

# Maternity services



# Maternity Services

Having a baby is one of the most important events for a family. At Waverley Private Hospital, we provide exceptional service and a flexible approach to family-centred care. Every mother and baby is special to us, and our dedicated team of midwives, nurses, birthing and parenting educators, lactation consultants and neonatal staff look forward to attending to your needs and helping you develop the skills and confidence required to care for your baby. An experienced team of obstetricians, paediatricians and anaesthetists work together with our team to help deliver the most positive birthing experience possible.



## Tours

Our maternity staff are pleased to provide tours of the maternity unit, and can provide you with important information about the services and programs offered at Waverley Private Hospital. Please phone the Maternity Unit to arrange a suitable time.

We also organise regular Pre-Pregnancy sessions during the year, that include educational presentations from an obstetrician and midwife, and incorporate a tour of our maternity unit.

**For unit tours/ Pre Pregnancy session enquiries, call the Maternity Unit (03) 9881 7760 or visit [www.waverleyprivate.com.au](http://www.waverleyprivate.com.au)**

## Bookings

Tentative bookings are made by your obstetrician's rooms. The information we require includes the expected due date of your baby, name of your chosen obstetrician and your contact details.

Once this booking is made, we will send out a registration pack with forms to complete. Bookings will only be confirmed when the hospital receives this completed paperwork from you. Bookings fill very quickly, so we encourage you to book as early as possible to avoid disappointment.

Following confirmation of your booking upon receipt of the original paperwork, please contact the hospital to arrange an interview with our Antenatal Co-ordinator. Antenatal classes can also be booked at this time.

**For Maternity and Antenatal Interview/Classes Bookings, please call the Maternity Unit (03) 9881 7760. The Waverley Private Hospital Maternity Registration form and further information can be found on our website at [www.waverleyprivate.com.au](http://www.waverleyprivate.com.au).**

## Antenatal Classes

Waverley Private Hospital offers an extensive range of antenatal classes to prepare you and your partner for childbirth and parenting. These programs aim to provide families with an informed and integrated approach and are conducted by midwife childbirth educators and other health care professionals.

### Classes include:

- Antenatal classes (first time mums) – covering labour, delivery, breast feeding and the transition from hospital to home with baby.
- Refresher antenatal classes (experienced mums)
- Grandparent classes

# The Ultimate Maternity Experience

## Deluxe Maternity Suites

A stunning refurbishment of our maternity unit, including extensive upgrades to all of our maternity rooms, birthing suites and special care nursery was completed in mid 2009. Our deluxe maternity suites have been redesigned to create surroundings for families that combine the ultimate in comfort and privacy, with the compassionate care we are renowned for. All of our maternity suites are private and feature:

- Luxurious modern ensuites
- New furnishings, including custom designed feeding chairs and seating.
- Modern flat screen TV
- Contemporary decor
- Baby bath
- Mini refrigerators
- Direct dial telephone

We encourage the practice of "rooming in" as it is important to get to know your baby. If you are finding you require additional support and rest, our nursery is staffed 24 hrs a day.

Partners are very welcome to participate in all aspects of the birthing experience and we encourage partners to stay overnight during the postnatal period.



## Birthing Suites

Waverley Private Hospital has 3 well appointed Birth Suites with ensuite facilities, and access to a deep bath.

Each birthing suite is equipped with all the essential safety equipment that may be required during delivery. The equipment blends discreetly with the homelike décor of the suites, creating an environment that is both comfortable and safe.

Your support people are welcome to be present during labour and birth.

## 24hr Care

**In the event that an emergency caesarean section delivery is required, our theatres are supported by an after hours anaesthetic roster and access to paediatric cover. Our caring and experienced nursing staff are also dedicated to meeting the medical needs of you and your baby at any time of the day and night.**

## Special Care Nursery

Our onsite Level II nursery is equipped with the latest technology to provide special care for ill babies and premature babies from 33 weeks old. Our specially trained neo-natal nursing staff work together with our accredited paediatricians to provide care and support should your baby require admission.



