Welcome to the Maternal/Child Unit

Yarmouth Regional Hospital
Welcome to the Maternal/Child Unit at Yarmouth Regional Hospital

Welcome to the Maternal/Child Unit (MCU). We look forward to providing care and support for you and your baby.

What should I bring?

☐ Nova Scotia Health Card (MSI card).
☐ Prenatal record.
☐ Breast pads (12).
☐ Sanitary napkins (24), super absorbent are best.
☐ Underwear (at least 5 pairs, as we don’t have disposables available), no thongs.
☐ Nursing bras or good support bras (2), e.g. sports bra.
☐ Soap, shampoo, deodorant, toothbrush, toothpaste (all unscented), brush/comb, hairdryer, Kleenex®, lip balm.
☐ Slippers with good treads, nightgown, pyjamas, housecoat, comfortable clothes, warm socks.
☐ Plastic tub pillow (for the bathtub), extra pillows for the bed.
☐ Information on special diet instructions or food restrictions.
☐ Snacks.
☐ Small amount of money (for snacks and miscellaneous items), in change.
☐ Credit card (for telephone hookup, if needed).
☐ Any medications you are taking (if the hospital pharmacy does not have one of your medications, you will be given your own). Please give these to your family Newborn Nurse.
☐ *Loving Care* books, books, magazines.
☐ Camera, cell phone, phone numbers of people you may wish to call, watch or travel clock.
☐ Pens (2) for completing forms about the baby, paper for writing down any questions or information.
☐ Please leave valuables or extra money at home. The hospital is not responsible for lost items.
What should I bring for the baby?

- 2-3 dozen diapers (about 12-14 are used per day).
- Breastfeeding substitutes (if you are not planning to breastfeed) as they are no longer regularly provided. Single-serving bottles can be purchased at most grocery stores or drugstores.
- Diaper cream (e.g. Vaseline®, Zincofax®, Penaten®).
- Baby soap, baby shampoo (tearless), baby lotion. **Please note that baby powder is not recommended.**
- Soothers (optional) which have been sterilized at home. **Please note that soothers are not recommended for breastfed babies until breastfeeding is well established.**
- Undershirts and sleepers (at least 2), outfits to wear home (2), an outfit for photos (optional), hat.
- Receiving blankets (at least 2), heavier blanket (depending on the weather).
- Infant car seat that meets Canadian Motor Vehicle Safety Standards (it will have a sticker with a maple leaf), in an appropriate size for a newborn (please put it together before the birth of your baby).
- Car seat manual, in case you need it. Please note that staff cannot go to your car with you, so you should try putting the car seat in your car before the birth of your baby. NSHA does not rent or loan car seats. We recommend that you have a car seat technician check if your car seat is a fit for your car.
- Please note that snowsuits and bunting bags are not recommended for babies in car seats, as they don’t allow car seat straps to get snug enough. **Using snowsuits and bunting bags in car seats is not safe.**
- For more information about child car seats, visit: http://childsafetylink.ca, click on “Safety by Age +”, then under “Newborns 0-6 months” click on “Safety on the Road”.

What should my support person bring?

- Change of clothing.
- Pyjamas (if staying overnight).
- Toothbrush, toothpaste, deodorant (all unscented), brush/comb.
- Snacks, food, water or juice (you may wish to bring a cooler).
- Camera or phone (if you would like them to take pictures).
About the MCU:

- Each room has a bathroom with a tub and shower.
- Juice, milk, tea, coffee, ice, toast and crackers are available in the Nourishment Room. If you would like other beverages or snacks, feel free to bring them with you. There are vending machines on the main floor next to the Outpatient Department. The cafeteria is in the basement.
- Dial for Dining is available for inpatients from 7 a.m.-6 p.m. Choose from the Dial for Dining menu, dial 844 to place your order, and your food will arrive in 40 minutes.
- There is a phone at each bedside. You must pay if you want to have it connected. Instructions are on the phone.
- There is a payphone near the Nurses’ Station.
- Television rental is available. You must pay if you want to have it connected. Instructions are posted in the room.
- A newspaper salesperson comes each morning, from Monday to Friday.
- There is a Gift Shop on the main floor. It is open:
  - Monday to Friday: 9 a.m.-8:30 p.m.
  - Saturday: 11 a.m.-4 p.m.
  - Sunday: 1-4 p.m.

Visitors

- Visiting hours are from 11 a.m.-8 p.m., with a rest period from 2-4 p.m.
- You may have 2 support people stay with you during your labour. To respect the privacy of others, we recommend that the support person(s) stays in your room with you.
- Visitors are not allowed in Labour and Delivery. All visitors other than your support person(s) may stay in the Patient Lounge on the MCU until you and your baby are ready for visitors.

