

Obstetrics and Gynaecology

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 aims to answer some of the questions you may have about our services, but for further information or clarification please ask your midwife.

Important address and telephone numbers

Women's Hospital (Maternity)

University Hospitals Coventry and Warwickshire NHS Trust

Clifford Bridge Road

Coventry CV2 2DX

Tel: Coventry 024 7696 4000

Useful Telephone Numbers

Maternity Triage: 024 7696 7333

Labour Ward: 024 7696 7339

Lucina Birth Centre: 024 7696 7425

Antenatal Clinic (Coventry): 024 7696 7350

Antenatal Clinic (Rugby): 01788 663145

Maternity reception: 024 7696 7421

Postnatal Ward: 024 7696 7315



Patient Information

Scan Department: 024 7696 7348

Special Care Baby Unit: 024 7696 6674

Hospital Switchboard: 024 7696 4000

Community Midwifery Services (Coventry): 024 7696 7424 8.00am – 3.00pm

Community Midwifery Services (Rugby) (01788) 663184

Visiting / Security Policy

We are often reminded these days of how easily unwelcome intruders can get onto hospital wards. The wards remain locked at all times. **Only members of staff working in maternity are allowed to let people on to the wards. If you are a member of staff working elsewhere within UHCW, please do not use your access card to gain entry to the postnatal ward.**

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

On the wards (ward 24 and ward 25) visiting is available to partners or one other identified person between 9.30am to 9.30pm. Other visitors may visit between 7.00pm and 8.00pm. There may be instances when due to unforeseen circumstances, visiting times are altered.

In the Lucina Birth Centre, partners can stay with you during your labour, birth and following birth until you go home. Visiting is flexible.

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. This also allows mothers and their babies to rest.

Patient's 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.

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If any visitor has been unwell in the previous 24 hours, we request that they also do not visit

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.

Facilities are limited to provide overnight accommodation for partners/husbands on the ward areas. Your husband or partner can stay overnight in Ward 25 to support mothers overnight. Partners/ husbands are not allowed to stay on Ward 24 except for exceptional circumstances as the discretion of the midwife in charge or ward manager.

The staff on the postnatal ward are unable to give out confidential information relating to our mothers and their babies.

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.

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

Visitors must not smoke in the hospital.

Safeguarding children and young adults

UHCW NHS Trust has a statutory obligation to protect children and young people from harm and to promote their welfare. To achieve this, we work closely with other agencies and healthcare professionals where appropriate, in line with the Coventry Information Sharing Protocol.

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Smoking

You are more likely to have a healthier pregnancy and a healthier baby if you do not smoke. At your booking appointment with the midwife you will be asked for a carbon monoxide reading and all smokers will be referred to a smoking cessation midwife. They will offer support and advice to help you quit. The National smoking and pregnancy line is 0800 169 9169. University Hospitals has a No Smoking policy

Antenatal care

Types of care

Low risk midwifery lead care: If your pregnancy is assessed to be low risk, you will be cared for by your community midwife and GP at your GP's surgery, during your pregnancy.

You will be advised about your place of birth choices and will be supported with these.

Consultant / shared care: Your antenatal care is shared between the hospital obstetrician either at UHCW or Rugby St Cross, your community midwife and your GP

Booking Visit

At the first visit you will have an opportunity to discuss your pregnancy and your birth options with your midwife. They will take details of your family, personal and medical history, together with any previous pregnancies you may have had. They 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** - your midwife will offer you a number of blood tests at your booking appointment these include:
 - Blood test to check your blood group and whether you have any antibodies

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- Test for HIV, syphilis, hepatitis B Test to see if you are a carrier for abnormal haemoglobin conditions such as sickle cell and thalassaemia
- **Down's Syndrome** Your midwife will also discuss with you whether or not you wish to have a screening test to give you the risk factor of your baby having a condition called Down's Syndrome. This test is called the combined test and is done between 11+2 and 14+1 weeks of pregnancy. It involves measuring the fluid in the back of the baby's neck called a nuchal translucency at your scan appointment and having a blood test.
- If you have an increased risk of having a baby with Down's syndrome you will be offered further tests. Your options will be discussed with you. If you are too late to have the combined test, a blood test called the Quad Test can be taken up to 20 weeks of pregnancy, which does not include the nuchal translucency measurement. After 20 weeks of pregnancy Down's Syndrome screening is not possible.

Let your midwife know whether or not you wish to have screening for Down's Syndrome. If you do not wish to have the screening you will still be offered a scan.

Further information on the test is available in the booklet "Screening tests for you and your baby" which you can get from your midwife or download at: www.Screening.nhs.uk/annbpublications.

It would be helpful to read this booklet before your first visit to the midwife.

Breast feeding advice

Midwives, healthcare assistants and nursery nurses will be able to give you information and advice regarding the benefits of breastfeeding, how to start 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. If you have any dietary requirements whilst an in-patient, please inform us as early as possible so that we can make the necessary arrangements. 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.

