

# Information Sheet

## EASTERN HEALTH MATERNITY SERVICES



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 13 1450.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

### PREPARING FOR YOUR BABY'S BIRTH

We recognise that coming into hospital to have your baby is a very special time. To support you during your stay, we offer a range of services including physiotherapy, social work, dietetics, health psychology and specialist services, such as diabetes education and young women's classes, to ensure you have a positive experience at Eastern Health.

We provide the following information to assist you in preparing for your stay at Angliss or Box Hill hospitals and look forward to welcoming you and your visitors. If we can be of any further assistance, please contact the hospital where you are having your baby using the telephone numbers below:

### HOSPITAL PHONE NUMBERS

#### ANGLISS HOSPITAL MATERNITY SERVICE

**Ph: 9764 6111**

Ask for the Birth Suite to speak to a midwife about concerns related to your pregnancy or labour. Use the same number to call for maternity bookings and clinic appointments.

#### BOX HILL HOSPITAL MATERNITY SERVICE

**Ph: 9975 6300**

Call this number to speak to a midwife about concerns related to your pregnancy or labour, maternity bookings, clinic appointments and childbirth education classes.

### WHERE TO COME

#### ANGLISS HOSPITAL MATERNITY SERVICE

Talaskia Road, Upper Ferntree Gully

If you are in labour, or it is after 9pm, entry is via the Emergency Department off Albert Street. Take the lift to the Birth Suite on Level 3. A wheelchair can be arranged if required by asking at reception.

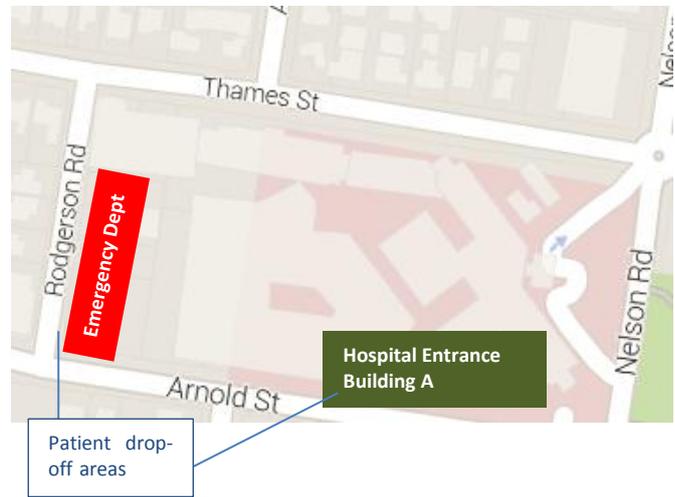
For clinical appointments, enter via the main hospital entrance, Talaskia Road. Take stairs or lift to Level 3. The main hospital entrance is open between 7am and 9pm seven days a week.



**BOX HILL HOSPITAL MATERNITY SERVICE**  
8 Arnold Street, Box Hill

If you are in labour, access to Maternity Services (Level 3) is via the Emergency Department off Rodgerson Road.

For clinical appointments and fetal monitoring, enter via the main entrance of Building A, 8 Arnold Street and take the lifts to Level 3.



**PARKING**

ANGLISS HOSPITAL MATERNITY SERVICE	BOX HILL HOSPITAL MATERNITY SERVICE
<p>Short term/emergency drop-off parking is available at the front of the hospital (off Talaskia Road) and at the front of the Emergency Department (off Albert Street).</p> <p>Paid parking is available in the public car park in Talaskia Road.</p> <p>Council parking limits apply to street parking surrounding the hospital.</p>	<p>Short term/emergency drop-off parking is available at the front of the Emergency Department (off Rodgerson Road) and a drop-off only area is available at the entrance to Building A.</p> <p>Paid parking is available in the basement car park of Building A (entry off Rodgerson Road) with lifts to Level 3.</p> <p>Metered 2-hour parking is available in the streets surrounding the hospital. These take coins or credit cards.</p>

**WHEN TO CONTACT THE HOSPITAL**

It is very important to contact your hospital and obtain advice from a midwife if you have any of the following:

- Any bleeding from the vagina
- Contractions or abdominal cramping more than three weeks before your due date (before 37 weeks gestation), as this may be premature labour
- If your baby is less active than usual
- When your waters break, or you think they may have broken. You will notice this as a sudden gush or slow trickle of fluid from the vagina
- If you have a constant headache or visual problems, such as blurred vision or spots before the eyes. This may mean that your blood pressure is too high
- Sudden or increasing swelling of hands, feet, legs or face, which can also sometimes mean your blood pressure is too high
- Severe or persistent pain
- Vomiting
- When you are in labour and having regular painful contractions (these are felt in the lower abdomen or back) and you no longer feel comfortable at home
- If you have any concerns or are worried about you or your baby.

