

# Maternity

## Having your baby at UHCW

Welcome to the University Hospitals Coventry and Warwickshire maternity services. We want to give you and your family the best care during your pregnancy, the birth of your baby, and after the baby is born. This booklet answers some questions you might have about our services, but if you want to know more, please ask your midwife.

### Our address

Maternity services  
University Hospitals Coventry and Warwickshire NHS Trust  
Clifford Bridge Road  
Coventry CV2 2DX  
Tel: Coventry 024 7696 4000

### Useful Telephone Numbers

Maternity Labour Ward Triage: 024 7696 7333  
Fetal Well Being Unit: 02476 967427  
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  
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 to 3.00pm  
Community Midwifery Services (Rugby) (01788) 663184



## **Visiting and Security policy**

Hospitals need to keep everyone safe, so the maternity wards are always locked. Only maternity staff can let people in. Please tell your visitors to come only at visiting times and to wait patiently when waiting for someone to open the door. All staff wear ID badges, so never give your baby over to anyone you do not know or cannot identify. The hospital uses a tagging security system for babies, and this will be explained to you when you arrive.

On the wards (ward 24 and ward 25), 1 partner or 1 other identified person can visit anytime, 24 hours a day, but only that person, no swapping who comes in. Other visitors can visit between 7.00pm and 8.00pm. Sometimes, visiting times can change if there's an emergency.

To keep your baby safe, only 2 family or friends can visit at the same time. This helps mothers and babies get the rest they need. Your own children can visit, but no other children are allowed.

If your children are sick or have been exposed to illnesses like Chicken Pox, Measles, or Scarlett Fever, please don't bring them to visit, so we can keep the babies in the unit safe.

If any visitor has been unwell in the past 24 hours, they should not visit. Visitors must leave the Maternity Unit by 8.00pm. Please think about other mothers and babies when visiting, so everyone can be comfortable and safe.

The staff cannot share private information about other mothers and babies.

## **Company in Labour Ward**

In the Lucina Birth Centre and Labour Ward, birthing partners can stay with you during your labour and birth. To keep everyone safe, only 2 people are allowed to be with you when you are in labour; your birthing partner and 1 other person. Sometimes, they may be asked to leave for a short time. No children are allowed to visit labour ward or Lucina.

During labour, it would be helpful if your birth partner gave updates to your family. Midwives cannot share private information over the phone, and this way, midwives do not have to leave women in labour to answer too many telephone calls from relatives and friends.

If your need to be admitted to Ward 25 then only 1 person may stay 24/7.

## Safeguarding children and young adults

The hospital has a legal duty to keep children and young people safe and to help them stay well. To do this, we work with other agencies and healthcare professionals, following Coventry Information Sharing Protocol to make sure information is shared safely

## 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. The hospital has a No Smoking policy

## Antenatal care

**Low risk midwifery lead care:** If your pregnancy is low risk, you will be looked after by your community midwife and GP. You will be helped to choose where to give birth.

**Consultant / shared care:** If you need extra checks, you will be seen by Obstetricians (maternity doctors) in either UHCW or Rugby St Cross, as well as your community midwife and GP.

## Your first midwife appointment (Booking Visit)

At your first visit, you will talk with your midwife about your pregnancy and the choices you have for giving birth. The midwife will ask you about your health, your family, and any past pregnancies. They will also explain the different checks and tests you will be offered during your pregnancy.

- **Urine Tests** - At each visit, you will need to bring a fresh urine sample in a clean container.
- **Blood pressure** - This will be checked at each visit.
- **Abdominal examination** - This is to make sure your baby is growing well and lying in the correct position.
- **Blood Tests** - Your midwife will offer you blood tests to:
  - Check your blood group and if you have any antibodies
  - Test for HIV, Syphilis, and Hepatitis B.
  - Test to see if you are a carrier for abnormal Haemoglobin conditions such as Sickle Cell and Thalassaemia.

- **Down's Syndrome** – You can choose to have a screening test to see if your baby is at higher risk of 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 and a blood test.
  - If you are too late for the combined test, you can have a blood test called a Quad Test. This can be taken up to 20 weeks of pregnancy and does not include the nuchal translucency measurement. After 20 weeks of pregnancy Down's Syndrome screening is not possible.
  - 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.

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

More 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](http://www.Screening.nhs.uk/annbpublications).

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

## General pregnancy advice

At your appointments, we will talk about eating healthily, exercising and looking after your health. You will learn about vitamins that are important to take early in pregnancy. If you have any dietary requirements when staying in hospital, tell us as soon as you can so we can make the right meals for you. If you have any special requests about your care, tell staff, they want your pregnancy, delivery and post-natal care to be as safe and happy as possible.

