

## VISITING HOURS & AFTER HOURS ADMISSIONS

- It is the **woman's choice** who she has with her during her labour and birth.
- We do not have set visiting hours but please respect her privacy and that of other women in the birthing unit
- In the interest of **safety and security**, there may be occasions when family/whānau are **asked to leave** the birthing room
- We have a **whānau room and a large atrium** outside the birthing unit where you are welcome to wait
- We ask that you do **not obstruct the doorways or corridor**
- We don't have any age restrictions, however please have a responsible adult to care for little ones
- Level 4 entrance is **open 24/7** with night time admission controlled by security
- You will need to use the **Intercom** to access Labour & Birthing Suite between 8pm and 6am. Please **press number 1** and wait for someone to let you in. There may be a slight delay if they are busy



## HOW LONG WILL I STAY AFTER MY BABY IS BORN?

- Most women stay **2-3 hours** after giving birth before transferring to Auckland Birthcare or a postnatal ward
- Women going straight home may stay a little longer
- Unless there is a clinical requirement, it is expected that all mums and babies will transfer to Birthcare in their own transport

## WHAT TO BRING?

- You will need to provide a car seat for baby and **know how to use it**
- Please provide warm clothes for baby. We recommend something woollen in winter as you may be discharged in the middle of the night



*We hope you enjoy your stay at ADHB Labour & Birthing Unit &*

*Obstetric High Dependency Unit.*

*We appreciate any feedback*

Tena koutou katoa | Kia orana | Talofa lava | Malo e lelei  
Fakaalofa lahi atu | Taloha Ni | Ni Sa Bula Vinaka

欢迎 | こんにちは | ارحم

Greetings and Welcome to

# Labour & Birthing Suite and Obstetric High Dependency Unit



<http://nationalwomenshealth.adhb.govt.nz/>

## WHO ARE WE?

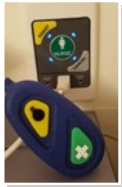
- We are one of the largest maternity units in New Zealand
- We provide both midwifery-led and specialist obstetric care
- We have an Obstetric High Dependency Unit for unwell women, and usually baby can stay here too

## BEFORE ARRIVAL

- If you think you are in labour or have any other concerns our direct phone number is **09 307 4951**
- If your LMC is a **private obstetrician** or **self-employed midwife** please **call them first** unless they have advised you otherwise
- We have 6 rooms with pools for water births. Please advise if you would like to use one and we will do our best to provide you with this room

## ON ARRIVAL

- You will be welcomed to Labour & Birthing Suite by the ward clerk who will confirm your details are current and correct (name, address, date of birth and GP)
- We now also ask for your email address for future paperless contact
- You and your whānau will be orientated to the unit



**YOU WILL LIKELY BIRTH IN THE ROOM YOU ARE ADMITTED TO**



## YOUR LABOUR PATHWAY

- You will meet the Clinical Charge Midwife co-ordinating the unit
- You will only meet the doctors if you need medical input in your care
- If you want further pain relief you might meet an Anaesthetist
- If baby needs specialised care at birth, then you will meet the Neonatal team
- Due to the complexity of the unit, there may be occasions when your care needs to be re-prioritised. We ask for your understanding if this situation arises



We are a teaching hospital with a responsibility for developing the future maternity workforce. We respect your choice if you wish to decline, however we may ask you if a midwifery or medical student can be involved in your birthing experience.

## FACILITIES & SERVICES

### Parking

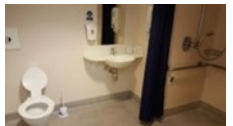


- There are two visitor car parks; both are managed independently by Wilson's parking.
- We are **not able to offer** free / reduced parking rates for labouring women or their whānau.
- There is also street parking around the hospital (pay and display).



### Refreshments

- You are very welcome to bring in your own food (our kitchen has a micro-wave)
- After baby is born, we have a **selection of sandwiches and toast** for the women
- Hot drinks are available for whānau from our kitchen but we ask that you do **not consume the sandwiches as they are for the women only.**
- We suggest **you bring in snacks** for your partner/whānau
- Food is available for purchase on level 5 until 8pm and from neighbouring establishments on Park Road
- Meals are provided for women in our High Dependency Unit



### Toilets

- All the labour rooms have an ensuite shower and toilet for the woman
- We have visitor toilets by the entrance for partners and whānau. The ensuite toilets in the room are for the patient only