Obstetric and Gynaecology
Women’s and Children’s Services

Having your baby at University Hospitals
Coventry and Warwickshire NHS Trust

Introduction

Welcome to the University Hospitals Coventry and Warwickshire NHS Trust and in particular the maternity services in the West Wing. Our aim is to provide you with the best possible care during your pregnancy, the birth of your baby and afterwards postnatally. We hope that your contact with us will be pleasant for both you and your family. This booklet has been written to answer some of your questions about our services but for further information or clarifications please ask your midwife.

Important address and telephone numbers

Women’s Hospital (Maternity)
University Hospitals Coventry and Warwickshire NHS Trust
Clifford Bridge Road
Walsgrave Hospitals NHS Trust
Coventry
CV2 2DX
Tel: Coventry 024 7696 4000

Useful Telephone Numbers

Labour Ward: 024 7696 7333
Antenatal Clinic (Coventry): 024 7696 7350
Antenatal Clinic (Rugby): (01788) 545145
Maternity reception: 024 7696 7421
Scan Department: 024 7696 7348
Special Care Baby Unit: 024 7696 6674
Hospital Switchboard: 024 7696 4000
Community Midwifery Services: 024 7696 7424 and 7425 8.00am-4.00pm (out of hours please contact labour ward).

Having your baby at University Hospitals Coventry and Warwickshire NHS Trust
www.uhcw.nhs.uk
Visiting Policy

Visiting is available to partners between 12.30noon to 8.00pm.

Other visitors between 6.30pm and 8.00pm

To ensure maximum security of your baby and fire safety within the Unit, only 2 members of your family or friends may visit at any one time.

Patients own children are allowed to visit, however no other children are allowed. If you suspect that any of your visiting children may be ill or had exposure to Chicken Pox, we respectfully request that you discourage the visit so that we can minimise the risk of exposure to your newborn baby and others in the unit.

To ensure security remains a priority all visitors must leave the Maternity Unit at 8.00pm. We would also ask you to consider the privacy and comfort of other mothers and babies at visiting times. We are always trying to gain a balance between making the hospital accessible, giving you a rest and making the ward a safe place.

We do not have facilities to provide overnight accommodation for partners/husbands on the ward areas.

Visitors must not to smoke in the hospital.

Antenatal care

Types of care:

Home Confinement:

This is arranged through your community midwife and a supervisor of midwives. The community midwife carries out antenatal care at your GP’s surgery or in your home. If complications arise in labour you can be transferred in to hospital.

Low Risk Care.

If you are low risk in this pregnancy you can spend the early part of labour at home. Contact your midwife or Labour Ward to discuss the best time to attend the maternity unit. The low risk birth rooms are situated on the labour ward and your attending midwife will allocate one of those for your labour and delivery.
Patient Information

Birth Pool

There is a birth pool in Labour Ward. During your pregnancy you can discuss your suitability for using the birth pool with your midwife. The midwives on the Labour Ward will assist and advise you regarding the use of the pool during your labour and birth.

Consultant/shared care:

Your antenatal care is shared between the hospital obstetrician, your community midwife and your GP. You give birth to your baby on the labour ward at University Hospital

The antenatal care is provided in the Maternity Unit, in the community or at Rugby St Cross. Your clinic time will be on your appointment card. The scanning department is situated in the antenatal clinic.

Labour:

We encourage you to walk around during your labour. If it is necessary to monitor your baby’s heartbeat, it will be performed in consultation with you and your partner. Your partner is encouraged to stay with you during your labour and to participate in the care of your baby. You are quite welcome to wear your day clothing on the Unit if you wish.

Whilst you are in hospital you will have a midwife who is responsible for your care and who will be able to give you all the necessary guidance and support you need during labour and caring for your new baby.

Booking Visit

At the first visit you will have an opportunity to discuss your pregnancy with your midwife who will take details of your family, personal and medical history, together with any previous pregnancies you may have had. He/she will also explain the routine screening procedures and examinations which will be offered to you and take place throughout your pregnancy.

