

Your guide to our Maternity Unit



Hospitality | Compassion | Respect | Justice | Excellence



ST JOHN OF GOD
Geelong Hospital

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Important patient information

This guide gives you all the important information you require to prepare you for your admission and outlines what you can expect at St John of God Geelong.

About

St John of God Geelong Hospital is a division of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.

Maternity admission

Although you are booked in to see your obstetrician, we still require you to book your hospital stay.

Please use our online admission portal to complete your pre admission forms or upload your forms online.

It is important that these are completed as soon as possible so we can secure your booking.

www.sjog.org.au/myadmission

Once you have completed your online admission you then need to call and book a phone appointment on (03) 5226 1304 for around the 22nd week of your pregnancy, which will be conducted with our Maternity preadmissions midwife.

If you need any help with your booking please contact geelong.preadmissions@sjog.org.au or phone the Patient Liason Officer on (03) 5226 8830.

If you need to cancel your booking please let us know as soon as possible on (03) 5226 8830.

Hospital tours

You are welcome to tour our Maternity Unit, tours are held selected Sunday and can be arranged by contacting 3 West reception on (03) 5226 8866. Please note that bookings are essential for this service.

Learn more

To learn more about our maternity care and services, please visit sjog.org.au/geelong

You can also follow us on Instagram via @sjoggeelong to stay up-to-date with our latest maternity news.

It is essential that you carry your Doctor's Antenatal Record card with you at all times. Should you require any further information, please do not hesitate to contact 3 West reception on (03) 5226 8866

Welcome and congratulations on your pregnancy

Thank you for choosing St John of God Geelong Hospital to care for you and your family throughout your pregnancy, childbirth and parenting journey.

We understand that the birth of your child is one of the most important moments in your life, and we are honoured to be a part of it.

Our hospital is dedicated to providing exceptional care and support to women and their families during this special time.

Our team of experienced obstetricians and dedicated midwives, nurses and allied health professionals will be with you every step of the way, ensuring that you and your baby receive the highest quality of care in a safe and comfortable environment.

We know that every birth is unique, and we will work closely with you to ensure that your birthing experience is tailored to your needs and preferences. We look forward to welcoming you and your baby to our hospital and supporting you on this wonderful journey of motherhood.

Please don't hesitate to contact us if you have any questions, you can find our contact details on the back page of this book.



Meet EVE your interactive maternity support app

St John of God Geelong Hospital is pleased to offer expectant parents exclusive access to our free pregnancy app, Eve.

Eve is designed to support you and your family throughout your pregnancy and parenthood journey with a range of innovative features that are available to you 24/7.

The interactive app includes:

- Several tools to self-monitor the physical and emotional wellbeing of you and your baby during pregnancy and after birth
- A library of pregnancy, labour and postnatal information personally drafted by our experienced specialists and caregivers to ensure it is best practice and evidence- based
- A forum where you can meet other parents and share information
- A calendar to help you keep track of appointments



All information is specifically tailored for our patients, which sets it apart from other apps currently available.

Eve is available to current and new maternity patients you will receive registration instructions via email. If you are a maternity patient at St John of God Geelong hospital who has not received registration instructions please email eve.maternity@sjog.org.au



Scan the QR code with your mobile phone to download the app..

Your stay at St John of God Geelong

The Women's Health Unit is located on level 3 offering patients and families spacious modern rooms with all the comforts you could need following the birth of your baby. With newly refurbished rooms, it provides a comfortable and private setting to bond with your newborn during those precious first days.

Our rooms are all designed to allow partners to stay with you following the birth of your baby. All rooms have private ensuites to allow for additional privacy. St John of God Health Care provides a family focused approach to parenting.

We have a special care nursery should your baby require extra attention. It is equipped and staffed to provide all the specialised care needed for babies. Should your baby be admitted to Special Care Nursery you will be kept well informed regarding their progress.

Length of stay

Several factors may influence the time you need to spend in hospital after the birth of your baby. After a vaginal birth or an elective caesarean section, you are welcome to stay for four nights this may change if you are admitted the night before for induction of labour. If an emergency caesarean section is required this is increased to five nights.

