



Information about

# Having a baby at South Gippsland Hospital



## Phone Contacts

Ambulance 000

South Gippsland Hospital  
56839777

Foster Medical Centre  
56822088

Toora Medical Centre  
56862203

Australian Breastfeeding  
Association (ABA)  
Counsellor  
1800MUM2MUM

Maternal and Child Health  
24 hour help line  
132229

Maternal and Child Health  
Centre Foster  
56822241

Maternal and Child Health  
Centre Leongatha  
56620853

Maternal and Child Health  
Centre Yarram  
51820258



## Welcome

Dear Future Parents

The staff of South Gippsland Hospital would like to express our best wishes to you on the coming birth of your baby.

We are here to guide and assist you through your pregnancy and the birth of your baby and beyond.

If you have any questions or concerns, please do not hesitate to contact your doctor or the midwives at the hospital.

All the best

Midwifery Team  
South Gippsland Hospital

## What service does SGH Maternity provide?

- Clinic based antenatal care that is shared between midwives and GP obstetricians during your pregnancy
- An Antenatal Education Program
- Support and assistance during labour and birthing
- Early parenting advice such as settling the newborn, nappy changing, bathing and infant feeding
- Home visits and telephone support after discharge
- Referral service to other agencies
- Breastfeeding support

## More about our Antenatal Clinic

The Clinic operates two mornings each week at the Foster Medical Centre.

Monday – 9.00am – 12.30pm

Thursday – 9.00am -12.30pm

Appointments can be made by calling Foster Medical Centre on 5682 2088.

## Antenatal Clinic Schedule

This may alter according to your needs.

Recommended Visiting Schedule	Care Provider
12 weeks for first time mothers	Midwife—first visit is 1 hour appointment
16 weeks	Midwife
20 weeks	Doctor
24 weeks	Midwife ½ hour
28 weeks	Doctor
31 weeks	Midwife 1 hour appointment
34 weeks	Doctor
36 weeks	Doctor
37 weeks	Midwife ½ hour
38 weeks	Midwife ½ hour
39, 40 & 40+ weeks	Doctor appointment

## Antenatal Education Program

- An education session that provides a focus on labour, birth and parenting.
- The program will be a one-day workshop.
- Programs are offered in February, May, August and November. See our website for dates - [www.southgippslandhospital.org.au](http://www.southgippslandhospital.org.au).

## During your pregnancy

### Unexpected complications

Please contact the hospital on 5683 9777 immediately if you experience any of the following during your pregnancy. Please ask for the midwife on duty. They can be a sign that further investigation is required:

- Bleeding from the vagina (however small)
- Severe or persistent vomiting and/or abdominal pain
- Sudden puffiness, swelling of face, hands or feet
- Severe headache or difficulties with vision or flashes of light
- Pain or burning when passing urine
- Irritating vaginal discharge or genital sores
- Persistent low backaches, contractions, cramps, pelvic pressure, rupture of the membranes possibly indicating the onset of premature labour (before 37 weeks)

## What to bring to hospital

It is best to have your bag ready for hospital so that when the first contraction comes, you do not have to spend valuable time packing. Here is a handy list to go by:

- sleep wear/track suit (at least 2 sets)
- dressing gown
- slippers
- maternity bras (at least 2)
- breast pads
- underpants (preferably old)
- sanitary pads (regular, not deodorised)
- bike pants to provide support for pelvic area
- toiletries
- camera and batteries
- high-energy snacks
- hair dryer (optional)
- iPod/music choices
- Items that assist with relaxation, eg oils, stress balls

### **Items to pack for your baby**

Please feel free to provide your own clothes. We ask you to be responsible for the laundering of these.

- All baby clothing and nappies are supplied in hospital, however a set of clothes, including a nappy, is required on discharge.
- If you wish to use disposable nappies, please bring your own. You will need at least 8 nappies per day.
- A baby blanket for home

## When to come to hospital

You are welcome to ring the hospital and speak to a midwife 24 hours a day to discuss the progress of your labour or to have any questions answered. You should come to hospital:

- When you are having regular painful contractions, 5 – 10 minutes apart
- When your waters break or you think they have
- If you have any bleeding from the vagina

Before you leave home, if possible ring the hospital to let us know you are coming. By ringing, you may save an unnecessary trip and also allow the midwives to prepare for your arrival.

If you are already booked for a caesarean birth and experience any contractions, please ring as soon as contractions commence to talk to a midwife and then make your way to hospital.

## Accommodation for you and your baby

Our maternity unit is incorporated into our general Acute ward. Television and bedside phones are provided.

Rooming-in is best practice. This means that the baby will stay by your bedside all or most of the time. This gives you the opportunity to learn about your baby's behaviour and how to care for your baby. It also significantly decreases the risk of infection transmission.

Babies must be transported in cots at all times for safety purposes.

## Fathers sleeping over

Our policy will be shared with you during your clinic visits. Fathers are welcome to stay over (on a roll-out bed). We would ask for your consideration during busy times when this may not be feasible.