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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.

Parent craft 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.

Hand-held pregnancy notes

Mothers now carry their own notes. Every time you visit your midwife, GP or consultant you will be required to bring your green hand held 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 when 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 the 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.

Scan pictures are available at a cost of £5.00 for 1 and £10.00 for 3 each and you will be asked to pay for the picture before you go in for your scan. Please be aware no children are allowed into the scan rooms and only one other adult.

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- **Fetal monitoring** – the recording of your baby's heartbeat 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 (trumpet) or a hand held machine called a Doppler to listen to the baby's heartbeat.

Contacting the hospital

At any time during your pregnancy, please contact your community midwife for advice. If your community midwife is unavailable or you feel that you require urgent advice please telephone Maternity Triage. The Maternity Triage Unit is situated next to the Labour Ward. The purpose of the Maternity Triage Unit is to assess women who are more than 20 weeks into their pregnancy as well as women who are 10 days post delivery who have an urgent need for clinical advice relating to pregnancy. Before you come to the Maternity Triage Unit, we request that, in the absence of an emergency, you telephone first.

If you have chosen to birth your baby in the Lucina Birth Centre, you will be contacted by the Centre directly.

If any of the following occur, please telephone the Maternity Triage Unit and speak to a midwife immediately:

- **Severe headache** not relieved by Paracetamol
- **Vaginal bleeding** that is not mucusy
- **Severe itching** on the palms of your hands or soles of your feet
- **Painful, swollen, hot, tender, red skin** particularly at the back of your leg below your knee
- If you think you may be in labour **before** you are 37 weeks pregnant
- **Contractions every 5 minutes** after 37 weeks pregnant
- If you think your **waters** may have **broken**
- Any concerns about your baby's **movements**
- **Constant abdominal pain**

Fetal Wellbeing Unit

Pregnant mothers may be referred to the Fetal Wellbeing Unit if problems have been identified by the midwife or consultant. This referral occurs

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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 8:15am to 4:15pm

Labour

Low risk care

If you are low risk in this pregnancy you can spend the early part of labour at home. You can contact the Lucina Birth Centre to discuss the best time to attend the maternity unit.

Consultant / shared care

You will give birth to your baby on the labour ward.

You will be encouraged 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 your care and that 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.

Home birth

This is arranged through your community midwife . 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, the midwife will discuss this with you at the time that transfer is required.

Birth pool

There is a birth pool in Labour Ward and four in the Lucina Centre. If you have been advised to birth your baby on the Labour Ward, 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, every effort will be made for you to use the

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birthing pool if appropriate but there maybe occasions when it is already in use.

Coming into hospital

If your admission is arranged at the Ante-natal Clinic the date and time of your admission will be documented on the back of your green hand held notes. Please bring your notes 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 dialling 999. You are also asked if possible to ring Maternity Triage / Lucina centre 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. This will be discussed thoroughly with you and an information leaflet regarding the Latent Phase of Labour given to you.

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.

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

Items to bring into hospital

Below are some things that you will need to bring with you for your stay in hospital:

For Mum:

- **Very importantly – your hand held antenatal notes**
- Something comfortable for you to wear during labour
- If considering a water labour/birth – bikini/tankini
- Lip balm/ Vaseline
- Face cloth and basic toiletries and a large towel
- Hair band for keeping hair tied up if required

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- Snacks for yourself and your birth partner
- Suggest sports/isotonic drinks to help energy levels during labour
- Bras which provide good support and are non wired to prevent blocked milk ducts
- Clothing that you feel comfortable in whilst on the ward
- Night wear for sleeping
- Several pairs of large underpants – **disposable pants are not provided by the wards**
- Slippers or equivalent
- Maternity (Sanitary) towel – **these are not provided by the wards**
- Breast pads

For Baby:

- If you choose not to breast feed your baby, or wish to complement feed your baby, you will need to bring baby formula milk with you in ready made bottles, such as a starter pack (**not powdered**). **Milk and bottles will not be provided by the wards**
- Approximately 3 baby blankets Baby clothes – vests, baby grows, hats, cardigans, scratch mittens and socks
- Nappies – 1 pack – **these are not provided by the wards**
- Cotton wool– **this is not provided by the wards**
- Baby wipes are not recommended for use in the first 6 months
- Your community midwife will be able to advise you if you have any questions.

Medicines

Please bring any medicines you are currently taking with you into hospital and tell the midwife about them on your admission. Please do not take your own medication when you are admitted as it will be prescribed for you during your stay. 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 and only essential valuables with you. University Hospitals Coventry and Warwickshire NHS Trust regrets it cannot accept responsibility for the loss of personal property.

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You are advised not to leave money, rings, watches etc. in your locker unattended.

