

Preparing for your postnatal stay at Wellington Regional Hospital



Patient Information

Women's Health Service

Congratulations on your pregnancy.

Wellington Regional Hospital (WRH) provides primary, secondary and tertiary level maternity care. Midwifery and medical teams are available to support you during labour, birth and in the postnatal period. The following link takes you to the virtual tour of Wellington Regional Hospital (WRH) maternity unit:

<https://www.ccdhb.org.nz/our-services/find-a-midwife/ccdhb-pregnancy-services/> This has been updated as no longer correct (Josh has arranged)

Birthing rooms

WRH has 12 birthing rooms each with an ensuite bathroom and a large birthing bath. The people you choose to support you in labour 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 with you items that will help you during labour (eg, music, aromatherapy oils, or special food).

Pain relief

Options and ways to cope with pain during labour can be discussed with your Lead Maternity Carer (LMC).

After you have had your baby

You can expect to stay in the birthing room with your midwife for a couple of 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. Please place your baby safely in the cot if you are sleepy. If you are able to mobilise after the birth you can shower. You will also be given something to eat and drink.

If you are feeling well and there are no issues with baby you can go home. Alternatively, you may need to stay or your midwife may recommend you stay in one of our maternity facilities for further support.

Ward 4 North Maternity

Is a combined antenatal and postnatal ward with a number of single and double rooms. Women who are ill, have sick babies, or have special requirements will be given priority for single rooms. If you are allocated a single room, you may be asked to move if it is needed for someone else during your stay. We understand this

can be difficult and we only do it when absolutely necessary.

Partners staying overnight

If you are in a single room one person is allowed to stay overnight as a support person if agreed by the Charge Midwife Manager or the Associate Charge Midwife Manager. It is expected your support person will help to care for you and your baby.

We understand you will want to remain in contact with family and friends during your stay so mobile phones may be used on the ward. Please respect other women staying in the ward by keeping your mobile phone on silent mode. Wherever possible make or receive calls in the whānau room.

There is a public telephone in the Atrium on the main floor. Phone cards can be purchased at the hospital Gift shop. WiFi access is available for all inpatients.

Car parking

At the main entrance of the hospital there is an underground car park for visitors. Parking is paid when you leave; pay at the parking machines located in the lift lobby of the car park.

Visiting hours

are between 8am and 8pm.

To help prevent the spread of infection, children and adults who are unwell should not visit.

Children are welcome and must be supervised by an adult. Please keep children in your room and keep their visit short.

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

Please tell the staff if you wish to restrict visitors.

Meals

The hospital will supply you with 3 meals a day. Please inform staff if you have any special dietary needs. You are welcome to bring snacks.

There are beverage bays where you may make *yourself* a drink. Family and friends are welcome to use the cafes located in the hospital for their refreshments.

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Breastfeeding

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

Reading materials and DVDs are available, or you may wish to attend antenatal classes or support groups which provide helpful advice on successful breastfeeding.

The television in each room shows a range of educational material, including breastfeeding information; you can watch these for free on channel '82'.

Formula feeding

All parents 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 ward staff know on arrival.

For your postnatal stay

For you

- Bring 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 such as soap, shampoo, toothpaste and toothbrush
- Sanitary pads
- Any medication that you normally take, including inhalers
- Books, magazines, your own pillow (if you wish)
- Snacks and any special food items
- Frozen/refrigerated antenatal expressed breastmilk
- \$2 coins or notes are accepted by the TV hire machine, located in the Ward 4 North lobby, if you wish to watch a TV channel other than the education channel.

For baby

- Clothes – including several baby gowns or 'stretch and grow' suits, singlets, woollen hats, cardigans and booties
- Warm clothes when traveling home
- Nappies (disposable/cloth)

- Woollen blanket – not polar fleece as synthetic fleeces aren't breathable and can increase the baby's risk of overheating in their sleep.
- Car seat
- Wahakura (woven sleeping bassinets for young babies) if you are planning on using this at home for safe co-sleeping.

For your partner or support person:

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

Security/valuables

- There are no lockable facilities on the ward 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

Planning for your return home should be 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 may stay in Ward 4 North Maternity, get transferred to one of our primary maternity units (Kenepuru or Paraparaumu), or go directly home.

You can expect to stay for up to 24 hours following a vaginal birth. If you have a caesarean section birth, you can expect to be discharged on the 3rd day.

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 your stay at our facility. The Charge Midwife Manager is onsite Monday to Friday or an Associate Charge Midwife Manager is available after hours and during the weekend. If you would like to make any suggestions, compliments or voice any concerns, please ask to speak with one of them.

Contact us

Ward 4 North

Wellington Regional Hospital

Phone: (04) 8060 880 (Extension 80880)