

# Maternity Unit Information



*Childbirth is our passion!*

**NORTH WEST**  
PRIVATE HOSPITAL

*Childbirth is our passion!*

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**If you are in labour  
please call the Maternity Unit  
on 3246 3163 or 3353 7825**

Thank you for choosing North West Private Hospital for the birth of your baby. Please take the time to carefully read all the information in the pack provided by your Obstetrician.

**What you need to do:**

**1.** Book into the hospital by completing the form online at 15 weeks of your pregnancy.

Go to: [www.northwestprivatehospital.com.au/MATERNITY/PREADMISSION](http://www.northwestprivatehospital.com.au/MATERNITY/PREADMISSION)

**2.** And complete the following booking forms:

- Patient History – please include date of confinement, your weight & height pre-pregnancy
- Privacy Policy
- Neonatal Screening Test / Neonatal Vitamin K
- Hepatitis B Vaccination Consent Form
- Epidural Anaesthesia and pain relief during labour.

*Ensure your name, date of birth, contact phone number and doctor's name are on all of the above forms.*

**3.** After completing the above forms you must return them to the hospital in one of the following ways:

- Use the 'reply paid' envelope provided

**OR**

- post to:

**Maternity Unit  
North West Private Hospital  
137 Flockton Street  
Everton Park QLD 4053**

**OR**

**4.** In person to the Maternity reception (open 7am – 8pm Mon-Fri)

# Our maternity unit

Having a baby is a very personal experience and a very important time of your life. You need to feel confident in all your care givers and the environment you will birth in.

The Maternity Staff working within our unit are experienced and care about you and your family's needs. They are well supported by facilities that ensure you can feel confident and at ease in the Maternity environment.

Our Maternity Unit consists of Birthing Suites, Level 2 Special Care Unit, Antenatal and Postnatal beds

## Birth suites

- Spacious Birth Suites,
- Multi functional birthing beds,
- Large ensuite with spa bath and double massage shower,
- Television with Foxtel,
- Telephone,
- Many therapeutic comfort tools available e.g. birth balls, heat packs
- Kitchenette for you and your support person.

## Special Care Unit

- Level 3 facility,
- Able to provide care for neonates from 32 weeks gestation,
- Secure nursery environment,
- Modern equipment,
- Private feeding room,
- Baby bathing facility.

## Our maternity ward

The maternity unit is made up of 38 single private rooms all with ensuite.

- Partners are welcome at all times in our Maternity Unit.
- Overnight accommodation for partners is available as a recliner in the single rooms.  
Dependent on your health fund an out of pocket charge may be payable per night. Please call your health fund or our reception for confirmation.
- Visiting Hours **3pm – 8pm daily**:

Mothers undisturbed rest period is from **1pm – 3pm**. During this time phone calls or visitors will not be allowed into patient's rooms.

## Single Rooms

- An a la Carte menu is available for all patients and partners (a charge may be applicable for partners).
- Television with Foxtel
- Continuous educational movie channel
- Telephone
- A mini fridge is available in the single rooms

## Deluxe Suites

We have 6 deluxe rooms within the unit.

The Deluxe suites are designed to enhance your postnatal experience by enabling your partner to stay and be totally involved in the care of your newborn baby.

Deluxe suite Accommodation includes:

- A large room with double bed, contemporary décor and comfortable furnishings
- All meals for you and your partner from our extensive deluxe room menu created by our Executive chef
- Morning & afternoon tea
- Complimentary toiletries
- Mini bar stocked with a range of beverages on arrival
- Wireless internet & Foxtel in your room
- Current magazines / daily newspaper

Couples are able to enjoy a single night or your entire stay in the Deluxe Suite. The Deluxe package is based on a nightly rate.

Bookings for patients having an elective caesarean can be made in advance but are subject to availability. Deluxe Suites will also be available for those patients who anticipate a natural delivery and once again are subject to availability upon the birth of your baby.

Should you wish to make further enquires or make a booking please do not hesitate to contact Maternity Services at North West Private Hospital on 3353 7825.

## Your average length of stay

- 2 - 4 Days for Vaginal Birth
- 3 - 5 Days for Caesarean Section Birth
- Discharge time is 9:00 – 9:30am unless there are medical circumstances preventing this.
- Please make arrangements prior to discharge for your support person to attend the hospital when you are discharged.
- Please ensure your baby capsule/car seat has been correctly fitted and checked.

## Hospital tours

Before you have your baby with us, you may wish to tour our Maternity Unit and view our facilities. No booking is required. Please present to the main hospital reception for directions.

