

Preparing for your stay at Kenepuru Maternity Unit

Congratulations on your pregnancy.

Kenepuru Maternity Unit is a midwifery led unit located in the Kenepuru Community Hospital –Te Hoihipera o Kenepuru, 16 Hospital Drive, Porirua.

The following link takes you to the virtual tour of Kenepuru 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 DHB employed midwives and nurses 24/7. There are no doctors based at Kenepuru Maternity Unit. Your LMC midwife is able to call on assistance from the DHB staff 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.

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 two birthing rooms and a large birthing pool that can be used while you are in labour or birthing. 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 a birthing room is free. If the birthing rooms are occupied she will make arrangements for you to birth elsewhere. This may be at Paraparaumu maternity unit 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 both you and your baby are well you can go home at this point. Alternatively, you may need to stay for further support.

Postnatal rooms

There are six single postnatal rooms with ensuite bathroom facilities. Each room has a TV. There are free to view postnatal education DVD's available.

Meals

We will supply you with three meals a day. A variety of hot drinks and snacks are available to you at any time. Please tell the staff if you have any special dietary needs. There is also a fridge (for your own labelled food) and a microwave available.

Partners staying overnight

One person is allowed to stay overnight as a support person if agreed by DHB midwife. It is an expectation your support person will help to care for you and your baby.

We understand you want to stay in contact with family and friends during your stay so mobile phones may be used in the unit. Please respect other women staying in the unit and keep your mobile phone on silent mode.

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

[continued]

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 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 services 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 are between:

10 am – 1 pm and 3 pm – 8.30 pm. The unit is closed for a rest period between 1 – 3pm.

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 in the hospital grounds.

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

- Clothes for baby to wear – 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.

For your partner or support person:

- Money for snacks or drinks. If your support person is planning to stay overnight please bring appropriate clothing for sleeping. We are not able to provide meals for partners or support person.

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 going home is discussed with your LMC midwife 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 for a normal vaginal or assisted vaginal birth.

You can transfer to the Kenepuru Maternity unit for your postnatal stay after an assisted vaginal birth or a caesarean section.

If you have a caesarean section birth, you may be able to stay at the primary birthing unit a further 1 – 2 days.

The aim is to get you “home for lunch” on your day of discharge. The planned discharge time is **11am**.

Remember to bring in your baby’s 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 Midwife Manager.

Contact us

Kenepuru Maternity Unit

Kenepuru Community Hospital

Phone: (04) 9182001 OR

0800536400