

Preparing for your stay at Paraparaumu Maternity Unit



Patient Information

Women's Health Service

Congratulations on your pregnancy.

Paraparaumu Maternity Unit is a midwifery led unit located in a wing of the Kapiti Health Centre, Warrimoo St, Paraparaumu. The following link takes you to the virtual tour of Paraparaumu Maternity Unit:

<https://www.ccdhb.org.nz/our-services/find-a-midwife/ccdhub-pregnancy-services/>

We are a primary maternity facility where women can give birth or transfer to us for their postnatal care.

A primary maternity facility means that during your stay you remain under the care of your Lead Maternity Care (LMC) midwife. The unit is staffed by one sole charge, DHB employed midwife 24/7. There are no doctors based at Paraparaumu Maternity Unit. Your LMC midwife is able to call on assistance from the DHB midwife or her midwifery colleagues as required.

If you are booked by your LMC midwife to birth at the unit, it will have been ascertained that you are healthy and well; that you have no underlying health issues and that you will remain well throughout your pregnancy.

Your LMC midwife has all the skills and resources necessary to support you to birth at the unit. If at any time there is a change in you or your baby's wellbeing the midwife LMC will discuss with you and your family how best to manage these changes safely. You may need to be transferred to Wellington Regional Hospital.

During pregnancy, women who need medical or anaesthetic support in labour, are booked to labour and birth at Wellington Regional Hospital.

Your inpatient postnatal care is provided by DHB midwives in partnership with your LMC midwife and is guided by a detailed plan of care.

Birthing rooms

We have one birthing room with an ensuite bathroom facility that includes a large birthing pool. The people you choose to support you during your labour and birth are welcome. You may wish to prepare a birth plan that includes information on who will be there to support you and when.

We encourage you to bring items that will help you (e.g. music, aromatherapy oils, or special food).

When you notify your LMC midwife that labour has begun she will ring the unit to ensure that the birthing room is free. If the birthing room and the postnatal rooms are occupied she will make arrangements for you to birth elsewhere. This may be at the Kenepuru maternity unit in Porirua or at Wellington Regional Hospital.

Pain relief

Options and ways to cope with pain during labour can be discussed with your LMC midwife.

After you have had your baby

After you have had your baby you can initially expect to stay in the birthing room with your midwife for 2 - 4 hours. This gives you time to recover from the birth and get to know your baby. In these first few hours' skin-to-skin contact with your baby helps to initiate the first breastfeed. You will then be able to shower and have something to eat.

If you feel well and there are no issues with baby you can go home at this point. Alternatively, you may need to stay for further support.

Postnatal rooms

There are two postnatal rooms which share an ensuite bathroom. There is a TV that can be wheeled into the rooms to show postnatal education DVD's.

Meals

We will supply you with three meals a day at a time convenient to you. A variety of hot drinks and snacks are available to you at any time. Please feel free to bring in your own food and snacks. A microwave is available. Please tell the staff if you have any special dietary needs. We will do our best to cater for your needs.

Breastfeeding

Breastfeeding provides many benefits for you and your baby. Discuss how you can prepare for breastfeeding with your LMC midwife during your pregnancy as antenatal expressing after 36 weeks may be an option for you.

Reading materials and DVDs are available or you may wish to attend antenatal classes or support groups for helpful advice on successful breastfeeding. After the

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birth of your baby you may want to watch the breastfeeding DVDs.

The DHB midwife can answer any questions you may have and will provide breastfeeding support for you during your stay. You will get information about community breastfeeding support available to you when you leave the maternity unit.

Formula feeding

All mothers have the right to make a fully-informed choice as to how they feed their babies. Your baby will not be given formula without your informed consent.

If you choose to formula feed we will respect your choice and you will be given any support or information you need. Please discuss your feeding choices with your LMC midwife during your pregnancy and let the unit staff know on arrival.

Visiting hours

Visiting hours are 11 am– 8.30 pm.

To help prevent infection spreading, children and adults who are unwell should not visit you.

Partners are welcome to visit anytime between 7 am and 8.30 pm. Children are welcome and must be supervised at all times by an adult. Please keep them in your room and keep their visit short.

Please consider other women and families at the unit as they may need a quiet and restful space.

Car parking

Free car parking is available at the unit or in the nearby roads.

For your postnatal stay

For you

- Bring in loose fitting, comfortable clothes to wear for daytime and nightwear. We do not supply nightgowns. The clothing should be easy to open for breastfeeding.
- Suitable footwear
- Toiletries e.g. soap, shampoo, toothpaste and toothbrush.
- Sanitary pads
- Any medications and inhalers that you normally take
- Books, magazines, your own pillow (if you wish)
- Snacks or any special food items
- Frozen/refrigerated antenatal expressed breastmilk

For your baby

- Include several baby gowns or 'stretch and grow' suits, singlets, woollen hats, cardigans and booties.
- Cloth nappies are available at the unit. Bring your own disposable nappies if you wish to use them.

Security/valuables

There are no lockable facilities in the unit and staff are unable to take responsibility for any of your valuables (e.g. laptop, phones or money). Please take these with you when you leave your room or ask a relative to take any valuables home.

Going home from the unit

Planning for your return home should be discussed with your midwife LMC during your pregnancy and again, after the birth. The length of your postnatal stay will depend on your individual needs.

You can expect to stay up to 24 – 48 hours following a normal vaginal or assisted vaginal birth.

You may be transferred to Paraparaumu maternity unit for your postnatal stay after either an assisted vaginal birth or a caesarean section at Wellington Regional Hospital.

If you have a caesarean section birth, you can expect to stay at the primary birthing unit a further 2 – 3 days.

The aim is to get you "home for lunch" on your day of discharge. The planned discharge time is 11am. Remember to bring your baby's capsule (car seat).

We wish you well for your birth experience and stay at our facility. If you would like to make any suggestions or voice any concerns you have about your care please ask to speak to the Charge Midwife Manager

Contact us

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