Rooming in

Research shows that keeping your baby with you in your room at all times (night and day) builds your confidence in caring for your baby. It allows you to get to know your baby, enjoy skin-to-skin and establish a breastfeeding routine

Visiting hours

Our Women's Health Unit visiting hours are between 3:00pm–5:00pm and 6:30pm–8:00pm. Visitor restrictions: Maximum two visitors at a time.

Partners and children are welcome at any time Rest period in all areas of the hospital is 1:00pm–3:00pm and we encourage you to take advantage of this to get adequate rest.

Parking

A 10-minute patient drop off area is accessible via Myers Street; take the first driveway located before the main underground carpark entrance.

Underground car parking is available, you will need to change lifts on level 1 to the main hospital lifts to access the Women's Health Unit on level 3. For overnight access please refer to page 10 of this booklet.

Health insurance cover

It is important that you are aware of your health insurance cover. We advise that you check the following with your health insurer:

- Confirm that your cover includes obstetric/ pregnancy related admissions and that you have served any waiting periods.
- Are there any additional costs such as an excess, co-payment or special care excess?
- Obstetrician, paediatrician, anaesthetist and medical practitioner fees will be discussed and bill separately by the individual practitioners.

We recommend you to have family cover, should your baby require an admission to the special care nursery.

If you have any questions about your fees, please email Geelong.Preadmission@sjog.org.au or alternatively phone the Patient Liaison Officer on (03) 5226 8830.

Childbirth & parent education

St John of God Geelong Hospital offers an extensive childbirth education and postnatal support program to assist you in preparing for the birth of your baby, as well as breastfeeding and the transition to parenthood.

Education sessions are run by experienced midwives who will ensure that you feel comfortable about all aspects of your baby's care.

These classes prepare you for the birth of your child and caring for your baby in the first few months.

Childbirth and parenting

The childbirth and parenting class is a one day workshop covering birth and parenting skills. The ideal time to do these classes are around 32-34 weeks of gestation.

Classes are usually held on a Sunday between 10am-3:00pm and you can register your interest and find out [more information](#) via the St John of God Hospital website.

Mindful birth workshop

Our two hour Mindful Birth Workshop provides parents to be with an opportunity to prepare for labour and delivery through a deep sense of connection and calmness.

Focusing on breathing techniques, relaxation and meditation.

For further information or to book your place in one of our upcoming classes please email maternity.geelongpreadmission@sjog.org.au

Breastfeeding classes

This class is suitable for first time mothers and second time mothers who may have experienced difficulties feeding their first baby. Sessions aim to increase your knowledge surrounding feeding cues the positioning and attachment of the baby at the breast and other important information

Lactation clinic

Our Lactation team are available by appointment during your pregnancy and after the birth of your baby. The Lactation Clinic offers one hour consultations aiming to provide education and support to women with breastfeeding concerns or previous breastfeeding difficulties in a relaxed and confidential atmosphere.

Appointments for the Lactation Clinic can be made by calling (03) 5226 8866.

There may be costs for this education. You may be covered by your health insurance fund. Prices are available on enquiry. For class dates and times please see the schedule provided at your maternity preadmissions appointment.

Grandparents classes

St John of God Geelong Hospital recognises the special role that grandparents play in supporting new parents with the evolving changes and strategies to baby care we discuss the current baby care practices and teach ways that grandparents can provide nurture and support.

Pregnancy - your baby's movements & what they mean

This section will provide you with information about monitoring your baby's movements.

What is your baby doing in there?

As a mother, it is very exciting to feel your baby move. Your baby will be active during your entire pregnancy. You will first start to feel your baby move when you are between 16–22 weeks pregnant, as you get further into your pregnancy you will start to feel the movements more regularly. You will feel kicking and rolling movements and perhaps hiccups (small rhythmic twitches) during the last trimester of your pregnancy.

What do movements say about your baby's health?

Some women may not feel their baby move as much as others, even though their baby is doing well. Women who are of larger body size, or whose placenta is located at the front of the uterus may not feel their baby's movements as strongly.