If you have any questions during your pregnancy, please speak to the midwives. You can write a **Birth Plan**, to explain what kind of birth you want, and this can be shared with the rest of the maternity team.

## Parent craft classes

You will be given information about these classes at your first visit. These classes are a great way to meet other new parents, share experiences and ask questions. Ask your midwife for the details or look online at:

<https://www.eventbrite.com/o/39676332703>

<https://linktr.ee/uhcwparenteducation>

## Digital pregnancy notes

Mothers now carry their own notes on the My Health website. Every time you visit your midwife, GP or consultant you will need to bring your My Health notes with you. We recommend always having your My Health notes with you. If you are outside Coventry and need to be seen at a local Maternity Unit, the doctors and midwives can check your notes, write in them, and talk to you about any concerns or questions you may have.

## How to set up My Health Notes

**myhealth** COVENTRY AND WARWICKSHIRE

**NHS** University Hospitals Coventry and Warwickshire NHS Trust

### Maternity care at UHCW

**myhealth** COVENTRY AND WARWICKSHIRE

Your pregnancy notes are now available on a Patient Portal.

Using the patient portal will put you more in control of your own care. You'll have 24/7 access to your notes, scheduled appointments, test results, communicate with your care team, and you will be able to answer questions about your health and preferences in your own time.

If you know your NHS number, you can register to use myhealth Coventry and Warwickshire by using the link <https://patients.uhcw.nhs.uk/> or by scanning the QR code below

**SCAN ME**

COVENTRY & WARWICKSHIRE Maternity and Neonatal Voices Partnership  
Working in Partnership to Improve Maternity & Neonatal Services

If you require any help with the portal please visit [https://patients.uhcw.nhs.uk/help\\_centre/articles](https://patients.uhcw.nhs.uk/help_centre/articles)

## Special Tests

Some tests are done to make sure your baby is growing well, and everything is okay. Your midwife or doctor will explain the tests so you can choose if you want to have them.

### Ultrasonic scan

2 scans are offered but some people might need more. Ultrasound is done by specially trained staff. The scan shows how far along the pregnancy is and the position of the baby and placenta (afterbirth). Most pregnancies are uncomplicated, but some problems can only be checked by ultrasound. Try to have a full bladder for the scan.

Scan pictures cost £5.00 for 1 and £10.00 for 3 each and you will need to pay for them before you go in for your scan. There may be a discount if you have a CV+ card or are on benefits. No children are allowed in the scan rooms, and you can only bring 1 adult with you.

### Fetal monitoring

This records your baby's heartbeat and movements for 20 to 60 minutes using 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 handheld machine called a Doppler to listen to the baby's heartbeat.

## Contacting the hospital

If you are pregnant and need help or advice:

- First try messaging your community midwife on the My Health App, or call The Community Offices:

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

Community Midwifery Services (Rugby) (01788) 663184

- If you can't reach them, or need urgent advice, please telephone Maternity Triage. The Maternity Triage Unit is next to the Labour Ward. The Maternity Triage Unit assess women who are more than 20 weeks pregnant and 6 weeks after birth. Before you come to the Maternity Triage Unit telephone first, unless it's an emergency:

Maternity Labour Ward Triage: 024 7696 7333

Call the Maternity Triage Unit right away if you have:

- A bad headache that does not go away with paracetamol
- Vaginal bleeding that does not have mucus
- Very itchy hands or feet
- Painful, swollen, hot, tender, red skin on the back of your leg below your knee
- Labour signs before you are 37 weeks pregnant
- Contractions every 5 minutes after 37 weeks pregnant
- Concerns your waters have broken
- Any concerns about your baby's movements
- Constant abdominal pain
- Reduced fetal movements

## **Fetal Wellbeing Unit**

Pregnant mothers may be referred to the Fetal Wellbeing Unit if problems are found by the midwife or consultant. This is usually after 20 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, ideally after 24 weeks of pregnancy:

Telephone: 024 7696 7427

Open Monday to Friday 07.30am to 08.30pm and Saturday and Sunday 09.00am to 05.00pm.

## **Labour**

### **Low risk care**

If you have a low-risk pregnancy, you can spend the early part of labour at home. You can contact the Lucina Birth Centre to discuss the best time to come to the maternity unit.

### **Consultant /and shared care**

- You will give birth on the labour ward.
- You will be encouraged to walk around during labour.
- We may need to monitor your baby's heartbeat.
- Your partner can stay with you and help care for your baby.
- You can wear your own clothes if you ant.
- A midwife will be with you, helping you and guiding you during labour and caring for your new baby.