**Tours are available on the 2nd and 4th Saturday of every month between 11am and 1pm.**

# North West Maternity Unit staff

## Our doctors

Our Obstetricians and Paediatricians work in collaboration with all our Maternity staff to ensure that all our patients and new families receive the highest standard of care.

Our Maternity Unit has a number of Obstetricians and Paediatricians that have admitting rights to our hospital. Please contact us if you require a list of names and contact details.

## Our midwives & nursing staff

All the nursing staff that work in our Maternity Unit are highly qualified and experienced to care for you during your stay. Our nursing staff are dedicated to ensuring your first few days as a parent are supported and focused on your individual needs. They are able to assist you during the antenatal period of your pregnancy, the birth of your baby, your postnatal period and any parenting education that you may require.

# Additional services provided

## Antenatal classes

We have formulated an Antenatal Program for you and your partner that is designed to share knowledge through discussion and education. The program covers practical information and is presented by the Midwives that work in our Maternity Unit.

## Preparation for parenthood classes

Antenatal classes are available to assist you with your preparation for parenthood. They cover topics such as:

- Basic anatomy & physiology
- Stages of labour
- When to come to hospital
- Coping/relaxation strategies
- Characteristics of the newborn
- Routine practices and postnatal education
- Life with a baby
- Postnatal disorders

These classes are available over 3 weeks, on Monday, Tuesday or Thursdays evenings. They are 3 hours each session. Saturday morning and afternoon classes also available, 3 hours each session, over 3 weeks.

**Please book your classes as early as possible as positions are limited.**

**To book:** Please phone **3353 7802**.

## Lactation Consultants

All midwives working in Maternity are available at all times to assist you to establish your baby's feeding. Whichever method of feeding you choose our staff will support and encourage your choice. Should you require more specialised help, a Lactation Consultant is available Monday to Friday mornings. Should you require this service please discuss this with your Midwife.

Lactation classes are available daily Monday to Friday 9.30am - 10.30am whilst you are an inpatient. The nursing team can advise you off these classes and direct you to the education room.

## Physiotherapy

Your body will/has undergone considerable changes during pregnancy and childbirth. Your pelvic floor muscles, abdominal muscles, posture and body awareness have all been affected. The extent of these changes varies between individuals, depending on your type of delivery, the size of your baby and your physical condition prior to and during your pregnancy.

Physiotherapists with a special interest in Women's Health visit North West Private Hospital and can provide individual consultations in your hospital room. Please ask your midwife if you would like a referral to see a Physiotherapist.

## Parental responsibility for neonatal security

Health care facilities encourage the parent(s) to actively participate in the newborn and infant security program, which is best achieved through admission orientation and awareness programs. This can be achieved by:

- watching over your newborn and not leaving your child unsupervised
- being aware of the identification worn by hospital staff to identify those who have authority to handle your child.
- not surrendering your child to anyone not displaying properly verified identification
- enquiring if unfamiliar persons enter your room

## For all enquiries

Please contact the Maternity Unit during 9am - 4 pm Monday to Friday.

**Telephone number – 07 3353 7825**

# What to bring into hospital

- Your health insurance details (if applicable)
- Two packets of sanitary pads – 1 maternity/1 regular
- One packet of breastfeeding (nursing) pads
- Casual wear for day time
- Nightwear
- Dressing gown
- Slippers/comfortable shoes
- Bras (nursing bras if breastfeeding)
- Formula (if you plan to bottle feed)
- 2 packets of Nappies
- 1 container of nappy wipes
- One going home outfit for baby

You will also receive a 'Welcome Pack' which will contain samples of nappies, wipes, baby products etc after your baby is born.

## Patient Information

If you are a member of a health fund it is important prior to your admission to check with them regarding the following:

- That your level of Health Fund Cover adequately covers the cost of the procedure and accommodation outlined in the Pre-Admission Form (e.g.: in the case of post natal patient, is your new born baby covered).
- If an excess is payable for this admission

If you have been a member of your Health Fund for less than 12 months your fund may not accept liability for the costs of this admission e.g.

If your condition or any symptoms of your condition existed prior to your joining.

If there is a question regarding pre-existing symptoms your health fund has the option to obtain details in this regard from your GP or specialist.

Pharmacy and pathology, imaging and x-ray may attract an additional charge. Please note that medical and allied health practitioner's fees may be billed separately by the practitioner.