How much should your baby move: should you count kicks?

There is no need to keep a written record of your baby's movements. Every baby has its own pattern of activity. We suggest that from 28 weeks (third trimester); you spend some time each day focusing on your baby's movements. When your baby is awake, you can practice feeling for movements. You will feel movements best when you relax while lying or sitting.

Monitor the pattern, frequency and strengths of the movements. Report any changes **immediately** to your Obstetrician or call the Maternity Ward on 5626 8866.

Is it true that babies move less before labour?

There is no reason to believe that babies move less in the last few weeks before birth. It is important to remember that your baby should remain active during your entire pregnancy. If your baby is moving less than they normally do then you should ring the hospital or doctor right away.

Avoid self-monitoring the fetal heart at home

We strongly advise women against home self-monitoring using foetal heart monitoring devices. Pregnant women who are concerned about their baby's health, such as a change in normal pattern, frequency or strength of movements, should seek advice from their healthcare provider and not rely on the use of foetal heart monitors used at home.

What do you do if you are concerned about your baby's movements?

Always remember that normal movements are a sign of a healthy baby—when a healthy baby is awake, they will usually move at least 10 times in two hours. If you feel a decrease in the normal daily activity of your baby or are concerned contact your midwife or doctor immediately. Never wait until the next day. Most of the time, your doctor or midwife will check your baby's heartbeat, and tell you that your baby's tests are normal. However, in a very small number of cases not feeling a baby moving is the only sign that the baby is not well.

What to do if you are concerned continued

You should contact the maternity ward, your doctor or midwife directly:

- If you notice any change (increase or decrease) in the pattern, frequency or strength of the babies movements.
- If your baby does not move at all one day.

If this happens, contact your care provider that very day or night. Do not wait until the next day. Please seek advice from your obstetrician or contact the hospital directly.

Other recommendations for keeping baby safe in pregnancy

Sleep on your left

The best sleeping position for you is the left side. The left side position allows maximum blood flow to your baby. Do not worry about shifting positions once you have fallen asleep, as this is a natural part of sleeping. However, if you wake up or get up in the night then return to the left side position before you go back to sleep. Getting up in the night is good for your baby as it stimulates blood flow. Avoid sleeping on your back because the baby's weight presses on the main vein that returns blood from the lower limbs to the heart. Tucking a pillow behind your back, may help if you are afraid of lying on your back when you are asleep.

Acknowledgments

Information was compiled in 2010 by health researchers from the Australia and New Zealand Stillbirth Alliance (ANZSA) in consultation with ANZSA member organisations and the Queensland Centre for Mothers and Babies.

This information can be accessed in several languages, by visiting the Australian and New Zealand Stillbirth Alliance website.

Keeping Baby Safe in Pregnancy,
by Dr Jane Warland.

To find out more about baby movements –
stillaware.org



Coming to hospital

The following information is designed to give you an idea of what to expect when you are in hospital and after the birth of your baby.

Coming to the hospital at night

After 10pm access to the hospital is via the Emergency Department entrance. This entrance is located to the left of the main hospital entrance. Our overnight receptionist will be located at the ED reception desk. Our reception is staffed 24 hours a day.

Patients using the underground carpark after 11.00pm will need to press the intercom button on the ticket machine, located at the entrance to the carpark. Reception will then raise the boom gate. A lift can be accessed on 'A' levels within the carpark, which allows entry to Reception. The 10 minute patient drop off area may also be utilised. Please note drivers will be required to move vehicles at the earliest possible convenience.

When to contact the hospital

Please call the birthing suite on **5226 8876** or **5226 8866**, at any time of the day. You must call us prior to leaving home if you think you are in labour or you need any sort of advice. It is very important that you contact the Birthing Suite should any of the following events occur:

- Your membranes rupture (water breaks) whether you are having contractions or not (you may feel either a trickle or a large gush of fluid).
- Your contractions are occurring at regular intervals and/or causing distress.
- You are experiencing vaginal blood loss, which is not a "show" (a "show" is mucous streaked with blood).
- You have continuous abdominal pain lasting several minutes or longer.
- You notice a change in activity pattern or frequency strength from your baby.
- You are concerned that you may be in premature labour (prior to 37 weeks).