## Meals

Our Catering Services Department takes pride in the delicious and nutritious meals that we prepare and serve, including the choice of a hot breakfast.

Upon request, we offer you the choice of wine or beer to accompany your meals. Specialised dietary requirements are catered for, and a dietician is available if needed to provide dietary advice.

Additional meals for partners can be ordered from our onsite catering department, at a small additional cost.

A Hudsons café is located inside the main entrance to the hospital, offering light meals, coffee and refreshments.

## Feeding Baby

The benefits of breast feeding are well documented, and we encourage and provide expert guidance if you choose to breastfeed your baby.

Our midwives are happy to assist and support you, whatever method of feeding you choose.

## Postnatal Programs & Services

Our postnatal programs are specifically designed to enhance the postnatal experience for families, focussing on developing the key skills required for a successful transition from hospital to home with a new baby.



A comprehensive post natal education program is conducted during your stay with us. It covers the important topics such as feeding your baby, parenting skills, coping at home, baby safety and accessing community resources.

Experienced and caring midwives and nursing staff are available 24 hours a day to provide you with individualised, around the clock postnatal care, whether it be to assist with feeding or settling your baby, or offering general parenting advice.

To assist you during your post-partum recovery, physiotherapy sessions are held twice weekly in the maternity unit.

## Lactation Clinic

A day Lactation Clinic is conducted weekly and is available to provide a consultation for mothers and their babies up to 12 weeks of age. Our highly skilled and supportive lactation consultants will provide you with further information, advice and reassurance or will link you to other support services if necessary.

## Taking Baby Home

Upon your discharge, the vehicle your baby travels home in must be fitted with a currently approved Australian Standards newborn restraint/capsule. This is a requirement by Victorian law.

For your baby's safety, we recommend the restraint is checked/ fitted at a qualified RTA fitting station.



# What to bring to hospital

## For mother

- Sleepwear (4 night dresses with front opening or pyjamas)
- Leisure wear for day (e.g. tracksuit)
- Underwear (6)
- Nursing bra (3)
- Light dressing gown and slippers
- Toiletries (soap, shampoo, toothpaste, toothbrush, hairbrush, etc.)
- 2 packets of nursing pads – if breast feeding
- 4 packets of sanitary napkins – maternity

## For baby

- Night gowns or jumpsuits (6)
- Singlets (6)
- Bunny rugs (6)
- Small cot blanket
- 2 pairs booties, 1 hat
- Baby wipes (unscented)
- Dummy - cherry shape i.e. "Happy Baby", NOT orthodontic (optional)

## For administration

- Blood group card
- Health insurance details
- Medicare card
- Current medication
- Patient Pregnancy Record (from your obstetrician visits)

## For partner

- Night attire if staying overnight

## The hospital will provide

- 1 packet Huggies Newborn nappies
- Baby Care Pack

## Valuables

Waverley Private Hospital cannot accept responsibility for loss or damage to any valuables retained in your care. This includes cameras, video cameras, jewellery, cash, credit cards, cheque books. We recommend that, where possible, you consider leaving items of value at home.

## Visitors

To ensure that our new mothers and babies receive adequate rest, we ask all visitors to respect our maternity visiting hours. Maternity visiting hours are 3.30pm - 5.00pm and 6.30pm - 8.00pm daily.

We ask that all visitors respect the mother rest period between 1.30-3.30pm. Visitors and telephone calls are restricted during this time.

## Administration

It is very important that you approach your admission to hospital well informed of the financial consequences. Please read the following information and contact the hospital if you have any concerns or queries.

**Privately Insured Patients** - should confirm with your health fund prior to admission the following:

- Does my policy cover me for this procedure?
- Do I have an "excess" payment on my insurance policy?
- Are there any co-payments required for each night I will be in hospital?
- Does my policy exclude some treatments, for example cardiac, orthopaedic or rehabilitation?
- Are any prosthetic or disposable items used in the surgery not covered by my insurance?

Please note that if you have been a member of your health fund for less than 12 months your fund may not accept liability for the costs of this admission, eg if your condition or any symptoms of your condition existed prior to you joining your health fund. Any excess will be required to be paid on admission.