## Home birth

This is arranged by your community midwife. The community midwife might see at your GP's surgery or in your home. If there are problems during labour, you can be transferred into hospital. The midwife will explain everything to you at the time.

## Birth pool

There is 1 birth pool on the Labour Ward and 4 in the Lucina Centre. If you are giving on the Labour Ward, ask your midwife if a birth pool is right for you. The midwives will help you use the pool, but sometimes the pool might not be available if someone else is using it.

## Coming into hospital

If your admission is arranged at the Ante-natal Clinic, the date and time of your admission will be recorded in your My Health notes. Please bring your notes with you to the hospital reception desk when you arrive.

Please plan ahead for getting to hospital when you are in labour. Try to use your **own transport** to get to the hospital. Ask a friend, relative or neighbour to drive you.

If you can, ring Maternity Triage or the Lucina Centre to let them know that you are on the way.

If you experience an emergency and feel that you need an ambulance, call 999.

If you are in early labour, you may be sent home again if you are not in established labour. The midwife will discuss this with you and give you an information leaflet on the Latent Phase of Labour.

At night, the doors of the Women's and Children's entrance to the hospital are locked for safety. There is an intercom system 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.

When it is time to go home, you will need to arrange your own transport.

## Birth Plan and items to bring into hospital

Below are things you will need to bring with you for your stay in hospital.

### For Mum:

- Something comfortable for you to wear during labour
- If having a water birth, bring a bikini or tankini
- Lip balm or Vaseline
- Face cloth and basic toiletries and a large towel
- Hair band for keeping hair tied up if needed
- Snacks for yourself and your birth partner
- Suggest sports or isotonic drinks to help energy levels during labour
- Non-wired bras that provide good support to prevent blocked milk ducts
- Comfortable clothing to wear on the ward
- Night wear for sleeping
- Several pairs of large underpants. **Disposable pants are not provided by the wards**
- Slippers or other footwear
- Maternity (Sanitary) towels. **These are not provided on the ward.**
- Breast pads

### For Baby:

- If you choose not to breast feed your baby, or want 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 on the ward**
- Around 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 can answer any questions

## **Medicines**

If you are taking any medicine, please bring them with you to hospital. Please do not take your own medication when you are admitted, the staff will give you what you need. You will have a locker for your things, but there isn't space for large items.

## **Money and valuables**

Please only bring a small amount of money and the important things you really need. The hospital cannot accept responsibility if anything is lost. Do not keep things like money, rings, or watches in your locker without keeping an eye on them.

## **Post-natal stay**

Your baby will stay in a cot next to your bed, unless special care is needed. The midwives will help you and give advice about caring for yourself and your baby. Your partner can help too with looking after your baby. If you have any worries or questions, we are here to help you.

## **Length of stay**

We have a flexible approach to going home after childbirth. You should go home as soon as you feel able after childbirth, this can be 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 important before you are discharged, your baby has fed enough and had a newborn examination. This may be done by a trained midwife or Paediatrician. You will need to your own suitable transport home, with partner or friend to support you.

## **Pattern of the post-natal day**

The pattern of your day will depend on you and your baby's needs. Our aim is to support you to care for your baby safely and your well-being. You are encouraged to feed your baby in response to your baby's feeding cues, if breast or bottle-feeding. If your baby is small or preterm you will be helped with feeding according to your baby's 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 when you are in hospital. These exercises are important to help you regain your muscle tone. You should practice 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.

## Mealtimes

This is for patients only

Breakfast Buffet Self-Service from 7 am

Lunch 12.00 noon

Supper 5.00 pm

Self -Service drinks, fruit and biscuits are always available.

Patients on a special diet can discuss their needs with the midwife in charge of the ward. We cannot heat or reheat food due to food standards health and safety.

Birth partners are to use the main canteen for their own mealtimes. We also have a selection of services that are available from various coffee shops, Subway, Marks and Spencers, WH Smith, and the Café Royale.

## Infant Feeding

This maternity hospital is currently working towards the UNICEF Baby Friendly Hospital Initiative which adopts best practice standards for infant feeding. Midwives and healthcare assistants can give you information and advice about the benefits of breastfeeding, how to start breastfeeding and where to find support in the community. Breastfeeding gives your baby all the nutrients they need for the first 6 months of life. It helps protect babies from infections and other diseases. It also reduces the chances of getting some illnesses later in life.

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 after 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 be shown 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 birth.

