

Information about

Having a baby at South Gippsland Hospital

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www.southgippslandhospital.com.au

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- Microwave sterilisation system of your choice so you can learn the process of safe formula feeding

Hospital visiting hours

Weekdays 9.30am to 11.30am and 5.00pm to 7.00pm.

Weekends 10:00am to 2:00pm

Subject to change due to COVID-19 restrictions. Check the SGH website for current information <https://southgippslandhospital.com.au/>

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

Phone Contacts

Ambulance 000

South Gippsland Hospital 5683 9777

Foster Medical Centre 5682 2088

Toora Medical Centre 5686 2203

Australian Breastfeeding Association (ABA) Counsellor 1800MUM2MUM

Maternal and Child Health 24 hour help line 132229

Maternal and Child Health Centre Foster 5682 2241

Maternal and Child Health Centre Leongatha 5662 0853

Maternal and Child Health Centre Yarram 5182 0258

3. Not providing any food or fluid other than breastmilk to your baby unless medically indicated
4. Keeping you and your baby together by having your baby room in with you 24 hours a day. This helps you to recognise and respond to your baby's cues that they are ready to feed.

At home

The midwives will visit you once and then telephone to check how you are managing at home. A Lactation Consultant is available if you require further assistance after this. The Maternal and Child health nurse will also assist you with breastfeeding and help you as baby grows.

The Australian Breastfeeding Association (ABA) 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

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 and teat brushes
- Plastic container to hold your bottles and equipment



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 SGH Community Health Centre

Tuesday – 9.00am – 1.00pm

Friday – 9.00am -1.00pm

Appointments can be made by calling SGH on 5683 9777.

Antenatal Clinic Schedule

This may alter according to your needs or following advice from your midwife or doctor.

Recommended Visiting Schedule.	Care Provider
14 weeks	Midwife-first visit is 1 hour appointment
17 weeks	Midwife
20 weeks	Doctor
24 weeks	Midwife
28 weeks	Doctor
30 weeks	Midwife
32 weeks	Doctor
34 weeks	Midwife—1 hour appointment
36 weeks	Doctor
37 weeks	Midwife
38, 39, 40 & 40+ weeks	Doctor appointment

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' and the United Nations Children's Fund (UNICEF) have developed guidelines on breastfeeding and its benefits

“Breastfeeding saves lives. Its benefits help keep babies healthy in their first days and last well into adulthood”

UNICEF Executive Director Henrietta H. Fore.

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
- Contacting the local ABA (Australian Breastfeeding Association) member – www.breastfeeding.asn.au
- Consultation with a lactation consultant

In hospital

The midwives will assist you and your baby to learn how to breastfeed. Some very important steps in the process are:

1. Immediate and uninterrupted skin-to-skin contact with your baby on your chest for the first hours after birth whenever possible
2. Assistance and support to initiate and maintain breastfeeding and manage common difficulties

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 as your wishes and needs may change throughout your pregnancy and labour. Your birth preferences 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. Subject to change due to COVID-19 restrictions.

Breastfeeding

Breastfeeding your baby 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).

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

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.com.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:

- Any reduction in baby's movements
- 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)

Pre-booked births

If you have a pre-planned date for birth e.g. a planned caesarean or induction of labour you may be required to come in the night before and partners or support person are welcome to stay.

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.

- Baby clothing may be available if required, however you are advised to bring your own clothing in.
- Please bring disposable nappies. You will need at least 8 nappies per day.
- A couple of baby blankets

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 it allows 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.

Partners sleeping over

Partners are more than welcome to stay over, however you may need to supply your own bedding e.g. small swag. We would ask for your consideration during busy times when this may not be feasible. A meal is available for partners who are offering support during labour.

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 2-3 days and caesarean birth 3-5 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.

Mobile phones

You are able to use your mobile phone whilst in the hospital.

Birth preferences

Birth preferences are your wishes 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.