- Urine Tests – please bring a fresh specimen of urine in a suitable container to each antenatal visit.
- Blood pressure – this will be recorded at each visit.
- Abdominal examination – this is to make sure your baby is growing normally and lying in the correct position.
- Blood Tests – these are performed to find out your blood group, haemoglobin level (blood count), immunity to rubella (German Measles) and other tests. You
Patient Information

will also be offered tests for Hepatitis B and Syphilis. All tests will be explained to you and supported by written information.

- HIV screening is now offered routinely to all pregnant women. Although it is rare, if found to be positive you could have treatment that would reduce the risk of your baby being infected. Your midwife will discuss this test with you and you will have the option of accepting or declining the test.

- Breast feeding advice – midwives will give you information and advice regarding the benefits breastfeeding, how to initiate breastfeeding and where to find support in the community.

General Advice – diet, exercise and your total health care will also be discussed with you. Vitamin supplementation will be discussed early in pregnancy. Please make any special requests for your care known to us so that your pregnancy, delivery and post-natal care will be as safe and happy as possible.

If you have any questions that occur during your pregnancy, do not hesitate to ask the midwives. You may wish to write a Birth Plan or complete the mother’s page in your hand held notes.

Hand-held pregnancy notes

Mothers now carry their own notes. Every time you visit your own GP, midwife or the hospital you will be required to bring your own notes with you. It may be advisable to carry your notes with you at all times as it has been known for women to experience problems if they are outside Coventry and need to be seen at a local Maternity Unit. This will enable the doctors and midwives to record any observations or examination in your notes and discuss any concerns or questions you may have.

Special Tests

There are certain special tests performed to ensure your baby is well and pregnancy is progressing normally. You will be given an explanation and advice to enable you to decide if you wish to have the tests.

- Ultrasonic scan – Two scans are offered to all women but sometimes more are needed. Ultrasound is carried out by specially trained staff. The scan shows how advanced the pregnancy is and the position of the baby and placenta (afterbirth). Most pregnancies are uncomplicated, but sometimes there are problems that can only be checked by ultrasound. Please attend with a full bladder if possible.

- Blood screening test – This optional test is offered to women at around 16 – 18 weeks of pregnancy. It is a screening test for the chance of your baby being affected by spina bifida and/or Downs syndrome. The test will only give you an
Patient Information

Indication of your risk and will not tell you for definite. If you are at an increased risk you will be offered more detailed tests.

- **Amniocentesis** – This is the examination of a sample of the water surrounding the baby. This test is offered in certain circumstances e.g. if you had an increased risk to Downs Syndrome detected in a blood test or if a scan has detected features linked to a chromosomal abnormality.

- **Foetal monitoring** – the recording of your baby’s heartbeats and movements over a 20-30 minute period on a fetal monitor. This may be done during a clinic visit. If you are low risk the midwife will use a Pinnard or a hand held machine called a Doppler to listen to the baby’s heartbeat.

  It is important that you contact your midwife, GP, or the hospital if you notice any change in your baby’s regular movement pattern.

**Foetal Wellbeing unit**

Pregnant mothers may be referred to the Foetal Wellbeing unit if problems have been identified by the midwife or consultant. This referral occurs usually after 26 weeks of pregnancy. The unit provides more frequent monitoring and observations. Pregnant women can self refer if they have concerns about their baby’s movements.

Telephone 024 7696 7427
Open from 8:15am to 4:15pm

**Parentcraft classes**

Details of these classes will be given to you at your first visit along with a list of centres throughout Coventry and Warwickshire where they are held. These classes are very useful and we hope you will attend to meet other new parents and also to chat and seek advice from the midwife. Please ask your midwife for the details.

**Contacting the hospital**

At any time during your pregnancy, please telephone the hospital if you are concerned or have any problems. If any of the following occur, please telephone the Labour Ward and speak to a midwife immediately:

- Your waters break
- You have any vaginal bleeding
- Painful contractions commence at regular intervals.
- You have any severe headaches, visual disturbances, i.e. spots or flashing before the eyes, or vomiting.
- Your baby is not moving as much as usual or in a different pattern.
- Your fingers and feet become excessively swollen.
Patient Information

Coming into hospital

If your admission is arranged at the Ante-natal Clinic you will be given a card with the date and time of your admission. Please bring this with you to the hospital reception desk where arrangements will be made for your admission.