Help and advice will be given to you on the postnatal ward about feeding your baby. We will advise and support you with your chosen feeding method, whether this be bottle-feeding, breastfeeding, or mixed feeding. You will be given written information and advice about hand expressing and sterilising. Before leaving hospital, you will also be given information about local and national support groups.

## Going Home

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

It is the law to use a car seat when transporting your baby. You should not hold your baby in your arms while travelling.

You will be discharged home with your baby's red book. This will be needed by your Community midwife. Your midwife will visit you at home the day after discharge; she will continue your care for up to 10 days after the birth of your baby, and in some cases home visit may continue for longer. If your Community Midwife does not visit you the day after you have gone home, please call our Community Offices to tell us this so that we can arrange a visit:

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

Community Midwifery Services (Rugby) (01788) 663184

You may be asked to attend a post-natal clinic at a local children's centre.

## Medical, National Insurance and other certificates

If you need National Insurance or any other medical certificates, please ask staff. If you are getting a pension or Social Security benefits, please tell staff immediately on your admission to the hospital. It will also help you to know your National Insurance number.

If you have any problems with 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 tell your midwife.

Mat B1 forms can be given by your community midwife after 20 weeks of pregnancy.

## Teaching

The University Hospitals are involved with the training of doctors, midwives, and other hospital staff, you may be asked if a student can take part in your care alongside the midwife or doctor or to take part in a teaching session attended by students. Your co-operation would be greatly appreciated, but if you do not wish to take part, you should let either the ward sister or doctor know. This will not affect your care.

## **Car Parking**

There is a car park for visitors by the hospital entrance. Please park carefully, to avoid congestion that may delay ambulances and doctors on call. There is a charge for parking. ANPR is now used on the UHCW site in all car parks, please pay before leaving. There are payment machines across the hospital's car parks. Parents of babies in the Neonatal Unit (long-term) can park for free. Please ask ward staff for details.

## **Public transport**

There are many buses that come into 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**

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

### **Newspapers, book etc.**

There is a WH Smith shop on the first floor in the West Wing where you can buy things like sandwiches, confectionery, tissues, stamps, baby items. There are also several vending opposite the shop. Another WH Smith shop and Marks and Spencers are in the main hospital.

You will be encouraged to send flowers home as there is limited space in hospital, 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 before 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; but we may need to arrange for an interpreter for complex information. Your midwife will assess your communication needs and arrange an interpreter if necessary.

We have easy read information if patients require this. There are three separate booklets, antenatal, birth and postnatal.

Here are the links to our Multilingual Maternity Resources:

### [Multilingual Maternity Resources](#)



## **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 need special care because of low birth weight, prematurity or other problems. The Neonatal Unit is staffed and equipped to meet the needs of vulnerable babies, but sometimes they may 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 good facilities and space, and we are happy for brothers and sisters to visit also. Other visitors are allowed by special arrangement with the Ward sister.

However, very small or ill babies do need protection from infection; so, visiting may be restricted in certain circumstances.

If your baby needs to stay 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 are 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 your care, please discuss them with the ward sister, Community Midwife or write to:

Louise Tartarelli  
Patient Experience Midwife  
EXT 26580  
Email: [Louise.Tartarelli@uhcw.nhs.uk](mailto:Louise.Tartarelli@uhcw.nhs.uk)

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](http://www.abm.me.uk)

**Breastfeeding Network: 0300 100 0212**

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

**The Lullaby Trust (Infant Sudden Death): 0808 802 6868**

[www.lullabytrust.org.uk/](http://www.lullabytrust.org.uk/)

**La Leche League: 0845 120 2918**

[www.laleche.org.uk](http://www.laleche.org.uk)

**Coventry Infant Feeding Line: 07904 984620**

**Multiple Births Foundation: 020 3313 3519**

[www.multiplebirths.org.uk](http://www.multiplebirths.org.uk)

**National Breastfeeding Helpline: 0300 100 0212**

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

**Stillbirth & Neonatal Death Association (SANDS): 020 7436 5881**

[www.uk-sands.org](http://www.uk-sands.org)

**The National Childbirth Trust: 0300 330 0700**

[www.nct.org.uk](http://www.nct.org.uk)

**Twins and Multiple Births Association: 0800 138 0509**

[www.tamba.org.uk](http://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](mailto:feedback@uhcw.nhs.uk)

Telephone freephone 08000284203, Monday to Friday 8.00am to 5.00pm.

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

The Trust operates a smoke free policy.

## Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



### Document History

Department:	Obstetrics
Contact:	26161
Updated:	July 2025
Review:	July 2028
Version:	9
Reference:	HIC/LFT/1347/06