## WHAT TO BRING TO THE BIRTH

- Please ensure you bring your Eastern Health Hand Held Maternity Record, Medicare and/or Health Insurance card.

### For you

- Comfortable day clothes to wear during labour and around the maternity unit
- Night wear
- Underwear (pants and maternity bras)
- Dressing gown
- Slippers/shoes/thongs
- Sanitary pads (maternity)
- Breast pads (washable or disposable, not plastic lined)
- Toiletries (soap, shampoo, toothbrush, toothpaste, deodorant)
- Box of tissues
- Pen
- Own pillow (Optional)
- Hot/cold pack. (Please note that wheat packs cannot be used; gel packs are preferred)
- Mobile phone/phone charger

It is helpful to have the things you will need for labour and immediately after your baby's birth easily available in your suitcase or bag. These include one comfortable night gown or long t-shirt to wear during labour, one other nightgown or pyjamas, underwear, toiletries, sanitary pads, glucose lollies, one set of baby clothes (singlet, grow suit and baby wrap).

### For your partner (Box Hill Hospital only)

We encourage partners to stay the night (if you are in a single room) to assist with caring for mother and baby. Please bring pyjamas, dressing gown, slippers, toiletries and a towel.

### For your baby

Please ensure all items are washed.

- Hat and booties
- 4 grow suits
- 4 singlets
- 2 baby wraps
- Packet of cotton balls
- Baby bath wash or baby soap
- Disposable nappies
- Clothes and nappy for baby to wear home.

### Additional Items to bring

- Camera (optional). Please note that taking videos (on any device) during the birth is not permitted.

Please do not bring valuable jewellery or large amounts of money with you. The hospital does not accept any liability in respect of loss or damage to property kept by patients.

### Feeding your baby

Our midwives will support and assist you with feeding your baby, whatever choice you make. Exclusive breast feeding is recommended by the World Health Organisation for the first six months. Should you require additional support, lactation (breastfeeding) consultants are available.

There are many benefits of breastfeeding including reduced risk of infection and allergies, and your baby is less likely to get illnesses such as asthma and diabetes. If you choose to formula feed your baby, please ensure you bring your own tin of newborn formula with you.

If you plan to formula feed only, please note the following:

ANGLISS HOSPITAL MATERNITY SERVICE	BOX HILL HOSPITAL MATERNITY SERVICE
Please bring one tin of unopened newborn baby formula	Two feeding bottles, teats, one tin of unopened, newborn baby formula
Please ensure that all items are clearly labelled	

### Your care in hospital

Specialist doctors (obstetricians, paediatricians and anaesthetists) provide a 24 hour “on call” service supported by hospital doctors. Eastern Health, as a public teaching service, supports student midwives and medical students who may also participate in your care.

### Smoking Policy

All Eastern Health facilities are tobacco-free. No smoking is permitted in hospital grounds.

### VISITING HOURS

ANGLISS HOSPITAL MATERNITY SERVICE 8am – 8pm	BOX HILL HOSPITAL MATERNITY SERVICE 8am – 8pm
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### LEAVING HOSPITAL

#### Child restraints

It is a legal requirement that babies are in an age-appropriate care seat or capsule. We strongly advise you to ensure a baby restraint is correctly fitted to the car being used before leaving hospital.

#### Midwifery home care (Domiciliary care)

After leaving hospital, one of our midwives will contact you to arrange an appointment to visit you at home to check that both you and your baby are doing well. Once our midwife discharges you and your baby from domiciliary care, ongoing care will be continued via the Maternal and Child Health Nurse closest to your home.

#### Handy hints

These following tips may assist you when you go home from hospital with your baby:

- Organise some help in the first 1-4 weeks if possible, e.g. a partner, relative or friend
- Have baby’s clothes/nappies ready for use in hospital and at home
- If you plan to bottle feed, have some sterilising equipment available at home
- Organise a safe place for baby to sleep. If you have pets, they should be in a separate room away from baby. If you or your partner smoke, it is best to smoke outside or away from baby’s sleeping space.

A range of maternity information is available from the Eastern Health website at

[www.easternhealth.org.au/services/maternity-services](http://www.easternhealth.org.au/services/maternity-services).

Other useful resources are available at

Better Health Channel

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Raising Children Network

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

SIDS and Kids

[www.sidsandkids.org/safe-sleeping/](http://www.sidsandkids.org/safe-sleeping/)

Australian Breastfeeding Association

[www.breastfeeding.asn.au/](http://www.breastfeeding.asn.au/)

#### Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site [www.easternhealth.org.au](http://www.easternhealth.org.au)

Eastern Health is accredited by the Australian Council on Healthcare Standards.

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1300 342 255

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