Also seek early advice from your obstetrician / hospital midwife if:

- Spotting or bleeding
- Leaking fluid
- Sudden or excessive swelling in your fingers or ankles (some swelling is normal in hot weather and later in pregnancy)
- Having headaches, blurry vision or seeing spots
- Feeling nauseated or vomiting (once morning sickness is over)
- Having a lot more back ache or stomach ache than in a usual day for you
- Feeling unwell in any way
- Excessively itchy
- Feeling like there is something wrong even though you do not know what it is. Trust your maternal instincts and contact your midwife or Obstetrician.
- If you feel you have a fever

If you experience any abdominal trauma or have a fall, you should contact your obstetrician.

For planned elective admissions, such as a caesarean section or inductions, your doctor will have booked the date and time in consultation with you. The night prior to the date, our ward receptionist will contact you to confirm your admission time.

What to bring to hospital

A check list for of what to bring for you and your baby.

Mother checklist

- ☐ Obstetrician antenatal records
- ☐ Any current medications you are taking

Labour ward

- ☐ Heat pack
- ☐ Playlist and Bluetooth speaker
- ☐ Energy snacks: jelly beans, snakes etc.
- ☐ Essential oils (diffuser provided)

In a separate plastic bag

- ☐ Clothes for after delivery
- ☐ Loose fitting top and pants
- ☐ 1 pair of underwear
- ☐ 2 maternity pads
- ☐ Bodywash/ low scented deodorant

Postnatal ward

- ☐ 2 packets of maternity pads
- ☐ 6 pairs of underwear
- ☐ Maternity bras
- ☐ Nursing pads
- ☐ Nighties/comfortable clothes
- ☐ Slippers
- ☐ Toiletries
- ☐ Own pillow (suggestion only)
- ☐ Long charger cord
- ☐ Drink bottle
- ☐ Lip balm

For partners staying overnight

- ☐ Appropriate night-time attire
- ☐ Clothing
- ☐ Toiletries

Baby checklist

- ☐ 6 Grow suits
- ☐ 6 Singlets
- ☐ Long sleeve cardigan
- ☐ Beanie
- ☐ Booties/mittens
- ☐ Cot blanket (bunny rugs supplied)
- ☐ 2 packets of disposable nappies
- ☐ 1 packet of baby wipes

Please ensure all personal items and bags are clearly marked with your surname to avoid them being misplaced.

Please ensure you have an approved child restraint fitted into your car prior to discharge from the hospital.



The birth of your baby

The hours, days and weeks after the birth of your baby are incredibly special

Support persons

We recognise that the birth of your baby is an important event for your family. We strongly encourage your partner and/or another support person to stay with you during your labour. Please note, support person must wear covered shoes in Theatre. **It is hospital policy that no additional support people are permitted into Theatre, as this is a restricted area.**

If your intention is to have a doula as part of your birth plan, please notify your obstetrician and email Maternity Preadmissions at maternity.geelongpreadmission@sjog.org.au

The birth

A midwife will care for you and support you in labour, keeping observations of the baby's heartbeat, the frequency and strength of your contractions as well as your pulse, blood pressure and temperature. Your obstetrician will visit you periodically during the course of the labour. Your obstetrician will be called if there are concerns at any time and to attend the birth. As soon as your baby is born, the baby will be placed on your abdomen and will be given the opportunity to feed as soon as possible.

A midwife will assist you as breastfeeding takes time to master.

Induction of labour

Please be aware that according to hospital policy when labour is induced using prostaglandins patients need to be admitted to hospital and are recommended not to leave hospital until after birth. **Two hourly observations must be attended day and night after prostaglandins have been administered until the patient is in established labour.** Once in established labour, patients require **continuous CTG monitoring** (foetal heart rate monitoring) until birth.

If you have further questions regarding this, please discuss with your obstetrician.

