Campbelltown Hospital Maternity Unit
Parent and Visitor Information

Visiting Hours

Your need for rest and family time is respected and supported. Visiting hours are from 8am until 8pm. Should your partner or visitors come outside of these hours they may not be granted access to the ward.

Please note:

- Other children are not to be left in the care of mothers whilst they are in hospital
- Another adult needs to be present at all times with visiting children
- Sick visitors or children may be asked by staff to leave the unit to ensure the wellbeing and safety of all mothers and babies.

Visitors please note:

Excessive handling of new babies can make them very unsettled and interfere greatly with usual feeding patterns. Please be considerate of mothers and babies during their stay in hospital.

Accommodation

The Unit consists of 30 beds with single rooms, double rooms and a staff breastfeeding room. Each room is equipped with an ensuite bathroom, built in baby bath and change area and bedside table. Tea and coffee making facilities are available for parents to use.

Meals

Your meals are delivered to your bedside at approximately 7.15am, 12.15pm and 5.30pm. The catering department will collect your tray approximately 40 minutes after it arrives. It is important that you eat your meal when it arrives as hot meals cannot be re-heated. Special dietary requirements can be catered for where needed.

Length of stay

If you have a vaginal birth without any complications you may be eligible for discharge after 6 hours. A midwife will visit you at home on our Midwifery Support Program (MSP). The usual length of stay following a vaginal birth provided you and your baby are well is one night. Following a caesarean section with no complications you may be discharged on the Midwifery Support Program (MSP) after 48 hours. Discharge time is 10am. If you are unable to be picked up by 10am, the hospital has a small discharge lounge where you can wait comfortably with your baby to be picked up.

What to expect during your time on the Postnatal ward

You will be provided with information about you and your baby’s health and what to expect over the coming weeks. The Midwife will check your emotional, physical and social needs as required. Our midwifery staff possess a high standard of knowledge and education on all aspects of postnatal care to ensure you are receiving the best guidance and support on your journey to becoming new parents.

Feeding your baby

Breastfeeding

Establishing breastfeeding is a learning experience for each new mother and baby. Our midwives and on will guide you with one to one assistance.
**Formula Feeding**

Our midwives will support your choice and assist you to feed your baby safely and confidently.

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**Rooming In**

There are many benefits to having your baby stay with you in your room.

Our staff will not initiate separation of you and your baby, however, if you feel it would be beneficial for you to be apart from your baby for short periods you are welcome to discuss this with your midwife.

We support and encourage the SIDS recommended guidelines for safe sleeping of your baby.

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**Baby Photos**

The photographer is on the postnatal ward on Monday, Wednesday and Friday from approximately 10am. If you are discharged without having your baby’s photograph taken you can return to the ward to have them attended. Payment for all photographs will be required on the day.

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**Televisions**

Televisions are turned on and off by the Television rental company. They usually come to the ward the in afternoon, 7 days per week. Midwifery staff cannot turn on the televisions.

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**Allied Health**

Physiotherapists, social work and other allied health staff are available and regularly provide care and also outpatient follow up and support for all patients admitted to the Maternity Unit.

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**Newborn Check**

Your baby will be checked by a paediatric medical officer prior to discharge. If you go home before this check is attended there is a baby check clinic run on a Monday in the Paediatric Outpatient Department where a paediatrician will check your baby. You may also choose to have your newborn check attended by your local doctor/GP.

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**Hearing Screening**

Your baby’s hearing will be tested before you are discharged by a trained technician. If you are unable to attend prior to going home then an appointment will be made for you to return to the hospital for this screening to be attended.

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**Birth Registration and Centrelink Forms**

You will be given your birth registration papers and Centrelink forms to sign prior to discharge. Only one set of forms is issued to each mother. These can be lodged through Medicare. These forms must be completed and lodged before you are entitled to any payments.
**Follow up care after you go home**

The Child and Family Health Nurse will make contact with you within one to two weeks following the birth of your baby. Alternatively you can call the Community intake number and make an appointment to be seen.

**Single Rooms and Partners staying overnight**

Single rooms are usually only available for women who have complex clinical needs. Partners are not routinely allowed to stay overnight under any circumstances. In circumstances where a mother might require extensive and complex care, a partner OR one support person may be granted permission to stay. This permission needs to be sought from the Unit Manager and outside of business hours must be obtained from the After Hours Hospital Manager.

**What to bring to hospital**

<table>
<thead>
<tr>
<th>For yourself</th>
<th>For baby</th>
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</thead>
<tbody>
<tr>
<td>Toiletries</td>
<td>Singlets</td>
</tr>
<tr>
<td>Nightwear</td>
<td>Booties or socks (optional)</td>
</tr>
<tr>
<td>Comfortable clothing</td>
<td>Mittens (optional)</td>
</tr>
<tr>
<td>Sanitary pads</td>
<td>Clothing to take baby home in</td>
</tr>
<tr>
<td>Breast pads</td>
<td>Bunny rugs/ muslin wraps (if desired)</td>
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*If you have chosen to formula feed your baby we recommend you bring the formula you wish to use.*

**We supply**

- Bed linen
- Towels
- Cot linen
- Bunny rugs
- Wipes
- Disposable nappies
- Cotton balls
- Cotton buds
- Bath solution for baby