

## NEWBORN METABOLIC SCREENING

This is a test for a number of metabolic inherited diseases done at 48 hours, either by hospital staff or your LMC.



## NEWBORN ENROLMENT FORM

This form will be given to you at birth with your Well Child book. Please take the time to complete this form and submit it to our staff on the ward for posting. This will link your baby up to essential services in our DHB for example: newborn hearing screen; GP; Well Child provider; oral health; National Immunisation Register.

## EXPECTED LENGTH OF STAY

### *He turu waka mo nga pepi*

If you have a normal birth, it is anticipated that discharge will occur within 48 hours from birth. If you have a caesarean section, discharge is anticipated to be three to five days from birth.

Should there be a primary maternity unit close to where you live, eg Levin or Dannevirke, you will be encouraged to transfer there when physically able for your postnatal stay. It is appreciated there may be exceptional circumstances which may require you to stay longer and consideration will be made accordingly, in discussion with your LMC.

## DISCHARGE

### *Te wa mo te hoki ki te kainga*

You and your baby will be visited at home by either your own LMC/midwife or the Hospital Community Midwifery Service. You must be visited within 24 hours of discharge.

## CARE OF PLACENTAS/WHENUA

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

## 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, MidCentral Health buildings or grounds are smoke free. Ask about other options in regards to smoking cessation while you are an inpatient.



#### **Car parking...**

Palmerston North Hospital has a user-pay system for car parking. The maximum daily charge for parking is \$8. For admission to Delivery Suite use the Emergency Maternity Entrance (opposite helicopter hanger), this can be accessed via Ruahine St, Gate 9.

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.midcentraldhb.govt.nz/paidpark](http://www.midcentraldhb.govt.nz/paidpark)

## 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.



# 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 and your family/whanau.

Palmerston North Hospital



## ITEMS FOR YOUR BABY IN HOSPITAL

*Nga mea mo to pepi i ro hohipera*

Please bring with you on admission, vaseline, baby wipes, baby soap or lotion (should you choose to use these products). Also woollen hat and booties, singlets, cardigan or matinee jackets for baby to go home in. Woollen and baby clothes are preferable as newborn babies often become cold or natural fibres are preferred.

While in hospital, clothing for your baby is supplied, eg 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 and baby's car seat.

Everything you need for feeding your baby will be provided during your stay.

## ITEMS FOR YOUR HOSPITAL STAY

*Nga mea kei mau mai ki te hokipera*

You are encouraged to wear normal clothes during the day so you will need to bring a supply with you.

In addition:

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

## DELIVERY SUITE & MATERNITY WARD TOUR

*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 provided. 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*

**You should ring your LMC/midwife if your waters break, you have any vaginal bleeding at any time during your pregnancy, or if you notice a decrease in your baby's movements, or if contractions become regular at an interval of 10 minutes or less, or become painful. If you are under the care of the hospital, you should phone Delivery Suite on (06) 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 entrance off Ruahine Street, Gate 9. 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, among other things to promote and enhance establishment of breastfeeding. Our breastfeeding policy is displayed in all areas.

## VITAMIN K

Vitamin K is offered 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 – this is your choice. 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 such as (premature, mothers on certain

medications, etc) have higher risks of HDN, there is no way of predicting which babies will have a severe bleed. Please ask your LMC for further written information if you wish.

## 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, however in exceptional circumstances, a support person may stay, ie sick mother/baby.



## VISITORS

*Manukiri*

Sometimes you can be very tired following the birth of your baby, so you may want to restrict visitors. Visiting for partners is 8.00am to 8.30pm. All other visitors are from 2.00pm to 7.30pm.

## 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 offered 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.

## 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 newborn car seat 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.**