

## Booking into Hospital

Appointments to book in for the birth of your baby are made by telephoning the Inpatient Unit on (03) 5352 9321.

It is advisable to book in 6 months prior to your due date.

The midwife provides information relating to pre-birth (antenatal) education, breastfeeding and an opportunity to discuss concerns.

## Antenatal Classes

A six week group education program is conducted throughout the year on Tuesday evenings.

Guest speakers attend to enhance your learning experience.

Individual sessions are also available by appointment. Please call the Inpatient Unit on (03) 5352 9321.

## Safety of Newborns

The hospital has procedures in place to protect the safety of newborns. This protection is the responsibility of the parent(s) and staff members.

## Birthing Suite

EGHS has a modern birthing suite. A bath is available to assist in pain management, with an adjoining spacious birthing room.

Staff encourage you to be actively involved with your care during labour and birth.

If you and your baby require intervention and/or emergency care, your doctor and midwife will consult with you. We appreciate that this is a stressful experience, through which you will be supported.

## Accommodation

Accommodation includes private and shared rooms with ensuite facilities.

Partners are welcome to stay for the duration of the woman's hospital stay.

One room has a double bed. A camp stretcher or recliner will be provided for other rooms.

## Special Care

The hospital accepts transfers of premature babies back to our unit. This allows the family to establish confident care and support in breastfeeding in a relaxed environment.

## Breastfeeding

Staff are committed to supporting breastfeeding. They will offer assistance and encouragement to establish breastfeeding.

EGHS has several lactation consultants. If you are having issues with breastfeeding, please ask the midwife about organising an appointment with the lactation consultants.

If you decide/choose to artificially feed your baby, staff will be happy to ensure you receive all appropriate information/assistance.

## Visitors

Suggested midwifery visiting hours are between 10am-12pm and 3pm-8pm. These hours will be upheld unless prior discussion with the Unit Manager.

Visitors are welcome, however, our first priority is for a happy, rested mother.

Please ensure family and friends visit within visiting hours, but also inform them of your wishes and needs.

If you need more time learning to breastfeed and care for your baby, visiting hours may be further reduced.

## Telephone

You may use your mobile phone. Free wifi is available.

### Smoking

Smoking is not permitted in the hospital or within the hospital grounds.

### Photographs

If you would like a photo of your baby or you and your baby for the EGHS Facebook page and Ararat Advocate, let staff know and they will organise a time for the photo to be taken.

### Meals for your partner

Meals will be provided for your partner during the birth of your baby. After this, your partner will need to provide their own meals.

### What to bring

Please ensure your property is labelled.

For you:

- Toiletries
- Maternity pads (X 2 packets)
- Regular pads (X 1 packet)
- Nursing bras
- Nursing pads
- Day and night attire
- Device for music in the birthing suite

For baby:

- 6 growsuits
- 6 singlets
- 6 bunny rugs
- Disposable nappies
- Baby wipes

### Going Home

Please ensure you have a correctly fitted rear facing child restraint in your vehicle prior to going home. Capsules are available for hire at the Maternal and Child Health Centre for up to 6 months for a small fee.

### Domiciliary Midwifery Service (DOM)

Postnatal care includes one of your midwifery team visiting you at home to check on you and your baby. This may be a day or two after discharge. Your discharge midwife will discuss the domiciliary visit with you and arrange care according to your needs. Home visits do not occur for people who live outside Ararat. In these circumstances you will be asked to attend hospital for your DOM visits.

### Maternal and Child Health Services (MCHN)

A Maternal and Child Health Nurse may visit you on the ward. They will receive notification when your baby is born, then arrange a time for an initial visit at your home once your domiciliary care is completed.

You will have ongoing care with the Maternal Child Health Nurse, who will provide invaluable services, monitoring your needs and the growth and development of your baby.

After the initial visit, these will usually be at the Maternal and Child Health Centre which is located at East Grampians Health Service, Community Centre. Phone: (03) 5355 0224.



### Having your baby with us

Thank you for choosing to give birth to your baby with us. East Grampians Health Service staff are dedicated to meeting your individual needs and encourage you to share in decision making about your labour and birth.

**P:** 03 5352 9321 **F:** 03 5352 9438