Pain relief in labour

RANZCOG website: [Pain Relief in Labour & Childbirth](#)

Spinal / Epidural

You may have an epidural or spinal anaesthetic in place as pain relief for the birth of your baby which is inserted by a private Anaesthetist. You will receive a **separate account for this service.**

There is a very small chance that complications from an epidural may not become evident until after your discharge from hospital. Therefore, it is very important that if you experience any of the following you report it to your anaesthetist, obstetrician or GP as soon as possible:

- Nausea or vomiting
- Fever
- Persistent headache
- Back pain that is getting worse
- Tenderness, swelling, or pain at the epidural site
- Numbness in the legs or buttocks
- Leg weakness
- Loss of bladder or bowel control

You will be given the telephone number of your anaesthetist and Discharge Information Sheet if there are any queries.

Transcutaneous Electrical Nerve Stimulation (TENS) Machines are available in the Birthing Suite on request.

Identification

Name bands are placed on the ankles of each baby immediately following birth. These are checked against the mother's identification bands each shift and should mother and baby be separated for any reason.

For safety reasons, it is necessary for the baby to be known by the same surname as the mother whilst in hospital. You will be involved in checking these name bands, along with your midwife, each shift.

If you notice that the bands are damaged or missing, please notify your midwife immediately. Both parents are also provided with an identification band, allowing them to be matched to their baby.

Transfer to the maternity unit

It is usual to stay in the Birthing Suite for a few hours after the birth. This allows time for your baby to have its first feed, to be weighed and dressed. It is a good time to make some phone calls to let family and friends know of your new arrival.

After feeding their baby most mothers enjoy a shower and the opportunity to walk to their postnatal room. However, if you have had epidural anaesthesia your legs may feel numb for up to four hours so you may be given a wash in bed before moving to your room.

Brahms lullaby

You may notice Brahms Lullaby being played over our public address system from time to time during your stay. This lullaby is played every time a baby is born in the hospital, although it is not played overnight. This unique recording is by Peter Roberts, part of our Pastoral Care team and a local and widely respected harpist. Peter's music is available for purchase in the Gift Shop.

Keeping friends and family informed

To ensure our caregivers can dedicate their time to patient care and in the interest of privacy, we ask that you nominate one person to act as the primary contact with the hospital. They can update your family and friends on your progress.

Accommodation for partners

Facilitating partners to stay overnight to provide support and get to know your baby is a valuable opportunity that we encourage.

We ask that you let a midwife know for each night your partner wishes to stay. There will be a charge for any meals ordered. Linen is supplied and a double bed or foldout bed.

To help us care for your family safely, we ask if you could please keep the floor around the hospital bed clear at all times.

- Unpack suitcases into the lockers and wardrobes provided and store against wall until discharge.
- If your partner is staying please fold up the couch during the day.
- Keep additional linen folded and stored out of the way. It is also a good idea to place the baby's cot on the side of the bed closest to the door. This will assist us in the event of an emergency to gain access to the mother or your baby whilst maintaining hospital Occupational Health and Safety.

We look forward to looking after your family in a safe and caring environment.

Postnatal stay - what to expect

The hours, days and weeks after the birth of your baby are incredibly special.

After the birth

For the duration of your stay on the Maternity Unit your pulse, blood pressure, temperature and blood loss will be checked regularly. It is normal to have heavy blood loss at first, and this will settle over the next few days. Please let your caregiver know if you are uncomfortable, as there are various methods of pain relief available.

If you have had an epidural, you may not have all the sensation in your legs for the first few hours after birth so do not get out of bed on your own for the first time. Please use the call bell and ask for assistance.

In hospital, you will be given assistance and advice on all aspects of caring for your baby including bathing, cord care, feeding, and settling techniques. Over the days you are in hospital, our aim is to prepare you for going home with your baby enabling you to gain confidence in the day-to-day care of your baby.

Baby safety and security

We recommend the following precautions to enhance the safety and security of your baby whilst in hospital:

- Keep the baby with you in your room at all times.
- Never leave your baby alone.
- Always place your baby's cot in view.
- Ensure caregivers wearing correct identification are caring for your baby.
- Ensure your baby has two identification bands on at all times and that they are checked with your own identification band after any separation.
- Always transport your baby in a cot, when outside your room, with the bassinette positioned flat.
- Do not take your baby away from the Maternity Unit.

