

Visiting

- We understand that family and friends wish to visit you at this happy time.
- Partners and own children , open visiting 10am until 9pm
- Partners providing support may visit 24 hours
- Other visitors 2pm-4pm and 7pm- 8pm
- To minimise the risk of infection no children under the age of 12 other than your own will be allowed onto the ward
- To comply with fire restrictions we have to limit visitors to just 2 per bed
- Please ask your visitors not to sit or lie on your own or any other bed
- For safety reasons please ensure that your visitors including your children are always wearing shoes.

Discharge home

- Your length of stay on the postnatal ward will depend on the type of birth you have had and how you are recovering
- Your plan for discharge will be made in full consultation with you
- Babies should always travel in an appropriate car seat. It is your responsibility to ensure that the seat is properly fitted. Staff are unable to fit or adjust your car seat.

January 2013

Patient Information Team

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Contact details

Post Natal Ward, Poole Maternity

Telephone number 01202 44 2519

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 01202 448003

www.poole.nhs.uk

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Information Team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email patient.information@poole.nhs.uk.

WELCOME TO THE POSTNATAL WARD



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Security on the ward

- We would encourage you to keep your baby with you at all times
- Doors to the ward are locked and fire exits are alarmed
- All visitors are required to ring the doorbell and state who they are visiting before gaining access
- Please do not allow anyone else into the ward, this is for safety of your baby
- Please alert a member of staff if you are leaving the ward or leaving your baby unattended
- If anyone requests to take your baby for any reason, please ensure they have a hospital ID badge and that you accompany your baby

Safety

- Please use the cots to move your baby around the ward
- Transfer your baby back into the cot after a feed. Don't sleep with the baby in the bed
- Keep your curtains open at all times so that staff can observe that you and your baby remain safe and babies require natural sunlight to prevent jaundice
- Your baby will have 2 ID bands on his/her ankle put on in the Delivery Suite. On arrival to the PN ward a

security tag will have been put in place. Please inform staff if this comes off, we will take it off as you are about to go home.

- Please ensure that you unpack your essential belongings and cases/bags and car seats are returned home until day of discharge to enable us to keep the ward clean and safe.

Baby Care

- Please dress your baby in their own clothes, we cannot be responsible for the care, washing or loss of any items
- If you require help with feeding or changing your baby, please ask a member of staff
- Breast feeding is the best method of feeding your baby where at all possible. Our staff will support you with whatever method you choose
- Feeding your baby is usually on demand and bathing/changing attended to when a baby wakes prior to a feed
- A demonstration bath will take place on the ward daily at 11.15.

Meals

- All meals are served to you, if you are well enough you are welcome for

Breakfast to serve yourself, breakfast can be obtained from the ward kitchen.

- Breakfast arrives between 8am and 9am. Lunch arrives at approx. 12.15, Dinner arrives at approx. 18.15. A daily menu will be given to you to select your lunch and dinner.
- Drinks are available from the ward kitchen for Mothers only. Partners or visitors can access the vending machines located in the main entrance.

TV/Phones

- The bedside TV and phone are operated by an outside company Cards to operate them can be purchased from the yellow vending machine or you can pay by credit card via the operator.
- Unfortunately we are unable to help with problems that occur with tv/phones.

Smoking

- Poole Hospital NHS Foundation Trust operates a NO SMOKING policy. Smoking is not allowed anywhere on the premises inside or outside.