

Care, every baby step of the way

Private maternity guide



Community of Care

 Northern Beaches
Hospital
by Healthscope

Congratulations on your pregnancy

Hello, I'm Tanya Panetta.

Firstly, a big congratulations from all of us here at Northern Beaches Hospital.

My team and I are here to help you during every stage of pregnancy and delivery, and after your baby is safely here.

We're a community of happy, highly-experienced midwives, obstetricians and support staff who love what we do. We are passionate about providing excellent care and supporting your birth plan.

Our job is a special one that involves the safe delivery of thousands of babies and the health and wellbeing of mums. We'll be there for you during that very special getting-to-know-you phase for parents and their precious new family member.

And as you head home we also want to do our best to help you and your families feel happy and confident. As well as providing advice around breastfeeding, bathing and baby-settling techniques, we also prioritise mums' emotional wellbeing as they adjust to their new life.

This is a brief but very handy guide to tell you more about our private maternity service and what to expect from Northern Beaches Hospital. If you have any questions, please email us at **NBH.privatematernity@healthscope.com.au**

For any immediate pregnancy concerns please speak to a midwife in the birthing unit on **9105 5240**.

We look forward to caring for you

Best wishes,



Tanya Panetta

Women and Children's Services Manager

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Booking in with us

Let's make the first steps easy

As soon your pregnancy is confirmed by a GP, ask for a referral to one of our obstetricians.

1. Check with your private health fund*. Make sure you're insured for obstetric care and that you understand the specifics of your cover. It's a good idea to contact your private health fund at least three months prior to your due date, because you may need to add your baby to the cover.
2. As your obstetrician does not book you in, go to northernbeacheshospital.com.au/maternity and do it yourself.
3. **You will need the following information:**
 - Name of obstetrician
 - GP's details
 - Reason for admission (pregnancy)
 - Emergency contact details
 - Health fund membership and policy details
 - Medications information

You will receive an email with your booking confirmation.

You'll receive an email that confirms your booking. If you have any questions, please telephone **9105 6015**.

***(we can provide costs to you if you want to birth privately and are self-funding).**

Our obstetricians

You'll be pleased to know that we have some of the most experienced, qualified obstetricians in NSW, who specialise in every type of pregnancy from low-risk to complex births, twins and IVF babies. Obstetrician profiles can be found at northernbeacheshospital.com.au/maternity.

At Northern Beaches, our fantastic team of midwives has decades of experience. Should you need it, you'll have the use of the Special Care Nursery, created for bubs from 32 weeks. Emergency, imaging, paediatrics, physiotherapy and other facilities are all very close by.

Our facilities

Birthing suites

You'll be impressed by our luxurious, state-of-the-art birthing suites. There's an ensuite bathroom, a bath for pain relief, cordless fetal monitoring equipment, Wifi, bluetooth speakers and TV. You'll also have a fold-out bed for your partner or support person.

We offer a variety of pharmaceutical and natural pain-relief options for labour. Please be assured, we want to support your choice in how you birth your baby.

Private rooms

Every mum is guaranteed a private room with ensuite, and it is truly stunning. You'll be thrilled.

Thanks to our smart design and acoustics, your environment is a comfortable, calm place to enjoy those precious early days with bub. Please take a virtual tour at northernbeacheshospital.com.au/maternity

The support of your partner is so important, that's why we have a comfortable fold out bed, so they can stay overnight with you.

Well Baby Nursery

Childbirth and the days following can be truly exhausting. Should you need a break, our brand new Well Baby Nursery, and its experienced staff, is here for you overnight.

Maternity tours

Put your feet up and take a stroll online. View the virtual tour at northernbeacheshospital.com.au or contact us for a tour with one of our midwives.

And please remember, we're here to help. If you have questions about our facilities, call the team on **9105 6015** or email NBH.privatematernity@healthscope.com.au

Coming to hospital

Keep everything as simple as possible. First, do the obvious. Notify your partner or support person, then grab your packed bag and hop in the car. There is a drop-off bay close to the main entrance, and a 1,400-space multi-story car park nearby.

Please call **9105 5240** on arrival or tell someone at the ground floor Concierge Desk who will notify us immediately.

Make your way to a lift and up to Level 2, then follow the signs to 'Birthing Unit'.