When you are in labour you should, if at all possible, use your own transport to get to the hospital. However, if you have no transport or feel you need an ambulance, one can be obtained by ringing 01384 215520. If you live in Warwickshire the number is 01926 885050. You are also asked if possible to ring the Labour Ward informing them of your impending admission.

If you are in early labour you may be sent home again if you are not in established labour. This is normal practice.

* Please note that you will need to arrange your own transport to get home if you are discharged.

Company in Labour Ward

Birthing partners may stay with the mother during labour if she wishes. In the interest of security only your birthing partner and one other person will be permitted into the Labour Ward for the duration of your labour. In certain circumstances they may be asked to leave for short periods. No children are allowed to visit labour ward.

At night the front doors of the Women’s Hospital are locked for security reasons. However, there is an intercom system in operation located to the left of the main doors. Please push the bell and speak clearly into the microphone grill. The receptionist will then open the doors for you.

During labour it would be helpful if your birth partner keeps you family informed of progress so that midwives do not have to leave women in labour to take multiple telephone enquiries from relatives and friends.

Items to bring into hospital

Please remember to bring your Pregnancy Held Records whenever you are admitted.

Please bring your personal requisites including: night attire (front opening especially for breast feeding), slippers, dressing gown, soap and flannels, thick maternity sanitary towels, paper pants, toothbrush and toothpaste, hairbrush and comb, knitting, reading, etc. coins for telephone, and a change of clothes.
Patient Information

Items for baby:

1 pack disposable nappies (newborn size), tissues, 1 box cotton wool balls (white) or roll of cotton wool, baby soap, vests, baby gowns or night-dresses, cardigans or matinee jackets, soft hats, scratch mitts, blanket and soft sheet or wrap for going home.

Hospitals are usually kept warmer than your own home, so clothing for yourself and baby needs to be light.

Please note that valuables may get lost therefore only bring essential items into hospital.

Medicines

Please bring any medicines you are currently taking with you into hospital and tell the midwife about them on your admission. You will have an individual bedside locker for your personal items, but storage for large items is limited.

Money and valuables

Please bring only small amounts of money with you. Valuables, which you have to bring, should be handed to the ward sister who will arrange for their safekeeping. University Hospitals Coventry and Warwickshire NHS Trust regrets it cannot accept responsibility for the loss of personal property unless it has been handed over and a receipt obtained. You are advised not to leave money, rings, watches etc. in your locker unattended.

Security

We are often reminded these days of how easily unwelcome intruders can get onto hospital wards. The wards remain locked at all times. Only staff members are to open the door.

Please ask your visitors to observe visiting times and to be patient when waiting for the door to be answered. Staff have ID badges and we strongly advise you never to hand your baby over to anyone you do not know or cannot identify. The hospital operates a tagging security system for babies and this will be explained to you on admission.

Medical, National Insurance and other certificates

If you need National Insurance or any other medical certificates, please ask the ward sister. If you are receiving a pension or Social Security benefits, please notify the sister immediately on your admission to the hospital. It will also help you to know your National Insurance number. If you have any problems regarding your welfare, home
Patient Information  
conditions or financial difficulties you will probably have already seen the medical social worker at the clinic. However, if this is not the case, please inform your midwife.

Teaching  
As the University Hospitals are involved with the training of doctors, midwives, nursing and other hospital staff, you may be asked whether you would be willing to take part in a teaching session attended by students. Whilst your co-operation in this respect is requested and would be greatly appreciated, if you do not wish to take part in a teaching session you should let either the ward sister or doctor know. Your refusal will not affect your care in any way.

Car Parking  
The visitors’ car park is just beyond the Women’s Hospital. Visitors are requested to ensure they only park in designated car parks, so as to avoid congestion that may delay urgent hospital transport, e.g. ambulance and doctors on call. In addition, visitors are asked to observe the double yellow lines which are clearly marked in certain places – see map.

There is a charge for car parking. Tickets are available from the machine.

Parents of babies in the Neonatal Unit (long term) can benefit from a capped car parking scheme. Please ask the ward staff for the details.

Public transport  
Buses run frequently onto the hospital site. From Coventry city centre: Nos. 27, 85, 505 and 34 (for more information, contact Centro on 024 7655 9559. From Rugby town centre: Nos.585, 86 (for more information contact Midland Red South on 01788 535555).