Important documents

After your baby is born, you will be given a PARENT PACK, which contains important documents:

- Birth Registration statement
- Newborn Child Declaration (Department of Human Service / Centrelink paperwork)

These forms cannot be replaced by the hospital if they become misplaced / lost. If you do need to request a new one please call 136 150 or see humanservices.gov.au.

Birth registration

You will need to register your child's birth and apply for birth certificates. It is your responsibility to register within 60 days of the birth.

The website is bdm.vic.gov.au/baby

Days 1-3

Your temperature, pulse, blood pressure and blood loss will be checked regularly, as well as:

- Your breasts and nipples
- Abdominal wound or perineal stitches if you have them (perineal stitches are dissolvable and do not need to be removed)
- Legs for varicose veins, swelling or pain
- Your uterus to see if it is returning to normal size
- Epidural and/or intravenous infusion site, if applicable
- Bladder and bowel function

Your midwife will assist you develop your breastfeeding skills. Care of your breasts and nipples will also be explained to you. If you need to use a breast pump during your stay, the hospital can provide you with a disposable kit. You may also bring in your own kit to use while in hospital.

If you choose to formula feed, you will be provided with information on cleaning equipment and making up formula. We will provide formula and all required equipment during your hospital stay.

You may still require some pain relief. Afterpains, caused by the uterus contracting, are common when breastfeeding so some pain relief may be useful just before breastfeeding.

It is advisable to do pelvic floor exercises. If you have had stitches or a wound to your perineum, you will be advised of the most appropriate exercises.

If you require rubella, whooping cough vaccination or Anti-D, they can be administered before discharge. Your doctor will need to order these.

It is important to eat a healthy diet, drink adequate fluid and be as mobile as possible. We also advise you to attend the physiotherapy classes that are offered on the ward.

Room service

You're able to order your food from our delicious room service menu - this means your breakfast, lunch and dinner are delivered on demand at a time that suits you. The best thing is that all catering is covered with your hospital fee. You may order our delicious meals for your partner and the meal cost will be charged to your patient account.

If you have a food allergy, the call centre will be able to advise you of suitable items; please ensure that catering and nursing caregivers are aware of your allergy.

Care of your baby

On the day of the birth, your midwife will complete a full physical examination of your baby including weight, length, and head circumference. Usually a paediatrician will see your baby within the first 24 hours. A charge will be raised by the paediatrician for this service. Your midwife will also check your baby's temperature, heart rate and breathing during your stay.

Your baby will be given an injection of vitamin K and a Hepatitis B vaccination (see further information on page 25) with written consent.

On days 1-3, your baby will be assessed daily to see that it is feeding well, passing urine and that its bowels are working. Between 48 to 72 hours, consent to newborn screening tests will be carried out. If you go home early, some of these procedures may be carried out by the domiciliary midwives.

On the night before your discharge, your baby will have a repeat physical assessment and will be weighed again.

Newborn jaundice

Newborn jaundice is a common occurrence, which can cause slight skin discolouration. It occurs in around 60% of newborns and only a few will require further investigation and treatment.

Getting to know your baby

Keeping baby close is an important part of the bonding process and preparing to go home. We therefore encourage you to keep your baby with you at all times, breastfeeding on demand.

Our caregivers will assist with all aspects of your baby's care, including bathing, feeding and changing nappies. Our experienced midwives will work with you, developing a plan of care tailored to your individual needs.

Tests and treatments offered for you and your baby

With your permission a midwife will offer newborn medications after your baby's birth.

For mother

Group B Streptococcus

It is recommended that all pregnant women are screened for Group B streptococcus between 35–37 weeks of their pregnancy. This is a normal flora, carried unknowingly by a number of women, which can cause significant infection in the baby, after birth. The test consists of a low vaginal and rectal swab and if growth is found it can be easily treated when you go into labour.