## Length of stay in hospital

This is individual and related to your health, your baby's progress and infant feeding establishment. As a rough guide: normal vaginal birth 3- 4 days and caesarean birth 5-7 days. You will be referred to visiting (clinic) midwives and the Maternal and Child Health Service on discharge. Discharge planning may also involve other service providers such as post-acute care.

## Telephone calls

You are able to receive calls on individual bedside phones. The number of your phone will be given to you on admission.

## Birth plans

A birth plan is your wish list for labour, so gather your thoughts and make your choice in preparation for the big day. It gives you the chance to think about the sort of birth you want. It prompts you, your partner, midwife or doctor to talk about the birth.

Some points for you to consider: Who do you want to be present at the birth? Your partner, a close friend, a sister or whomever you feel comfortable with.

Do you want soft lighting, music, massage or other natural remedies?

What sort of pain relief do you want, if any? Think about this carefully as your judgment can be clouded during labour.

You may wish to document your ideas or just have a clear idea in your mind. It is important to be flexible in the way you write things because some options may be taken literally. Part of your birth plan may include considering any unexpected events/changes that may arise in your labour.

## Support persons

We welcome your support team to our hospital. This is a personal choice and can vary according to what will suit you during your experience. Ensure your support person is aware of your preferences and can assist you.

## Breastfeeding

Breastfeeding is the ideal way to continue the close relationship you have formed during the pregnancy. Exclusively breastfeeding your baby for the first six months is best for your baby with the introduction of solids at this time and continuing to breastfeed for two years and beyond (World Health Organisation recommendations—[www.who.int/topics/breastfeeding](http://www.who.int/topics/breastfeeding)).

There are many advantages of breastfeeding, including:

- time saving
- nutritionally correct
- economical
- digestible
- convenient
- right temperature
- emotionally satisfying
- increased contact and bonding
- protects against illness
- Short and long term health benefits
- helps prevent allergies



Therefore, the risks of not breastfeeding are as follows:

- increased incidence of allergies
- increased incidence of gastrointestinal disturbances
- Increased incidence of heart disease later in life
- Increased risk to mother of breast and ovarian cancer

For information and evidence please see the World Health Organisation or Australian Breastfeeding Association websites.

The World Health Organisations' Ten Steps to Successful Breastfeeding (2007) are as follows. Whilst SGH is not yet Baby Friendly Hospital Initiative accredited, we strive to align with the following principles:

Every facility providing maternity services and care for newborn infants should:

1. Have a written breast-feeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Encourage skin to skin contact and help mothers initiate breastfeeding within an hour of birth.
5. Show mothers how to breastfeed and maintain lactation even if they should be separated from their infant.
6. Give newborn infants of breastfeeding mothers no food or drink other than breast milk unless medically indicated.
7. Practice rooming-in – allow mothers and infants to remain together 24 hours per day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifier dummies to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from hospital.

## Preparing for breastfeeding

You may consider the following:

- Asking your clinic midwife for information at any of your antenatal visits
- Attending antenatal education sessions
- Researching the topic at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)
- Contacting the local ABA (Australian Breastfeeding Association) member – [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## In hospital

The midwives will assist you and your baby to learn how to breastfeed. In addition to individualised care and attention, we have DVDs and written information about breast feeding to assist you.

## At home

The midwives will visit you once and then telephone to check how you are managing at home. The Maternal and Child health nurse will assist you with breastfeeding and help you as baby grows.

The Australian Breastfeeding Association has regular meetings you can attend to meet with other mothers who are breastfeeding. ABA has a 24 hour Help Line for breastfeeding queries - 1800 mum 2 mum (1800 686 268). ABA members meet regularly to discuss parenting and feeding topics. Learn more about ABA at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## Formula feeding

The midwifery unit only supplies breast milk substitute (formula) for medical emergencies. If you choose to formula feed, please bring in the type of breast milk substitute you plan to use. This will ensure that your baby can start feeding on your choice of formula as soon after birth as possible.

If you have any allergies or family history you may choose to investigate different options of formula available.

It is important you leave hospital feeling confident with this process.

You will be given 1:1 education on formula feeding in hospital by the midwife on duty. It is important to know correct technique and sterilisation principles prior to discharge.

The following equipment is required while in hospital:

- Breast milk substitute of your choice suitable for a newborn
- Bottles
- Teats
- Bottle brush
- Plastic container to hold your bottles and equipment
- Sterilisation system of your choice so you can learn the process of safe formula feeding

### Hospital visiting hours

9.00am – 12.00 noon and 2.00pm to 8.00pm. Rest period is encouraged between 12.00 noon and 2.00pm.

### More information

This booklet aims to give an overview of SGH maternity care. Please feel free to discuss any further topics or concerns with your clinic midwife.

### Your notes

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Fax: 03 5682 2178

[www.southgippslandhospital.org.au](http://www.southgippslandhospital.org.au)

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