

**Kia Ora and welcome** to the Jean Todd Maternity Unit. We are a team of health professionals who specialise in maternity care.

We provide quality care, information and support to you and your baby, and to your partner and family.

**Lead Maternity Carer (LMC)  
Nga Maia Tuatahi**

In New Zealand every pregnant woman can choose either a midwife, GP or obstetrician to take the lead role in her care. More than one health professional can ‘share care’, but only one health professional can be the Lead Maternity Carer, or LMC. In South Canterbury, an LMC can be either an obstetrician or an independent midwife.

**The Role of the Maternity Unit**

At Jean Todd Maternity Unit we provide both primary and secondary care to women using our services.

**Primary care** is when the pregnancy and birth remains completely normal and care can be provided by midwives, general practitioners and obstetricians.

**Secondary care** is when complications have arisen and care is provided under the direction of an obstetrician.

**Who Pays for Maternity Care?**

Maternity care is free for New Zealand citizens, permanent residents, women with a two-year work permit, and in some other cases. If you have questions about who pays for your maternity care, please talk to your general practitioner or midwife. Eligibility information is also available on the Ministry of Health website [www.moh.govt.nz](http://www.moh.govt.nz)

**When to Phone the Hospital**

**Te wa ka waea atu ki te hohipera**

It is important to ring your midwife or the Maternity Unit on 03 687 2145 at any time during your pregnancy if:

- You have any vaginal bleeding
- You notice a decrease in your baby’s movements
- Your waters break
- Contractions become regular at an interval of 10 minutes or less
- Contractions become painful

If you are worried at any time, or if you can’t contact your own midwife, there is a midwife available 24 hours at the above number.

Phone 03 687 2140 to make appointments at Antenatal Clinic, Pregnancy and Parenting Education (PPE), and our monthly afternoon breastfeeding class.

You will be shown around the Jean Todd Maternity Unit during your Pregnancy and Parenting course.

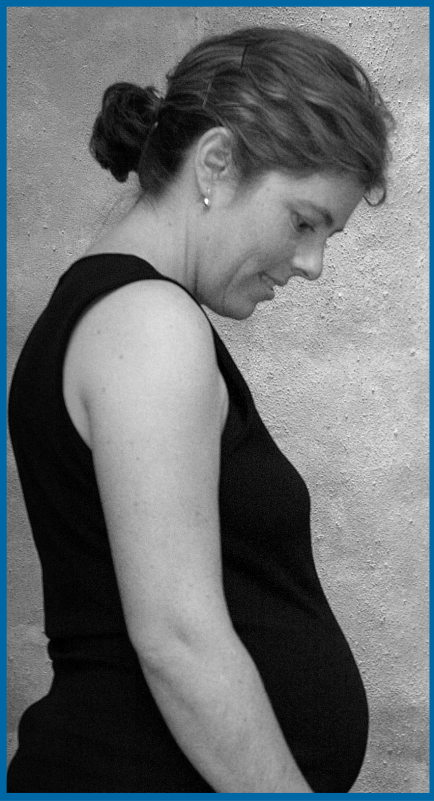
Quick access to the delivery suite is available from the carpark on the corner of Queen St and High St. The maternity emergency parking spaces in this carpark are for use while in labour or in an emergency, not for general visiting.

Most new mums choose to breastfeed their babies, but if you plan to formula feed you will need to bring your formula and equipment with you. The staff will show you how to prepare feeds.

**What to Bring to Hospital**

**Nga mea ka mauria mai ki te hohipera**

- Sleepwear/dressing gown/slippers
- Daytime clothing
- Toiletries/ sanitary pads
- Books/magazines/small change/ a pen
- Plastic bag for dirty washing.
- Baby clothes and nappies are provided while in hospital
- ‘Take home’ clothes for baby – a singlet, gown/ stretch’n’grow, nappies, cardigan, hat, booties and wrap. Clothing made of natural fibres such as wool and cotton are best, as newborns can get very cold and wool stays warm even when wet.



**Support People**

**Kaitautoko/Kaiatawhai**

Give some thought to who you want to support you while you are in labour. The size of our birth rooms limits the number of people who can safely attend the labour and birth. The Whanau/Family Room on Level 3 of Timaru Hospital is available for family use.

During the day, support people can buy meals from the cafeteria and there is a vending machine for snacks in the foyer.

**Vitamin K**

**Huaora K**

Vitamin K is given to newborns to prevent a disease called Haemorrhagic (bleeding) Disease of the Newborn (HDN).

It is recommended that all babies have a Vitamin K injection at birth, as this gives more protection against HDN than Vitamin K taken by mouth. Past suggestions of a link between Vitamin K and cancer have been disproved by a number of international studies. Some babies have a higher risk of HDN, but there is no way to predict which babies will have a severe bleed. If you have any questions, ask your midwife or doctor.