Please ask your doctor for more information and details of when the screening test will be performed. Your obstetrician may not order this if you are having a planned caesarean.

Rh D Immunoglobulin (Anti D)

Rh D immunoglobulin is used to protect against Haemolytic Disease of the newborn, which has the potential to occur in children born to women with Rh D negative blood.

All pregnant women will have their blood group and antibodies checked in early pregnancy, this will be repeated at 28 weeks for mothers with a negative blood group.

A preventative immunoglobulin is then given at 28 and 34 weeks, to mothers who are Rh negative and have no preformed anti-D antibodies. A third dose may be given following the birth of baby, if the baby's blood group is found to be positive. It may be required at any time if there is concern about foetal- maternal transfusion. (RANZCOG, 2007)

Fluvax

All pregnant women are strongly recommended to have influenza vaccine in **each** pregnancy.

Whooping Cough Immunisation

It is recommended that all new parents, caregivers and people who handle small babies, be immunised against 'whooping cough', otherwise known as pertussis. We can give you as an inpatient, 'BOOSTRIX', which is a combined pertussis, diphtheria and tetanus immunisation.

If you do require the booster, please speak to your obstetrician.

All other family and friends are encouraged to see their G.P. or local immunisation clinic. All children commence their immunisation at approximately 6 weeks of age. **They have very little immunity at birth and until they commence their immunisation.**

For baby

Vitamin K

All babies are offered [Vitamin K](#) shortly after birth to prevent a blood clotting disorder which can affect some infants.

Hepatitis B

The National Health and Medical Research Council have recommended that all newborn babies are immunised against Hepatitis B. This immunisation is offered free of charge to all babies born at St John of God Geelong Hospital

[Learn more about Hepatitis B immunisation.](#)

Newborn screening program for your baby

The newborn bloodspot screening program is available to all babies in Victoria.

Commonly referred to as the 'heel prick test', newborn bloodspot screening identifies babies at risk of uncommon but potentially serious medical conditions, enabling prompt diagnosis and treatment.

St John of God Geelong Hospital requires parental consent before these tests are conducted. It is your right to refuse the test and our responsibility to record your wishes.

vcgs.org.au/prepair-carrier-screening/

Victorian Infant Screening Program

The Victorian Infant Hearing Screening Program screens the hearing of newborn babies while they are still in hospital or at an outpatient appointment in the first weeks of life.

The screen is performed by trained hearing screeners using standard technology and is usually carried out at the baby's bedside while they are asleep. It aims to help find out as early as possible whether a baby has a hearing loss. This means that parents can get good advice and support from the beginning, giving babies with a hearing loss the best possible start in life.

This is a public funded service, with no cost to patients, run by the Royal Children's Hospital. The hearing test is performed by specially trained Royal Children's Hospital staff who work across St John of God Geelong Hospital and Barwon Health. More information is available at rch.org.au/vihsp/

Oximetry

This is a non-invasive test to check the levels of circulating oxygen in the baby at rest performed on Day 3 with verbal parental consent.



Hospital services

Special care nursery

The St John of God Special Care Nursery is classified as a Level 4 Nursery. It is equipped and staffed to provide all the specialised care needed for babies, unless full ventilation or urgent surgery is required.

If intensive care is needed, all Geelong born babies are transferred to a Level 6 Nursery in Melbourne, where more specialised caregivers and equipment are available to provide prolonged ventilator support. The Neonatal Emergency Transport Service is contacted to carry out the transfer, usually by road transport. Family Ambulance cover is required for this service. The cost is the same as a normal transfer. There are four Level 6 nurseries in Victoria—at the Royal Children's Hospital, Monash, Royal Women's Hospital and Mercy for Women.

Should your baby be admitted to the Special Care Nursery, you will be kept well informed regarding their progress. Feel free to discuss any concerns you may have with our midwives. We recognise that parental involvement is a major part of your baby's care and encourage parents or a support person to visit at any time and participate as much as possible.

Others may visit your baby in the Special Care Nursery but are limited to two at a time. No children are permitted in the nursery. No visitors are allowed into the Special Care Nursery during nursing handover. The doors are locked for safety, security and confidentiality, but there is a doorbell you can use.

