



Mercy Health
Care first

Childbirth Centre Werribee Mercy Hospital



Werribee Mercy Hospital Childbirth Centre

Welcome

Werribee Mercy Hospital is dedicated to families of all ages, cultural backgrounds and religions. We care for pregnant and birthing women and their newborn babies.

In this booklet we have outlined most things you may want to know about having a baby at the Werribee Mercy Hospital Childbirth Centre. If you have further questions or need extra information, please call (03) 9216 8696.

The midwives at the Childbirth Centre are available to help make your pregnancy and the birth of your baby an enjoyable experience and are happy to answer any questions.

Our philosophy

We aim to promote pregnancy and childbirth as a normal healthy life event. We provide a service to women and their families which is based on family centred care. We offer continuity of care throughout pregnancy, labour, birth and the postnatal period. We also offer different options of care to women according to their social, personal or cultural needs.

Obstetrician antenatal care

You can see an obstetrician for all your antenatal visits. If you choose this option you will need to make an appointment with a midwife in the pregnancy booking clinic. Please call the Childbirth Centre on (03) 9216 8696 between 8.00am and 8.00pm, Monday to Friday.

The midwife will record your details and your booking will be confirmed. You will receive information on services the hospital can offer you. Please bring your Medicare card and any test or blood results.

If you require an interpreter please inform staff at the time of booking so that one can be provided free of charge.

Private health insurance

If you have private health insurance you may wish to be admitted as a private patient for the birth of your baby. Please contact our Private Patient Liaison Officer on (03) 9216 8966 to discuss the benefits of using your private health insurance at Werribee Mercy Hospital.

Team Maternity care

Team Maternity is an opportunity for you to be cared for by a team of midwives and an obstetrician throughout your pregnancy.

The team midwives work within the Childbirth Centre at Werribee Mercy Hospital. They will see you for antenatal visits and care for you during labour and after the birth. If complications occur during your pregnancy, the team midwives can continue to provide care with increased visits to the obstetrician. Numbers are limited so early booking is advisable. Phone the Childbirth Centre on (03) 9216 8696 between 8.00am and 8.00pm, Monday to Friday to confirm your booking.

Tours of the Childbirth Centre are conducted on Sunday afternoons at 2.30pm. Bookings can be made through the Childbirth Centre.

Parent education classes

The Childbirth Centre antenatal classes help to prepare you for childbirth and parenting. Classes are conducted by midwives.

Five classes entitled "Preparation for Childbirth and Parenting" commence at around 30 weeks of pregnancy. Classes are held in the evening from 7.00pm until 9.00pm. Alternatively, classes may be run over two consecutive weekends. These sessions are run on Saturday afternoons for four hours.

There is a cost involved. Bookings are essential and can be made on (03) 9216 8696.

If you have pain, your waters have broken, you are bleeding or have any questions, please call the Childbirth Centre on (03) 9216 8696.

What to bring to hospital

- A loose nightgown or t-shirt for birth
- Dressing gown and slippers
- Casual clothes to wear during the day if you choose
- Toiletries: soap, shampoo, toothpaste, tissues, etc (a hairdryer is available)
- Nursing bras and nursing pads
- Four packets of maternity sanitary pads
- Change for the telephone if required
- Pen and/or pencil
- Medicare card, other health care cards or private health insurance (if relevant)

For the birth of your baby, your partner or support person might consider bringing a camera, CDs (a CD player is available) and oil/lotion for massage.

Your partner or support person will need to bring their own personal requirements and food.

Do not bring valuables, items of sentimental value or large sums of money to the hospital.

For your baby

Cloth and disposable nappies are provided for a small charge or you can bring your own. You may wish to bring baby bath solution and baby wipes and clothing for your baby.

We promote breastfeeding as the preferred choice for feeding your baby. The midwives will help you to establish breastfeeding.

If you choose to bottle feed your baby, please bring bottles, teats and infant formula.

Have all these items packed in your suitcase about four weeks before your baby's due date.

When to come in

Please phone the Childbirth Centre when you are in labour or have concerns. The midwives will advise you on when you should come to the hospital.

When you arrive at the hospital, come straight to the Childbirth Centre or if after hours, enter through the Emergency Department for access to the Childbirth Centre.

The main reception is open from 7.00am to 8.00pm Monday to Friday and from 12.00pm to 8.00pm on Saturday, Sunday and public holidays.

During labour

During labour, we advocate “active birthing” where women are encouraged to stay upright, be mobile as much as possible and choose positions of comfort in labour. We have various aids to use while you are in labour to help with active birthing such as birth mats, beanbags, birthing balls and a birthing stool.

Hot water is a good form of pain relief in labour and an ensuite shower or bath can be used. Your support person may like to bring bathers and a towel so they can help you. You should also talk to your obstetrician about the different positions you can use during the birth of your baby.

If you would like your children to be present at the birth, extra adult supervision is needed.

Your stay in the Childbirth Centre

During your labour and birth, you will stay in one of our birthing rooms. These rooms have a double bed and private ensuite. We encourage family centred care so partners are welcome to stay while you are accommodated in the birthing room, although children cannot stay. You will be asked to transfer to a postnatal room if the birthing room is required for labouring women.

If you require a caesarean section, your postnatal stay will be in a single bed in either a single or two bed shared room for public patients or in a single room if you have private cover. Partners are not able to stay overnight in the shared bed wards.

After the birth

Our midwives will assist and support you to become confident in all aspects of baby care. We encourage you and your baby to stay together (rooming in) at all times. As your carers, we are committed to the protection, promotion and support of breastfeeding. We seek to assist you and your baby to establish breastfeeding and to maintain your milk supply. We have a high standard of education and ensure that care and advice given to you is consistent.

Physiotherapy postnatal classes are held in the Childbirth Centre dayroom on Mondays, Wednesdays and Fridays from 11.30am to 12.30pm.

Going home

After you have had your baby the midwife will discuss your length of stay with you. Midwives will visit you and your baby at home for postnatal care.

Visiting hours

To ensure women can rest, and out of respect to others, please be aware that visiting hours in the Childbirth Centre are between 2.30pm and 4.00pm, and 6.30pm and 8.00pm.

Partners and children may visit between 8.00am and 9.30pm. Grandparents may visit anytime between 8.00am and 9.30pm at the discretion of the new parents and the midwife. Mothers may also request "no visitors".

Special care nursery

If your baby is born prematurely or has special needs requiring close observation, they will be cared for in the special care nursery. You may visit your baby or phone to enquire about your baby at any time on (03) 9216 8697.

Lactation service

The lactation service offers breastfeeding education and support before and after your baby is born.

Lactation consultants are available six days a week (Monday to Saturday) and the Breastfeeding Day Stay operates two to three days per week. Please ask your midwife or call (03) 9216 8689 to make a booking.

Other services available

- Cafe
- Diabetes educator
- Dietitian
- Interpreter
- Pastoral care
- Pathology
- Physiotherapy
- Radiology
- Social workers
- Ultrasound facilities

Televisions and phones are available for hire through the main reception for a small charge.

More details are available on our website mercy.com.au.



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