# Outpatient Fee

Due to the costs associated with the increased number of patients presenting to the Maternity Unit for assessment without requiring admission, we have had to introduce a fee to cover this service. The cost will be charged per visit which is an out of pocket expense (i.e. Not refundable from your health fund, Medicare). This fee is payable on admission at reception, and should you present after hours an account will be sent to your home. This fee will be charged for any assessment for which you are treated as an outpatient of the hospital (i.e. not admitted).

# Payment Procedure

- Private patients – the portion of your estimated hospital account not covered by your health fund, e.g. an excess, must be paid on admission. Any additional costs incurred during your stay are payable prior to discharge. E.g. Discharge Pharmacy Costs and some investigations.
- Uninsured patients – total payment (aside from any ancillary charges) must be made on admission. Your admission may be refused if payment is not complete.
- Other costs which may be incurred during your stay are payable on discharge. Please bring provision for payment of these fees on admission to hospital.

Payment can be made by cash, bank cheque, credit card

(except Diners and American Express) or eftpos (please check your daily withdrawal limit).



# Valuables

It is strongly recommended that you do not bring jewellery or large amounts of money to hospital as provision for safe custody is limited. However, if it is unavoidable, please arrange with our Reception Staff or your Nurse to have it put into safe custody. North West Private Hospital does not accept liability for any items brought into the hospital.

# No Smoking

We support a totally smoke free environment so please refrain from smoking on hospital grounds.

## Mollies Coffee Shop

### **SITUATED ON THE LOWER LEVEL TELEPHONE EXT: 197**

Come and relax in our Court Yard with a piping hot cappuccino/cup of tea or maybe a Herbal Tea to rejuvenate.

### **We Serve Light Meals**

Quiche/Shepherd's Pie Lasagna/Filo's/Crepes all served with salad if you choose. Our Menu also includes Fresh or Toasted Sandwiches/Bread Rolls/Lavish or Focaccia Bread/ Hot Dogs and Tasty Pies/ Sausage Rolls and Cornish Pasties straight from the Bakery.

Enjoy our large variety of cakes, slices & scones.

Cold Drinks/fruit juices/milkshakes,chips, chocolates, ice creams.

Fresh Flowers – Gifts – Newspapers & Magazines Now Available.

### **Trading Hours**

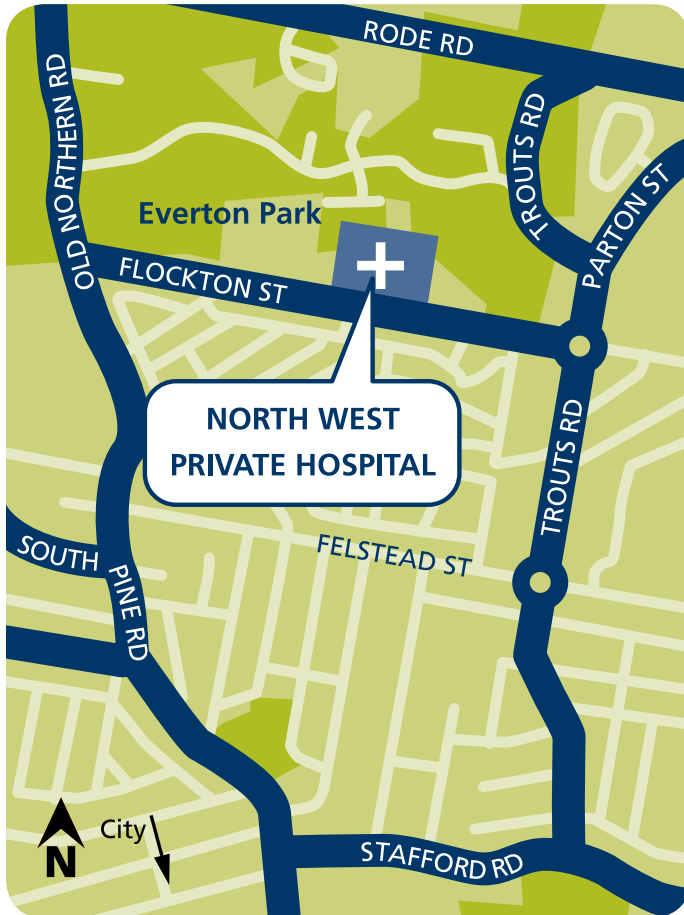
Monday - Friday: 8.30am - 6.00pm

Saturday: 10.00am - 3.00pm

Closed Sunday and Public Holidays.







**North West Private Hospital**

137 Flockton Street  
Everton Park 4053

ph: 07 3246 3133 – fax: 07 3246 3100

[www.northwestprivatehospital.com.au](http://www.northwestprivatehospital.com.au)