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. We encourage you to transfer home as soon as you feel able after childbirth, this may include transfer home directly from the labour ward. The length of your stay depends on the wellbeing of mother and baby and the support available at home. It is difficult to provide a time by which your transfer home will be completed, please seek further advice from your midwife following the birth of your baby. It is important that before you are discharged your baby has fed sufficiently and has had its newborn examination performed, this may be performed by a trained midwife or paediatrician. 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 in response to your baby's feeding cues, whether breast or bottle-feeding. If your baby is small or preterm you will be advised and assisted with feeding according to your babies individual needs. Doctors and laboratory assistants may visit you on the ward during the daytime.

Post-natal exercises

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

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Family planning

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

Mealtimes

Breakfast Buffet Self-Service as you require

Lunch 12.00 noon

Supper 5.00 pm

Self -Service drinks, fruit and biscuits 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 your baby all the nutrients they need for the first six months of life. It helps protect from infections and other diseases. It also reduces the chances of getting some illnesses later in life.

This maternity hospital is currently working towards the UNICEF Baby Friendly Hospital Initiative which adopts best practice standards for infant feeding. We will endeavour to advise and support you with 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 in skin to skin contact following the birth. This will calm your baby, steady their breathing and keep them warm. It will also help with bonding and will encourage breast seeking behaviour. You will receive assistance with how to position and attach your baby to feed while you are on the 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

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regarding hand expressing and sterilising. Prior to leaving hospital you will also be given information about local and national support groups.

Photographic service

A photographer visits the postnatal ward daily.

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.

You will be discharged home with your purple postnatal hospital records and your baby's red book. These will be required by your midwife. Your midwife will visit you at home the day after discharge; she will continue your care for up to 10 days following the birth of your baby. In some cases home visits will extend beyond this period.

You may be asked to attend a post-natal clinic at a local children's centre. It is very important to bring your purple postnatal notes and those of your baby so the midwife has all the information necessary to discharge you.

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 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, and other hospital staff, you may be asked if you would be willing to allow a student to take part in your care alongside the midwife or

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doctor or 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, 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 red lines which are clearly marked in certain places

There is a charge for car parking. ANPR is now used on the Walsgrave site in all car parks, please pay for your stay on exit of the hospital prior to leaving the car park. There are a number of payment machines situated across the hospital's car parks..

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 around Coventry for more information, contact Centro on 024 7655 9559.

From Rugby town centre: contact Midland Red South on 01788 535555.

General information for your stay in hospital

Telephones

By each bedside there are TV/Telephone facilities called Hospedia. This can allow you to telephone your relatives and friends and they can also phone you. You can purchase tokens from a machine outside ward 25.

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

Postal arrangements

Letters are delivered to the ward twice daily, however please ask your friends not to post cards to you whilst in hospital as they often arrive after

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you have been discharged. 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 WH Smith 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. Another WH Smith shop and Marks and Spencers is situated in the General hospital.

You will be encouraged to send flowers home as there is limited space and they pose an infection risk.

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.

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.

Interpreters

The hospital has a system called Language Line that uses the computer to translate information, however it maybe necessary to arrange for an interpreter for the giving of complex information. Your midwife will assess your communication needs and arrange an interpreter if necessary.

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Neonatal Unit

Most babies are born fit and well, ready to be cared for by their parents, on the post-natal wards or at home. 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 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 Ward 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, within 6 weeks of birth. If you live in Coventry this can be done at Cheylesmore Manor House, Manor Drive, Cheylesmore, Coventry CV1 2NF. 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 0300 555 0255.

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.

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

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your care, please discuss them with the ward sister or Community Midwife or write to: -

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

Useful Telephone Numbers

Association of Breastfeeding Mothers
0300 330 5453
www.abm.me.uk

Breastfeeding Network
0300 100 0212
www.breastfeedingnetwork.org.uk

The Lullaby Trust (Infant Sudden Death)
0808 802 6868
www.lullabytrust.org.uk/
La Leche League
0845 120 2918
www.laleche.org.uk

Coventry Infant Feeding Line
07904 984620

Multiple Births Foundation
020 3313 3519
www.multiplebirths.org.uk

National Breastfeeding Helpline
0300 100 0212
www.nationalbreastfeedinghelpline.org.uk

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Stillbirth & Neonatal Death Association (SANDS)
020 7436 5881
www.uk-sands.org

The National Childbirth Trust
0300 330 0700
www.nct.org.uk

Twins and Multiple Births Association
0800 138 0509
www.tamba.org.uk

Patient Advice and Liaison Service

The Patient Advice and Liaison Service is a free and confidential service for patients and their family and carers. They will respond to concerns about any aspect of your care and aim to resolve any problems as quickly as possible.

Email: feedback@uhcw.nhs.uk Telephone freephone 0800 028 4203, Monday to Friday 8.00am – 5.00pm.

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

The Trust operates a smoke free policy.

Document History

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