If you are in strong labour, and have phoned ahead, we will meet you inside the main entrance to the hospital on the ground floor.

If you're ever unsure as to whether to come in or not, or if you are in labour, contact our Birthing Unit on **9105 5240**, at any time.



Your stay

What to bring



For Expectant Mum

Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Slippers or thongs
- Socks
- Massage oils or lotions
- Toiletries (basic toiletries provided)
- Books, magazines, tablet
- Hairbands, hair-ties or clips
- Music and headphones
- All current medication
- Camera, video camera
- Mobile and charger
- Loose clothing
- Nighty or baggy top
- Nursing bra
- Maternity underwear
- Dressing gown

Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries (basic toiletries provided)
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Watch



For Baby

Going home

- Comfortable first outfit and wrap
- Packed baby/ nursing bag
- Car seat installed in car

1 packet of wipes and 1 packet of nappies provided. Baby vests and linen provided unless you would prefer to dress baby in own clothes.



For Birth Partner

Labour

- Directions to the hospital
- A copy of the birth plan or maternity notes
- Comfortable, practical footwear
- Change of clothes and pyjamas
- Contact lists
- Phone and charger
- To-do list

(Ask expectant mum if there's anything she would like you to do during labour i.e. take photos or video, play music, things to talk about, assistance with pain relief)

Maternity Ward

- Daywear
- Nightwear
- Water bottle
- Toiletries

TIP: Create a to-do list for your birth partner to action when you go into labour ie: call labour ward, lock up house, organise pets and pack/check off any last minute items.

Baby's ID

Babies are identified with two bands, placed around the wrist or ankle immediately after birth. Please don't remove these in hospital as these are required for security purposes. Please inform staff if name tags fall off or need replacing.

Newborn screening test

This test is performed on all babies born in Australia once they are 48 hours old. The procedure involves taking three spots of blood from either heel. The test is used to detect metabolic disorders that, unless treated, can affect your baby's development.

A brochure will be given to you prior to the test being completed. Staff will ensure you fully understand and have given consent prior to completing the test.

Hearing test

The NSW Statewide Infant Screening Hearing (SWISH) program is offered to all babies and is a 10 – 20 minute test usually taken as soon as possible after birth.

Sometimes, SWISH will need to be performed once you're home. If so, your midwife will arrange the appointment. For more information, the SWISH leaflet is available from trained hearing screeners.

Lactation consultant

For first time mums or mums who'd simply love a refresh, our Lactation Consultant is here for you. You'll receive the very best advice, and have the answers to all your questions about feeding.

Cots

Cots are provided to transport your baby safely around the unit.

Blue Book

Your baby's Blue Book is given to you after the birth and needs to stay with baby during your hospital stay. That way, we can complete medical records prior to discharge. Your baby's growth, development, medical history, and immunisations will be recorded in the Blue Book. Please remember to take it with you to all of your baby's future health appointments.

Handover change times

The midwifery team handover times are approximately 7.00am – 7.30am, 1.00pm – 2.00pm and 9.00pm – 9.30pm. The handover involves the team moving through the ward and coming to your bedside. We encourage you to be involved.

Kitchenette

A range of chilled light meals in the ward kitchen, are available for both you and your partner. Choose from a variety of tasty options including vegetarian sushi, power bowls, gourmet sandwiches and hot smoked salmon noodles to name a few. Help yourself whenever you like. This complimentary service is in addition to the many meals that our talented chefs will provide for you during your stay.

Our paediatricians

We're so proud of the team of paediatricians who are part of our community of care, and are extremely confident you'll be equally impressed.

It's accepted practice that all babies be examined by a paediatrician within the first few days of birth. The examination will occur during your stay and may be at any time of the day. If you choose to discharge home prior to the 48-hour baby check, it is recommended you see your GP within 7 days. If you want to have regular paediatric check-ups for your baby after you have left hospital, please choose from our paediatricians listed on our website.

Birth registration

Forms to register the birth of your baby and to claim maternity allowance are issued to you during your stay. It's essential you take them home as they cannot be redistributed. You have 60 days to register your baby's birth at bdm.nsw.gov.au.