Smoking  
You are more likely to have a healthier pregnancy and a healthier baby if you do not smoke. If you want support and advice to reduce or stop smoking please ask your midwife or doctor who can refer you to an advisor. The National smoking and pregnancy line is 0800 169 9169.

University Hospitals has a No Smoking policy
General information for your stay in hospital

Telephones

By each bedside there are TV/Telephone facilities called Patientline. This can allow you to telephone your relatives and friends and they can also phone you. The Patientline Representative visits the wards daily and vouchers can be purchased through the representative.

The use of mobile telephones is not permitted in the clinical areas.

To ensure confidentiality, Labour Ward midwives are unable to give information about your progress over the telephone. Your birthing partner will have access to a payphone in the foyer to contact relatives.

Postal arrangements

Letters are delivered to the ward twice daily. Please ask your friends to state clearly on the envelope your full name and the name of your ward. If you have any letters for posting they should be handed to ward staff.

Newspapers, book etc.

A trolley visits the ward daily with newspapers, confectionery, tissues etc. The hospital volunteers provide this service.

There is also a shop on the first floor in the West Wing where you can purchase sandwiches, confectionery, tissues, stamps, baby items, etc. There are also several vending machines dispensing light refreshments opposite the shop. United News is situated in the General hospital.

You will be encouraged to send flowers home as there is limited space.

Radio and television

Radios are provided in all wards; you may bring in your own battery-operated radio if you have personal earphones. Each bed has a TV facility which is pay as you use.

Any electrical equipment must be tested by the hospital electricians prior to use.
Patient Information

Multi Faith

Chaplains representing the Church of England, the Roman Catholic Church and the Free Churches attend the wards regularly. The ward sister will arrange for any other chaplain or religious leader to visit on request. Facilities are offered to women who wish to receive Holy Communion from the chaplain of their own denomination. Services are held in the Faith Centre in the West Wing and facilities are available for you to attend if you wish.

Amenity beds

A limited number of single rooms are available for those who desire extra privacy. A charge is made, but you should note that women occupying such beds enjoy no extra facilities. Enquiries should be made on admission as to the current charge and availability of such beds. Amenity beds cannot be booked in advance or guaranteed in case they are being used for patients on medical grounds.

Post-natal stay

During your stay in hospital your baby will remain in a cot beside your bed unless specific treatment is required. The midwives will give you help and advice regarding yourself and your baby. Your partner is also invited to participate in your baby’s care. Please discuss any worries or problems with the staff. We are here to help and advise you.

Length of stay

We adopt a flexible approach to transfer home after childbirth. The time of transfer depends on the wellbeing of mother and baby and the support available at home. In most cases discharge will take place in the late afternoon or evening due to the necessary midwife and doctor checks. It is important that your baby has fed sufficiently and that you feel confident prior to you being discharged. You will need to have your own suitable transport home, with partner or friend to act as escort.

Pattern of the post-natal day

The pattern of your day will vary according to both you and your baby’s needs. Our aim is to enable you to develop the skills necessary to care for your baby safely and ensure your well-being. You are encouraged to feed your baby on demand, whether breast or bottle-feeding. If you baby is small or preterm you will be advised and assisted with feeding according to your babies individual needs. Doctors, physiotherapists and laboratory assistants may visit you on the ward during the daytime.
Patient Information

Mealtimes

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Buffet Self-Service as you require</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>12.00</td>
<td></td>
</tr>
<tr>
<td>Supper</td>
<td>5.00pm</td>
<td></td>
</tr>
</tbody>
</table>

Self-Service drinks are available at all times.

Patients requiring a special diet can discuss their requirement with the midwife in charge of the ward. We do not have the facility to heat or reheat food due to food standards health and safety.

Infant Feeding

Breastfeeding gives you baby all the nutrients he needs for the first six months of life. It helps protect from infections and other diseases. It also reduces your chances of getting some illnesses later in life.

The maternity hospital is adopting the UNICEF Baby Friendly Hospital Initiative best practice standards for infant feeding. You will be supported and advised in your chosen feeding method.

