8410, who will advise you what to do.

If you are worried at any time, there is a midwife available 24 hours at this number.

For attendance at Antenatal Clinics, the Antenatal Day Unit or to visit the Maternity Unit, please use the hospital main entrance off Ruahine Street, Gate 11.

Otherwise, for quick access to Delivery Suite, use Gate 9 entrance off Ruahine Street.

Follow the signs to Carpark B (opposite the helicopter hangar) and to the designated delivery suite patients carparks available. Enter the Delivery Suite entrance, taking the lift to Level 1, Delivery Suite.

## BREASTFEEDING

### Te whangai ki te u

Staff will support you with breastfeeding. A 'breastfeeding' talk is available on the Maternity Ward, Monday to Friday.

We practice the ten steps to successful breastfeeding which encourages 'skin to skin' with your baby at delivery and rooming in. Our breastfeeding policy is displayed in all areas.



## VITAMIN K

Vitamin K is given to newborn babies to prevent Haemorrhagic (bleeding) Disease of the Newborn (HDN).

It is recommended that all babies have a Vitamin K injection at birth. A single injection of Vitamin K gives more protection against HDN than oral Vitamin K, even when the oral dose is repeated.

In the past there has been some concern and confusion over its use. Initial suggestions that there was a link between injections of Vitamin K and cancer have now been disproved by a number of international studies.

Even though some babies (premature, mothers on certain medications, etc) have higher risks of HDN, there is no way of predicting which babies will have a severe bleed.

If you have any questions, please ask your Midwife/Doctor.

## VISITORS

### Manukiri

Sometimes you can be very tired following the birth of your baby, so you may want to restrict visitors. We suggest you have a limit of people visiting you at one time.

Visiting for partners is 8.00am to 8.30pm. All other visitors are from 2.00pm to 7.30pm.



## POSTNATAL WARD

### Te wahi hei haerenga mo te mama me te pepi

Following the birth of your baby, you may choose to go home or to stay and you will be transferred to the postnatal ward. Your baby will remain in your room with you.

**There are no facilities for partners/husbands to stay in the ward overnight.**

## BABY HIP CHECK

### Nga hope o to pepi

This is provided by our Orthopaedic Specialist in the ward every Monday, Wednesday and Friday.

If you are discharged before your baby has the hip check, you will be advised to return on a Monday, Wednesday or Friday to the hospital for this. This will be within six weeks of the birth of your baby.

You will need to report between 7.45am and 8.00am to the Delivery Suite, Level 1, Block C. This is a brief examination and you will be able to discuss immediately, any findings from this assessment. These checks are not performed on public holidays.