

# Maternity Services

## Your hospital stay

### Information for patients and families

#### Key points

- When you are in labour or if you have any concerns, before coming to The Northern Hospital please first ring the Maternity Assessment Clinic
- It is helpful to have all the items you need while you are in hospital packed in your suitcase about four weeks before your baby's due date.

#### Before coming to hospital

- If you are in labour or have any concerns, phone the Maternity Assessment Clinic, on T. (03) 8405 2277
- If you are asked to come to hospital, staff will let you know if you should go to the Maternity Assessment Clinic on the 1<sup>st</sup> floor or to the Maternity Ward reception desk on the 1<sup>st</sup> floor The Northern Hospital 185 Cooper Street, Epping 3076

#### Maternity tours

Maternity Tours may be affected by COVID-19 restrictions. Please check Northern Health website for the latest advice. [www.nh.org.au](http://www.nh.org.au)

#### For the birth of your baby, please bring the following to hospital

##### For Mother

- Water bottle
- Nightie or old T shirt for use in Birthing Suite
- Day Clothes
- Night clothes and dressing gown
- Slippers/thongs
- Super Maternity Pads 3 to 4 packs
- Soap, shampoo, hair ties, deodorant, tooth brush, tooth paste, tissues
- Maternity Bras
- Breast Pads

##### For Baby

- Cotton balls / Baby Wipes
- Disposable Newborn Nappies (pack of 32)
- Baby clothes and singlets for 3-4 days, bibs and booties/socks/mittens
- Baby blankets or wraps

- Baby hat/beanie: no hats while healthy babies are sleeping as per the Sudden Infant Death Syndrome (SIDS) guidelines

## Important

Please do not bring valuables, items of sentimental value or large sums of money. The hospital cannot take responsibility for these items.

### Arriving at the hospital – The Northern Hospital 185 Cooper Street, Epping 3076

During the day between 7am and 11pm

- Enter via the main hospital entrance and, as advised on the phone, go to The Maternity Ward Reception desk.

At night between 11pm and 7am the hospital front entrance is closed.

- Enter via the Emergency Department and present to the Emergency Department Reception desk for the admission paperwork and directions to the Maternity Ward or Birthing Suite.

## Your support person

Your partner or support person might consider bringing a camera. Your partner or support person will need to bring their own personal requirements and snacks/food.

## Visitors to birth suite

Two support people are welcome and encouraged as they are important in providing support and comfort to the birthing woman. Support people may be asked to wait outside during certain procedures. Children can visit at the discretion of the family and the maternity team. Visiting in the birth suite after birth is flexible, please discuss with the maternity team.

## Visitors to the maternity ward

Please refer to the hospital website for updated visiting hours for the unit. The visiting hours may vary due to COVID-19. [www.nh.org.au](http://www.nh.org.au)

## Telephones

If you wish to use the bedside telephone during your hospital stay, you will need to purchase a Telstra Smartcard: \$5 or \$10 cards can be bought from the Kiosk (Rainbow Convenience Store) in the front foyer of the hospital. You are also welcome to use your personal mobile.

## Television hire

This can be arranged by talking to your midwife.

## Breastfeeding

Breastfeeding is the best way to feed your baby. Breastmilk provides all the right nutrition your baby needs in their first months of life. At Northern Health the maternity team will support you to successfully achieve this.

Speak to your midwife if you require more information, including if you had any breastfeeding difficulties with previous babies.

Lactation Consultants are available to offer advice during your pregnancy and following your birth, particularly if you require extra support.

Antenatal Breastfeeding Classes are held monthly at Northern Hospital Epping and Craigieburn Health Service.

Northern Health does not supply artificial formula. If you plan to artificially feed please bring your own formula. Bottles will be supplied for single use on the ward.

## Car Parking

Car Parking is available at the current rate, within the hospital grounds.

## Car Restraint

Ensure Approved Child Restraint/Capsule is fitted correctly to your care to take baby home.

## Further Information:

Contact the Maternity Assessment Clinic on T. (03) 8405 2277

Contact the Lactation Consultant on T. (03) 8405 8202

[www.nh.org.au/services/maternity](http://www.nh.org.au/services/maternity)

Northern Health welcomes your questions. Ask us:

**What is my main concern?**

**What do I need to do?**

**Why is it important for me to do this?**

### You can ask questions when:

- You see a doctor, nurse or other health care provider
- You prepare for a medical test or procedure
- You receive medication

This information is general only. Northern Health encourages you to ask questions and get specific advice from your treating team.



If you need an Interpreter or the support of an Aboriginal Liaison Officer, please speak to a staff member.



# Northern Health

[www.nh.org.au](http://www.nh.org.au)