**Visitors  
Manukiri**  
You can be very tired after giving birth and will appreciate rest periods. You will also appreciate having time to learn to care for your baby. Please be sure your friends and relatives are aware of the visiting hours:

- Visiting for partners is 7.30am to 9.30pm.
- All other visitors from 1.30pm to 7.00pm.

**Postnatal Ward**

**Whare Kohanga**

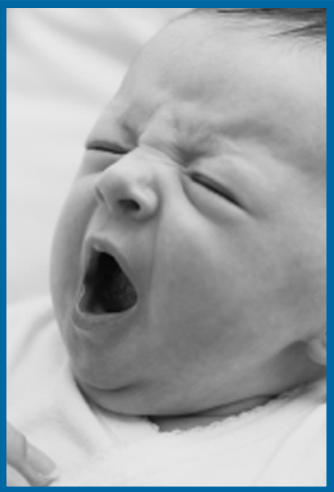
Following the birth of your baby, you may choose to go straight home from the birth room, or to stay in the postnatal ward.

Your baby will remain in your room with you. There are no facilities for husbands/partners to stay overnight in the postnatal ward, but if you give birth during the late evening or night your partner may rest in your room with you before driving home.

At times when the maternity unit is full we need to consider our options to free up space for mothers arriving to give birth. For example, mothers and babies may be transferred to a bed in the Children’s Ward, or they might be discharged early if it is medically safe to do so.

**Newborn Hearing Screening**

All newborns are offered hearing testing while in hospital, or as an outpatient. Testing is painless and free of charge. You will find more information about this in your information pack.



## Meals

### Kai/ Kainga

Breakfast is a self-serve meal from the unit kitchen to allow you to sleep late if you have been awake in the night with your baby. Help yourself to hot drinks or make a toasted sandwich at any time. Lunch and dinner are brought to your room. Visitors may serve themselves a free hot drink from the reception area.

## Telephone

### Waea

A portable phone is available for you to make and receive calls. The number is 03 687 2262. You may also use your mobile phone in the ward unless medical equipment is in use. Mobile phone signals can interfere with sensitive medical equipment.

## Newborn Car Seats

### Nohoanga waka mo nga pepi hou

It is a legal requirement that babies travel in a car seat. Phone the Plunket Car Seat Rental Scheme on 03 684 4459 to hire a car seat, or to have one checked and fitted. Remember, car seats have an expiry date. They are not available from the Maternity Unit and maternity staff are not trained to fit them.

## Smoking

### Noho auahi kore

Timaru Hospital buildings and grounds are smokefree. Free help to quit smoking is available by contacting our smokefree team on 03 687 2335 or 0274 633 427. If you need patches or gum we can prescribe them for you.

## Unwell Babies

### Nga pepi mauiui

Timaru Hospital has a neonatal unit located in the Children's Ward. A very small or sick baby might need to spend some time there, or may even need to be transferred to a bigger hospital. Whenever possible, babies are cared for in their mother's room, but if mother and baby are temporarily separated, they will be reunited as soon as possible.

## Expected Length of Stay

### He turu waka mo nga pepi

Most women go home within 48 hours of a normal birth, or four to five days after a caesarean section. If you or your baby are unwell you may need to stay longer. We encourage you to leave the ward by 11am on the day you go home.

During your pregnancy, think about who can support you when you come home and discuss with them how they can help.

Your midwife will visit you within 24 hours of discharge and, as required, for five or six weeks after birth, before referring your baby to the Well Child Provider of your choice. You will also have a six-week follow-up check with your general practitioner, obstetrician or LMC midwife.

## Care of Placentas

### Tiaki whenua

If you wish to keep your placenta/whenua it will be packaged to be taken home as soon as possible after you have given birth.

## Breastfeeding

### Wai u / Whangai u

Breastfeeding support is available for as long as you need it. Midwives are very skilled at helping you establish breastfeeding. Our Breastfeeding Advisors are available from Monday to Friday on 0274 910 865. They can provide further support, both in the maternity unit and once you get home.

We practice the 10 steps to successful breastfeeding which encourage 'skin to skin' contact with your baby at birth, and keeping baby in your room during your stay. Our Breastfeeding Policy is on display. You will also be given information about community-based support for breastfeeding.



## Feedback, Compliments and Complaints

### Urupare \_ whakamihi me amuamu

We hope you are happy with your care and we encourage feedback. Compliments, complaints and concerns are welcome through our suggestion box .

You can also make contact with the Health and Disability Commissioner's patient advocate on 03 687 2291.

We routinely survey a percentage of women who have used our service and value the feedback we receive in this way.

If you have any questions or concerns regarding any information in this brochure, please contact your Lead Maternity Carer, or the Clinical Midwife Manager on ph 03 687 2100 ext 8886.

## Helpful Phone Numbers

Timaru Hospital Maternity Unit 03 687 2145  
Appointments 03 687 2140  
Breastfeeding Advisors 0274 910 865

Last reviewed: May, 2011



Jean Todd Maternity Unit  
TIMARU HOSPITAL

# Giving Birth at Timaru Hospital

