

Family Newborn Unit

Admission and Discharge Expectations

Cape Breton Regional Hospital

- After your baby is born, you will be taken to the Family Newborn Unit (FNU).
- While in the FNU, you will be cared for using a Family-Centered Care approach. This means you, your partner and/or support persons, are an important part of your health care team.
- We are here to support you and your support persons with newborn and postpartum (after birth) care.
 - › If you have any questions at any time, please ask. We are here to help!

Registering your baby

- After you are moved to the FNU, you or your support person can register your baby's birth. Please start this registration as soon as possible.
- The ward clerk is available to help with registration from 8 a.m. to 4 p.m. on weekdays.

Caring for your newborn

- While in the FNU, you or a support person must stay with your baby **at all times**.
- You and your support persons are expected to:
 - › Change your baby's diapers
 - › Feed your baby every 2 to 3 hours
- You will have a cot for your baby in your room. For your baby's safety:
 - › Your baby **must** sleep alone in the cot. This is part of our Safe Sleep Policy.
 - › When you are out of your room, move your baby with them in their cot. **Do not** carry them in your arms the hallways. After giving birth, you are at a higher risk of falling in the hospital, even if you feel steady on your feet.

What is available on the unit

- To help with your recovery and newborn care, the FNU supplies:
 - › 2 pairs of mesh underwear that can be washed and re-used
 - › 1 peri-bottle (plastic squirt bottle)
 - › 4 disposable peri-pads (pads to collect discharge after giving birth)
 - › 1 sitz pan (plastic container that fits on top of a regular toilet seat)
 - › 4 baby diapers
 - › Disposable wipes
- Your nurse will explain how to use these items, if needed.
- **Note:** These supplies are limited.
- Please bring any other personal items you would like to help you feel more comfortable during your stay.

What to expect on the unit

Your support person

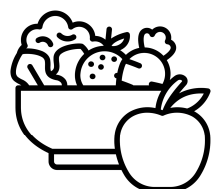
- Your support person is expected to:
 - › Be fully dressed (like a top and pants, shorts, or a skirt, or a dress)
 - › Help you as needed
 - › Be responsible for any other children in your room
- Your support person must leave if they are sick.
- We **do not** provide medications for support persons.
- We will offer your support person a cot if there are any available.

Children

- Children must **always** be supervised by an adult.
- If children stay overnight in the FNU, your support person must care for them.

Kitchenette

- There is a kitchenette on the unit with a fridge where you can make food and get water.
- Bread, juice, water, tea, and coffee are provided.
- Please label any food you bring in.
- **Do not** store food in the kitchenette for visitors or support people.



- Please take home anything you have stored in the kitchenette when you go home.
- Hot plates **are not** allowed in patient rooms.

Smoking

- Smoking and vaping **are not** allowed in the hospital or anywhere on the hospital grounds. Nova Scotia Health is smoke free.



Safety

- The unit is locked for safety.
 - › Please **do not** let people you do not know onto the unit.
- **Do not** wander in the hallways or in empty rooms.
- If you need help, use your call bell to call a nurse.
 - › **Do not** go behind the nursing desk.
- Nurses cannot keep your baby at the nursing desk for long periods of time.
- Bring your car seat to the FNU as soon as possible. Review the instructions to learn how to use it safely. For more information about car seats, visit:
 - › <https://childsafetylink.ca/car-seat-safety>

When is discharge?

- Discharge time is 11 a.m. This may change.

If you have any questions or need help, please ask a member of your health care team.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
 Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Labour and Delivery Unit, Cape Breton Regional Hospital
Designed and Managed by: Library Services