



Patient & Family Guide
2018

Welcome to the Maternal/Child Unit

Aberdeen Regional Hospital



www.nshealth.ca

Welcome to the Maternal/Child Unit at Aberdeen 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).
- Breast/nursing pads (12), nipple cream.
- Pads (24), super absorbent are best.
- Lots of underwear.
- Nursing bras or good support bras (2), e.g. sports bra.
- Breastfeeding pillow.
- Soap, shampoo, deodorant, toothbrush, toothpaste, lotion (all unscented), brush/comb, Kleenex®, lip balm.
- Slippers with good treads, nightgown, pyjamas, housecoat, comfortable clothes for breastfeeding (e.g. button-up shirts), warm socks.

- Any medications you are taking (if the hospital pharmacy does not have one of your medications, your own will be given to you).
- Snacks.
- Information on special diet instructions or food restrictions.
- Small amount of money (for snacks and miscellaneous items).
- 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.



What should I bring for the baby?

- 1 pack of (20) diapers and wipes of your choice.
- We have a breastfeeding substitute for medical use, if needed.
- Diaper cream (e.g. Vaseline[®], Zincofax[®], Penaten[®]). **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, baby sleepers, an outfit to wear home.
- 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). Visit Kids First for assistance: www.kids1st.ca

- 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.**
- If your informed choice is not to breastfeed, bring the breastfeeding substitute you plan to use. If you have questions, we can help.
- Please leave valuables and extra money at home. The hospital is not responsible for lost items.

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 (they 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 ground floor next to the cafeteria.
- There is a telephone at each bedside. You must pay if you want to have it connected for outgoing calls. Instructions are at the bedside.
- There is a payphone near the elevator.
- Television is free for patients on the Maternal/Child Unit.

- There is a Gift Shop on the main floor. It is open:
 - › Monday to Friday: 10 a.m.-4 p.m.
 - › Saturday and Sunday: noon-6 p.m.
- We support family-centered care around the clock. Rooming in by mom and one support person is encouraged to promote family bonding.
- NSHA is smoke-free and scent-free. Smoking and vaping are not allowed anywhere in or on the hospital grounds.
- You are welcome to use the sunroom and garden at your own risk. Children must be accompanied by an adult. Smoking and vaping are not allowed on the deck.

Visitors

- Visiting hours are from 8 a.m.-8 p.m., with a rest period from 1:30-3 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 waiting room on the MCU until you and your baby are ready for visitors.

Day of delivery

- About 2 hours after delivery, you and your baby will be taken to your room. 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.
- Your nurse will support you with feeding and caring for your baby.
- You will bathe and care for your baby with support from your nurse.
- You will be given a form to keep track of your baby's feedings.
- 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, they will be checked twice a day and weighed every evening.
- 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 Aberdeen 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

- Be sure a nurse is with you when you get up for the first time to go to the bathroom as you may feel weak or unsteady.
- Whenever you change your pad or go to the bathroom, it is important to rinse the area with water (peri bottle) to keep yourself clean. You are encouraged to use a sitz pan 2-3 times a day, especially if you have stitches. Your nurse will show you how to do this the first time you go to the bathroom.
- If you have had a cesarean section (c-section), you will usually be able to shower on the second day.

What are your questions?

Please ask. We are here to help you.

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.
- We encourage and support keeping mothers and babies together.
- 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 your visitors to watch the baby.
- To prevent a fall while walking, please place your baby in a cot.

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.
- 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.

**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.**

Paperwork

- Before the baby is born, you will get a booklet called *Register Your Baby*. This booklet explains how to register your baby's birth at the registration kiosk. **This must be done before you go home.**
- Visit Welcome to Parenting: The Journey from Pregnancy to Parenthood at:
 - › <https://novascotia.welcometoparenting.com>
- The Read to Me! program gives a free bag of books and literacy resources to every baby born in Nova Scotia.
- Healthy Beginnings: Enhanced Home Visiting is a public health program available to all parents in Nova Scotia. It supports families by offering home visiting and identifying community programs and services that may be helpful.
- For information about child safety seats, or for help installing your car seat, contact one of the organizations below:
 - › Pictou County Kids First Family Resource Centre: 902-755-5437
 - › Child Safety Link: www.childsafetylink.ca
 - › Pictou County Babies to Boosters: pcbabiestoboosters@hotmail.com

- During your prenatal registration visit, you will get a series of books for your birth experience, as well as an information packet about your hospital experience.
- After you go home, you and your baby are welcome to visit the Post Baby Clinic for followup and support.
- There are patient feedback information cards in patient waiting areas. Please feel free to give feedback by using the toll-free phone number or by email.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

Notes:

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!*
www.nshealth.ca

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