

Obstetrics

Welcome to Ward 25 - Postnatal Advice

This leaflet should be used in conjunction with the postnatal notes for mum and baby.

Welcome to the Ward 25. This is where mums and their babies are cared for until they are ready to go home.

The postnatal ward is a busy place with care being provided by different health care professionals. The daily postnatal checks are performed by the Midwives, feeding support, bath demonstrations and baby care is also provided by the Midwives, nursery nurses and Health Care Support Workers. Obstetricians will review women on Ward 25 who have been under the care of an obstetric team. Some babies will require a review by a doctor before going home. If you are unsure please discuss this further with the midwife caring for you.

As this a teaching hospital there will also be student midwives working on the ward who are mentored by the qualified midwives. We also support the training of support workers on this ward.

To prevent cross infection please use the hand gel provided in the ward and wash your hands before you hold your baby. If you have family or friends who are unwell we respectfully request that they are asked not to visit the ward.

Hospital stay

If you have had a normal vaginal delivery you can expect to leave hospital after approximately 6 hours, however it may be necessary for some mothers and their babies to stay longer than this.

If you have had a caesarean section, you can expect to leave hospital after approximately 24-48 hours.



Patient Information

However the length of your stay will depend on individual circumstances and more information regarding your individualised discharge time and plan will be discussed with you by your midwife.

There are snacks and drinks available throughout the day; these are for inpatients only.

Meal times are protected and served in the main hub of the ward but if you are not able to collect your meal please ask staff for help.

Breakfast	8.00am
Lunch	12.00noon
Evening meal	5.00pm

Mum +1

Having a baby is an exciting time for all but the Postnatal Ward has strict visiting times due to the intimate and personal nature of having given birth and also to enable new mothers to rest as and when needed.

UHCW recognises that this is both an exciting and emotional time and we understand that you may wish your partner or relative to stay overnight with you on the ward. We welcome the support that your partner or relative can give you. We hope to provide your partner with a reclining chair next to your bed. This will enhance the time that you spend together as a new family, to support bonding as a new family unit.

If you wish your partner to stay on the ward, we request that they observe the following:

- Food is provided for the patients only;
- Shower facilities are not available for partners but there are adequate toilets available for visitors;
- Partners must remain fully dressed at all times;
- To prevent the risk of cross infection partners are requested not to use the mother's bed;
- To maintain the cleanliness and safety in the ward area, please use the locker provided for your belongings and return any large objects (i.e. suitcases) to your car.

We are continually looking to improve your experience within maternity, therefore would welcome any feedback or suggestions that you may have. Whilst you are here, please use the "while you are here" booklet to write down any questions or queries that you may have and we will endeavour to answer them throughout your stay. In addition, you will be given a Family and friends test card (FFT) to complete prior to discharge.

Patient Information

Visiting

Partner and own children can visit daily from 9.30am - 9.30pm.

Friends/Family can visit from 7.00pm until 8.00pm.

There should only be **two visitors** per bedside. Please ask your visitors to observe visiting times and to be patient when waiting for the door to be answered as **only staff members are permitted to open the door**. Your visitors should not bring their children with them to visit, only the baby's brothers and sisters are allowed to visit. This is to minimise the risk of infection to the newborn babies and to ensure maximum security of your baby and fire safety within the unit.

The ward operates a strict security policy. The purpose of the policy is to ensure that adequate procedures are in place to safeguard:

- Personal safety of mothers, babies, visitors and staff;
- Personal property of mothers, visitors and staff;
- Property and buildings of University Hospitals Coventry and Warwickshire NHS Trust.

If you have any concerns or questions please discuss them with the staff.

Newborn examination

A Midwife, Paediatrician or Advanced Neonatal Nurse Practitioner trained in the examination of newborns will perform a newborn examination before you and your baby are discharged home. This involves a full head to toe examination. Babies on the ward are also offered a hearing test; this is performed by a Newborn Hearing Screener. Your baby may also require a BCG vaccine.

Post natal care and information

The documentation of the management of yours and your baby's postnatal care continues in the purple and lilac notes which are kept by your bedside. These notes will be taken home with you and continue to be used by the community midwives. All of the information that you will require to look after yourself and your newborn baby can be found in these notes. There is also a mothers and parents page for you to write down any concerns or questions that you may have.

We would strongly encourage you to familiarise yourself with the information in these books.

Patient Information

General advice regarding the postnatal assessment is found on page 6 of the postnatal notes for mother. This details general information following having a baby. If you have any questions or concerns please discuss these with your midwife.

Care of your perineum following delivery

Most women, up to nine in ten (90%), tear to some extent during childbirth. It is important for you to keep this area as clean as possible to prevent infection. It is advised that you have a daily bath or shower and change your sanitary pads regularly even if not heavily soiled. Please ensure you maintain good hand hygiene.

Contact your midwife or GP if your stitches become more painful, or smell offensive, or you develop a fever; these may be signs of infection.

Further advice regarding the perineum can be found on page 6 of the mother's postnatal notes.

Care of your caesarean section wound

Detailed information regarding care of a caesarean section wound is found on page 13 of the mother's postnatal notes. You will need several pairs of large disposable maternity pants or cotton equivalent that will cover the wound and not rub on it.

Let your midwife know if you notice any oozing from your wound or if you experience an increased amount of pain, an unusual smell, or an increase in redness or warmth around the wound.

Important symptoms

There are several symptoms which may be an indicator that you should seek further advice from your GP or midwife. It is important that you familiarise yourself with these; they can be located on page 15 of the mother's postnatal notes.