It is important to prepare for breastfeeding by asking your midwife, GP, Health Visitor or Peer worker for information and advice on how to get started. You will be encouraged to hold your baby against you in skin to skin contact straight after the birth. This will calm your baby, steady breathing and keep him warm. Assistance will be given to position and attach your baby in labour ward. It is recommended that you breastfeed your baby as soon as possible after the birth.

Help and advice will be given to you on the postnatal ward regarding feeding your baby. You will be given written information and advice regarding hand expressing. Prior to leaving hospital you will be given information about local and national support groups.

Photographic service

A photographer visits the wards daily.

Interpreters

The hospital can arrange an interpreter for most languages. Your midwife will assess your communication needs and arrange an interpreter where possible.
Patient Information

Post-natal exercises

The midwife and/or physiotherapist will advise you on post-natal exercises whilst you are in hospital. These exercises are important to help you regain your figure and muscle tone. You should practise them regularly and continue to do so when you go home.

Family planning

The midwives will discuss your family planning needs with you during your stay.

Neonatal Unit

Most babies are born fit and well, ready to be cared for by their parents, on the post-natal wards. However, a small number of babies will require more specialised care owing to low birth weight, prematurity or specific problems. The Neonatal Unit is staffed and equipped to meet the needs of vulnerable babies, but occasionally there may be need to transfer babies to other units such as a specialist children’s hospitals.

Staff on the Neonatal Unit welcome parents and encourage them to visit at any time. The Unit has adequate facilities and space and we are happy for brothers, sisters to visit also. Other visitors are allowed by special arrangement with the sister. However, very small or ill babies do require protection from infection; therefore visiting may be restricted in certain circumstances to all but the baby’s parents.

If your baby needs to remain in special care after your transfer from hospital you may visit or telephone the Unit at any time to keep in touch with your baby’s progress.

Registration of birth

The birth of your baby must be registered by the Registrar of Births, Deaths and Marriages, Cheylesmore Manor House, Manor Drive, Cheylesmore, Coventry CV1 2NF, within six weeks of the birth.

Please ring the Registrar’s Office on 024 7683 3129 to make an appointment. Rugby residents should ring the Registrars’ Office at 5 Bloxham Place Rugby, on 01788 542404.

Hospital property

All items provided for the care of mothers and babies are hospital property and therefore for use in the hospital only. The unauthorised removal of such property is regarded as theft and may result in prosecution.
Patient Information

Going Home

When you are going home, please make sure you have collected all your personal belongings and have left nothing in your locker.

We advise that babies are taken home safely, i.e. restrained in a baby car seat. It is not advisable to hold your baby in your arms while travelling.

Following your transfer home, one of the community midwifery team will visit you at home as required until the tenth day after the birth of your baby. In some cases home visits will extend this period. You will be given a letter to give to the midwife when she first visits. Your family doctor and your Health Visitor will have a discharge letter.

You will be asked to attend a post-natal clinic at your family doctor’s surgery.

Supervisors of Midwives

A Supervisor of Midwives is an experienced practicing midwife whose duties are to ensure that the safety of the mother and baby is central to midwifery practice. There are a number of Supervisors of Midwives working alongside the midwives in the hospital and community.

If you would like to speak to a Supervisor of Midwives about any aspect of your care, one can be contacted via the main switch board on 024 7696 4000

Your care

Our main aim is to help and care for you during your pregnancy, birth and post-natal period. Your views on the care that we provide can be very useful in the planning of future services. If you have any comments on your care, please discuss them with the ward sister or Community Midwife or you may write to:

Service Manager
Women & Children’s Services
University Hospitals Coventry and Warwickshire NHS Trust
Clifford Bridge Road
Walsgrave
Coventry
CV2 2DX
Tel: 024 7696 7402
Patient Information

Useful Telephone Numbers

Association of Breastfeeding Mothers
0870 401 7711

Breastfeeding Network
00844 412 4664

Foundation for the Study of Infant Sudden Death
020 7233 2090

La Leche League
0845 1202918

Multiple Births Foundation
020 838 33519

National Breastfeeding Helpline
0844 209 0920

NHS Direct
0845 4647

Stillbirth & Neonatal Death Association (SANDS)
078 9650 0237

The National Childbirth Trust
0870 444 8708

Twins and Multiple Births Association
0800138 0509

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Ante natal clinic and we will do our best to meet your needs.

The Trust operates a smoke free policy