Visiting hours

10.00am – 1.00pm

1.00pm - 3.00pm rest period (no visitors please)

3.00pm – 8.00pm every day.

Partners and siblings are welcome outside these hours. We strongly advise other visitors to visit during set hours so that our mums and babies get as much rest as possible. We kindly ask that visitors do not come if they are unwell. For safety reasons, we are a locked ward and visitors need to use the intercom and wait to be admitted by a staff member.

Dining at Northern Beaches Private Maternity

Congratulations mum!

Our catering team takes pride in making sure you have delicious meals and snacks throughout your stay with us. It is important that you feel well-nourished and pampered!

After baby arrives, we present you with a 'congratulations plate' of freshly made macarons and chocolate dipped strawberries. In addition to our delicious breakfast, lunch and dinners, we also serve morning tea, afternoon tea and supper.

A range of tasty chilled light meals in the kitchen on the ward are available whenever you like with our compliments.

If you have any special dietary requirements, please let us know. Enjoy and allow us to look after you.

Best wishes

Lynsey Lappin
Executive Chef



Parking

We have a large car park on site, visit our website for fees and location details.

If you are in strong labour, your partner can leave the car in a space immediately outside the front of the hospital and one of our staff will assist with re-parking. Your priority is to come straight to our birthing suite on level 2.

Wifi

Wifi is available throughout your stay. Log in through the Healthscope Wifi connection.

Hospital amenities

You'll find a large restaurant, convenience store, florist and ATM on the ground floor. Concierge is always there for directions and help.

Personalised care board

We use a personalised care board, situated in your room, as another way to keep you and your family involved in your care. It's updated regularly by our health professionals. You can use it to jot down reminders and questions for your doctor or midwife.

Servicing your room

We aim for hotel standards in terms of cleanliness of your room. If you need towels changed, additional toiletries or the room cleaned, just let us know.



Education classes

Classes will help you recover, gain confidence and prepare to take your baby home. Join the other mums and please ask our experienced professionals as many questions as you like. For class times check with your midwife.

Physiotherapy class:

In the Patient Lounge, ask your midwife for details.

Breastfeeding class:

In the Patient Lounge, ask your midwife for details.

Baby bathing:

Every day at 4.00pm in the Well Baby Nursery (please feel free to use these baby baths at any time during your stay)

Classes are also available after you have had baby and returned home. Many women find these education sessions very helpful because you can get advice on feeding and settling techniques. Information is available at northernbeacheshospital.com.au/maternity



Going home

Length of stay

Before leaving, we always consider what's best for each mum and baby. Sometimes a longer or shorter stay in the maternity unit is required. Everyone is unique.

Typically though, women under the care of an obstetrician have a four night stay after a vaginal birth, and 5 nights after a caesarean section.

The discharge time for all women is 10.00am.

If you have any concerns in the first few days after going home please contact us – we're here to help. The number is **9105 5240**, and please call night or day.

Car seats

Having an age appropriate and properly installed car seat is essential to ensure the safety of your baby while in the car.

In NSW, you are required by law to have a rear-facing car seat until your baby is at least 6 months of age, though extended rear-facing is recommended.

Pearce's Child Restraints attend the hospital on Thursdays to help you install or adjust car seats correctly, preferably prior to the birth of your baby.

Bookings are essential and a fee will apply. Call **9997 4602** to book or visit **pearceschildrestraints.com.au**

Support and wellbeing

Our midwives will arrange for you to see additional service providers (should you require any), such as social workers, physiotherapists, mental health professionals, occupational therapists, parenting support workers and drug and alcohol support workers while you are with us.

You also have access to Gidget Foundation Australia who are experts in supporting families suffering emotional distress during pregnancy and early parenting. Ask one of our midwives for information or telephone **1300 851 758**.

Postnatal check-ups

You will have a postnatal check-up with your obstetrician, usually six weeks after birth. Your local Community Health Centre will be in touch after you are discharged. They'll aim to see you within one to two weeks, once you are settled in at home.

Contact us any time

Again, please remember that if you're unsure whether to come in or not, or if you are in labour contact our Birthing Unit on **9105 5240** at any time.

If you have been discharged and are worried about anything, call the same number as we want to assist you.



Notes:

A series of 20 horizontal dotted lines for writing notes.




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