Smoking

- Smoking and vaping are not allowed anywhere in the hospital or on the hospital grounds.
Day of delivery

- If your baby is well after delivery, they will stay with you.
- About 1-2 hours after delivery, you and your baby will be taken to your room and a nurse will be assigned to care for you both. You will not be expected to assume total responsibility for your baby until you feel comfortable enough to do so. The nurse will help you as needed.
- We encourage a support person to stay with you after delivery. This is a good time for them to get familiar with the baby. A cot will be provided if you wish to have someone stay with you.
- Skin-to-skin contact is very important for you and your baby. It helps to form a close relationship as soon as possible after delivery. Through extended contact, you will get to know your baby’s sleeping and feeding patterns.
- You will bathe and care for your baby with support from your nurse.
- You will be given a paper to keep track of your baby’s feedings.
- If your baby’s condition is not stable, they will be cared for in the special care nursery.
- After delivery, the nurse will check your blood pressure, pulse, flow, abdomen (stomach area) and stitches (if any) often. They will make sure that you are not having any complications. These checks will be done less often during the rest of your hospital stay.

Taking care of baby

- Your baby will have a self-contained bassinet at your bedside. Be sure to talk with your nurse about your baby’s care. Your nurse will teach you how to bathe your baby.
- Your baby will be checked often for the first 24 hours. After that, if all is well, they will be checked twice a day and weighed every morning.
- On the second day, your baby will have routine blood tests and a hearing test done before discharge. These tests are done on all babies born at the Yarmouth Regional Hospital. Parents are encouraged to hold the baby with skin-to-skin contact for any procedures that may cause discomfort.
- To protect your baby, always wash your hands or use hand sanitizer before holding the baby. Encourage all visitors to do the same.
Taking care of mom

• Your doctor will order medications for you. You will be given these medications and told how and when to take them.

• It is important to clean your bottom whenever you change your pad or go to the bathroom. Your nurse will show you how to do this the first time you go to the bathroom.

• Be sure a nurse is with you when you get up the first time as you may feel weak.

• You are encouraged to use a sitz bath 2-3 times a day, especially if you have stitches. If you had a C-section, you will usually be able to shower on the second day.

Keeping baby safe

• The safety of your baby is very important while you are on the MCU. Shortly after delivery, you and your baby will be identified with matching armbands. During your hospital stay, the armbands will ensure correct identification of your baby. Please do not remove the armbands until you have left the hospital, as this is the only way to identify the mother and baby pair.

• All hospital staff are required to wear photo ID. Do not give your baby to anyone who is not wearing a hospital ID badge.

• Do not leave your baby unattended (alone) in your room. If you are leaving your room for an extended period of time and are not taking your baby with you, please ask your family or visitors to watch the baby. If a visitor or your nurse is not available, it may be possible for your baby to be watched at the Nurses’ Station.

Discharge

• It is possible you may be discharged from the hospital before your baby is ready to go home. You will stay with your baby even though you will no longer be considered a patient. Your meals will be provided and you will still receive help with your baby’s care.

• The nurses will no longer be taking your vital signs or giving you medications. You may still feel the need to take a mild pain reliever, such as Tylenol® or Advil®, for postpartum discomfort. Consider bringing this medication with you to the hospital, or ask a family member to bring it, if needed.
Paperwork

- Before the baby is born, you will get a booklet called *First Comes Baby Then Comes Paperwork*. This booklet explains how to register your baby’s birth at the registration kiosk behind the Nurses’ Station. You must do this before you go home.

- If you would like to have your baby’s birth announced in the newspaper, complete the *Release of Birth Information* form and hand it in before you leave the hospital.

- The Read to Me! program gives a free bag of books and literacy resources to every baby born in Nova Scotia. If you do not get them while you are in the hospital, they will be mailed to you.

- Healthy Beginnings: Enhanced Home Visiting is a public health program available to all new parents in Nova Scotia. It supports families by offering home visiting and identifying community programs and services that may be helpful. With your consent, a nurse will interview you while you are still in the hospital. Your public health nurse will use this information to help you determine any supports you may be interested in. The information you give is confidential and will not be shared without your written consent.

- If you have any comments about your care while in hospital, please contact our Patient Relations team:
  - www.nshealth.ca/contact-us/patient-feedback
  - Toll-free: 1-844-884-4177

For more support for new parents, visit www.nshealth.ca/newparentsupport
What are your questions? Please ask. We are here to help you.

In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24/7.

Looking for more health information?
Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!

Nova Scotia Health Authority
www.nshealth.ca

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