**Uninsured Patients** – total payment (aside from any ancillary charges) must be made on admission. Please contact the hospital prior to admission for an estimate of fees and charges. As it is an estimate only, in the event of unforeseen complications or variations from the proposed treatment the cost may vary.

**Overseas Patients** – If you are insured with an overseas company, you will be asked to pay the estimated cost on admission. Please contact the hospital prior to admission for an estimate of fees and charges. As it is an estimate only, in the event of unforeseen complications or variations from the proposed treatment the cost may vary.

## What costs could I incur that will not be covered by my health fund?

- Pharmacy (medicines required during your admission and discharge medications)
- Pathology (eg blood tests)
- Imaging or x-ray
- Medical and allied health practitioner's fees may be billed separately by the practitioner. Please discuss these with your doctor before your admission. You may receive separate accounts for:
  - Surgeon
  - Anaesthetist
  - Assisting Surgeon
  - Other consultants
- Emergency Centre attendance (if you received treatment in the Emergency Centre prior to your admission a separate account will be rendered for these services)
- The following incidental items are not covered by your health fund and are usually payable on admission or discharge from the hospital:
  - STD telephone calls;
  - Foxtel TV
  - Internet access whilst in hospital

## How do I pay?

For your convenience, payment may be made by cash, EFTPOS (limited to \$1500), MasterCard or Visa. Please note that we do not accept personal cheques.

**If you have any further questions, please call the hospital's patient accounts office on 9881 7708.**

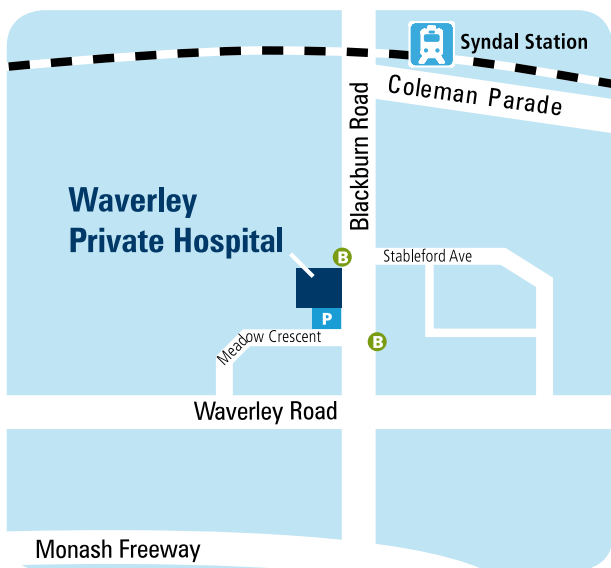
## About Waverley Private Hospital

Waverley Private Hospital has proudly provided for the healthcare needs of the local community since 1972, and is well known for the provision of first class medical, surgical, maternity and cancer care.

**The hospital offers a comprehensive range of services including:**

- Breast Surgery
- Day Chemotherapy
- Dermatology
- Ear, Nose & Throat Surgery
- Endoscopy
- General Medicine
- General Surgery
- Gynaecology
- Obstetrics
- Ophthalmology
- Oral & Maxillofacial Surgery
- Orthopaedic Surgery
- Paediatric Surgery
- Plastic & Reconstructive Surgery
- Urology
- Urogynaecology
- Vascular Surgery





## Parking & Getting here

Free parking is available onsite in our visitor car park, situated at the Blackburn Road entrance to the hospital (Melway Ref Map 70 J3). Additional free street parking is also available around the hospital (parking restrictions apply). Waverley Private Hospital is well serviced by public transport, with Syndal Station the nearest train station about a 20 minute walk away and bus routes 703 and 737 servicing bus stops located right in front of the hospital on Blackburn Road. Further information is located at [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au). Reception is able to book a taxi if required, and a telephone is located in the main foyer for your convenience.



People caring for people

### Waverley Private Hospital

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[www.waverleyprivate.com.au](http://www.waverleyprivate.com.au)