Family planning

You should also consider sexual health. Page 15 gives advice regarding the return of sexual relations and prevention of infection. It is important to discuss any concerns you might have with your partner. After childbirth it is not unusual for intercourse to be uncomfortable initially. It is possible that the use of water based lubricant gel may relieve some of the discomfort. If discomfort persists or you are concerned about any aspect of your sexual health please see your GP.

Patient Information

Your periods may return six weeks after the birth of your baby. You should recommence using contraception within four weeks after the birth of your baby. You do not need to wait for the return of your periods or until you have had a postnatal examination. Contraception methods depend on your preference, medical history, and any pregnancy problems you have had, and if you are breastfeeding. Discuss contraception with your midwife or GP.

Emotional wellbeing

Adjusting to caring for a new baby, pain/discomfort, loss of sleep and hormonal changes can all have an impact on your emotions. It is recognised that some partners may also be overwhelmed by the birth which can lead to additional stress and anxiety.

For further information on baby blues and postnatal depression please see page 17 of the mother's postnatal notes. If you have any concerns regarding your emotional well being you should discuss them with your midwife, GP or health visitor.

There is further general information after having a baby on page 17. Telephone numbers for support groups can be located on page 18.

Caring for your baby

The ward has a policy of rooming in babies and mothers (this means that the baby stays with you at all times); there is not a separate nursery for the babies.

Details of routine baby checks can be found on pages 4 and 5 of the lilac postnatal notes for baby. If you have any concerns or questions regarding these you should speak to your GP or midwife.

General baby care advice is found on page 12; it is important to familiarise yourselves with these.

Reducing the risk of cot death

Nine simple actions will help reduce your baby's risk of cot death; these are detailed on Page 20 of the postnatal notes for baby. This information and advice reduced the number of babies dying of cot death by 70% (Lullaby Trust, 2013). If your baby has been used to having a dummy at night to go to sleep, do not stop until your baby is at least 6 months old.

Important symptoms

As with mothers there are important symptoms in babies which should be investigated. Please familiarise yourself with these, they can be found on page 20.

Patient Information

Whether you choose to breast or bottle feed your baby, the staff will support and advise you. It is important you complete your baby's feeding chart while you are on the ward, this helps to keep track of the times your baby feeds and how often your baby has wet and dirty nappies.

Principles of breast feeding, positioning and attachment can be found on page 14 of postnatal notes for baby. There are additional leaflets on the ward for you to access for help and support with breast feeding. Please ask one of the midwives for these. An assessment of effective breastfeeding will be made prior to discharge home and again when your baby is five days old; if you have symptoms of mastitis as detailed on page 15 of the mother's postnatal notes please contact your GP. They will advise you of the appropriate treatment. This could either be self-help or possibly a course of antibiotics.

Coventry breastfeeding mums will be offered support through referral to the Coventry Infant Feeding Team Telephone: 024 7678 8483.

Advice for mothers who wish to formula feed their babies is detailed on page 15 of postnatal notes for baby. There is also an additional leaflet; please ask one of the midwives for this. Demonstration of preparing a formula feed can be given by one of our nursery nurses; please ask.

Going home

You will be discharged with a white folder which will have the relevant notes for mum and baby. A community midwife will visit you at home the day after you are discharged even if it is a weekend or bank holiday; if you have not received a visit by 5.00pm, or if you have any concerns, please contact the community office.

Registering the birth

It is a legal requirement that you register the birth of your baby within 42 days in England and this is done by appointment at your local registry office.

Married couples can register the birth together or this can be done by just one parent. If one parent goes to register the birth they will need to give to the registrar a statutory declaration form that has been completed by the absent parent.

Unmarried couples who wish for the father's details to be on the birth certificate should attend the registry office together.

A short birth certificate will be issued free of charge; a full birth certificate costs £4.00.

Patient Information

If you have delivered your baby at UHCW but live out of the area then you can either register your baby's birth at the Coventry Registry office or you can go to your local registry office where you will need to complete a registration by declaration form. Your baby's birth certificate will then be forwarded to your home address.

Coventry Register Office

024 7683 3141

www.coventry.gov.uk/registerabirth

Cheylesmore Manor House, Manor House Drive, Coventry, CV1 2ND

Coventry registry office appointments: 8.00am – 8.00pm Monday to Friday except bank holidays, and 9.30am - 1.30pm on Saturdays.

You can make an appointment online to register a birth by visiting www.coventry.gov.uk/registerabirth. You can also telephone your registry office for an appointment.

Alternatively, please telephone your local registry office for an appointment.

Rugby Register Office

0300 555 0255

5 Bloxam Place, Rugby, CV21 3DS

Monday to Friday 9.00am – 4.00pm

Nuneaton Register office

0300 555 0255

Riversley Park

Cotton Rd, Nuneaton, CV11 5HA

Monday to Friday 9.00am to 4.00pm

Daventry Register Office

Council Offices

Lodge Road, Daventry

Northamptonshire NN11 5AF

0300 126 1000

Patient Information

Contact Numbers

Ward 24

024 7696 6577

Ward 25

024 7696 7315

Labour ward triage

02476967333

Coventry community office

024 7696 7424

Rugby community office

01788 663184

Coventry infant feeding team

07904984620

Nuneaton community office

024 7686 5022

Leicester hospitals community office

0116 2584834

Warwick community office

01926 495321 ext 4535

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7315 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Author	Maxine Morris and Claire Allan
Department	Ward 25
Contact Tel	024 7696 7315
Published	November 2010
Reviewed	June 2019
Review	June 2021
Version	5.1
Reference	HIC/LFT/1138/10