



**Royal Berkshire**  
NHS Foundation Trust

# Welcome to Level 4 Maternity Unit

## Information for new parents

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This booklet aims to help you make the most of our service so that these early days of parenting are as smooth a transition as possible, so both you and your baby are transferred home as soon as it is safe to do so.

## On the following pages you will find out about;

- What happens and when
- Your responsibilities
- Our responsibilities
- Looking after your baby
- Looking after yourself
- Pathway to transfer home

## What happens, and when

**Breakfast** is served in the dining room from 8am; you are welcome to eat in there or bring a tray back to your bed (the food is for patients only).

**Lunch and supper** are served at your bed by staff (menus are given out each afternoon for the following day and collected at night).

**Pain relief** is administered every 6 hours (5am/11am/5pm/11pm) – as prescribed; please speak to a member of staff if you are experiencing pain.

**Visiting hours** for your birth partner are 8am – 10pm; all other visitors are welcome 2-3pm and 7-8pm.

**NO CHILDREN UNDER 16** may visit unless they are siblings to the baby. As the ward can be very busy we reserve the right to limit visitors around the bed to two people at any one time – your safety is our business.

## Your responsibilities

Please be mindful of other women when talking on your **mobile phone** at any time – they may be in pain or tired and probably don't want to hear your conversation!

To avoid a **car parking fine**, please park responsibly and safely – car parking permits are only valid for labour and delivery.

You can enquire about a **single room** – there are some on the ward (£100 non en-suite and £115 en-suite per night). The single rooms are prioritised for medical need first and for request second; you may be moved out if there is a medical need.

## Our responsibilities...

There is always a **trained midwife/nurse** allocated to your care and they are assisted by maternity care assistants.

You and your baby will be checked over daily to ensure you are recovering from childbirth. We will ensure you have a **plan of care in keeping with your own condition** – please discuss this with your midwife/nurse.

For your **safety and privacy**, we do not give out any information about you or your baby to anyone over the phone, irrespective of who they may be.

Our desire is to have you home – safe and well – as soon as possible, with minimal risk of readmission. You are an individual and **your plan of care will be unique to you**.

## Looking after your baby

Your baby is your responsibility – we are here to help you, not to do it for you! You will have been given a **Feeding Chart** after birth – please fill it in and keep it up to date for the duration of your stay. Please call us for any help or support with feeding your baby. **All babies require a feeding assessment** prior to discharge; please call us when your baby is feeding.

If your baby is on **Buscot Ward**, we are here for support and for feeding advice; please ask us to assist you. If you have **diabetes**, your baby will require blood sugar monitoring. Please speak to your midwife/nurse for advice on when to call for monitoring.

When walking around the ward please transport your baby in the cot, in case of slips or trips.

There are facilities for storing breast/formula milk safely in a milk fridge – please do not leave milk by your bed; ask your nurse/midwife to show you where it is.

## Looking after yourself

If you have **diabetes**, please continue to record your blood sugar before meals and before bedtime. In order to be fit for transfer home you need to have **24 hours of blood sugars recorded post-delivery**.

We have a patients' kitchen where you can make yourself tea or coffee, there is also a fridge where you can store food brought in from home (please remember to name & date it first). Breast feeding mothers require an extra 600 calories so eat healthily & eat well.

Please help yourself to water from the coolers located around the ward – aim to drink at least 2 litres a day.

## Pathway to transfer home...

Before you go home the following checks need to have happened (please tick when you have received these):

- NIPE baby check (medical examination of the baby)
- Newborn hearing assessment
- Feeding assessment
- Discharge chat and back of handheld notes filled in
- Computer discharge completed with letter to GP



You may also require prescription drugs from Pharmacy / paediatric assessment / transfer to midwifery care by a doctor / outpatient appointments / care in the community arranged. Please bear with us as transferring you home can take some time. Please also remember that a clinically unwell mother/baby need to be our priority.

This document can be made available in other languages and formats upon request.