Paediatrician service

The hospital has a 24-hour consultant paediatric service. A paediatrician will attend all caesarean and pre-term births and is available for other deliveries or consultations at your doctor's discretion. There is an **additional fee** for the paediatrician service.

Pastoral services

Pastoral care is an integral part of St John of God Geelong Hospital and our Pastoral Services team is sensitive to individual values, practices and religious beliefs. Pastoral Services aim to respond to the unique emotional and spiritual needs of every person. Pastoral practitioners are available to listen or just be with you, your family or friends.

Our team is available at all times during your admission, or at any other time, you would like them to call on you. If you would like to contact the Pastoral Care team, please ask your midwife.

Free WIFI

There is free wifi available, please speak to your caregiver for more information.

Cafe Costa

Cafe Costa is located on Level 1 and offers a variety of hot and cold beverages, hot foods and light refreshments in a pleasant and relaxed environment.

Opening hours:

Weekdays	7.30am–4.00pm
Saturday	9.00am–2.00pm
Sunday	Closed

Gift shop

The Gift Shop, on Level 1 and operated by our Hospital Auxiliary, which donates all profits to the hospital. Gifts, flowers, toiletries, sweets and reading material are available.

Opening hours:

Weekdays	10.00am–4.00pm
Saturday	10.00am–1.00pm
Sunday	Closed

Teaching hospital

Since 2007, St John of God has been supporting the education and training of medical students, midwives and nurses. Placements at St John of God are highly sought after, as the hospital is known for its high standard of patient care. Students are placed in all areas of the hospital including theatre, maternity, surgical and oncology wards.

It is essential that private hospitals participate in student education, as we need to ensure that there are adequate numbers of nurses for the future. The students are studying at various universities around Victoria and on occasions, we have students from interstate.

The Nursing Board requires that student midwives complete countless hours of work experience and competency in many procedures, before they become registered and deemed competent to practice as a midwife. The Obstetricians are supportive of our student's requirements, which include delivering at least 20 babies over the duration of their course.

You may be asked during your stay if a student could be involved in your care. She will be under the direction of your Obstetrician and supervision of an experienced midwife who has been trained as a preceptor. We would urge you to consider this request.

Please feel free to discuss this matter with your Obstetrician or our Midwifery Educator (5226 1378) prior to admission.

Raphael Services

The St John of God Raphael Services offers support and information services for parents affected by anxiety or depression during pregnancy and in the two years following the birth of their baby. Women are more likely to be affected by anxiety and depression during pregnancy and childbirth than at any other time in their lives. Men can also develop depression and anxiety during this time, with research suggesting the incidence could be as high as one in 12 new fathers.

This community based service is available to all Geelong families without cost and specialist caregivers provide a family centred service that aims to:

- Enhance the social and emotional well-being of families during these years
- Support parents in their relationships with each other and their families
- Increase parenting satisfaction and coping skills

For more information or to make a confidential appointment please call the Raphael Services Geelong on 5221 7333 or visit [Raphael Services](#)



Going home

Preparing to leave

We request that you vacate your room **by 10am** on the day you leave hospital. It is a good idea to send gifts and flowers home with your partner the day before. Your caregiver will carry out your daily check for the last time and answer any questions you may have about going home with your baby. Before leaving, check with caregivers regarding medications, x-rays, future appointments or instructions and ensure that you have your child health record book, birth registration, Medicare and Family Assistance forms.

It is a legal requirement and your responsibility to ensure that your baby is secured in an approved car restraint when travelling in the car, so ensure that you have one ready for your discharge from hospital.

Notify the unit receptionist as you leave, as a midwife needs to check the baby's name tags prior to you leaving the Ward. You need to go the Discharge Office on level 1.

Once you are home

- Make an appointment to see your GP six weeks after the birth so they can check your baby; and with your obstetrician for your postnatal check.
- Your maternal and child health nurse will contact you within the first week of going home.
- Adequate rest is important but you should also continue with the exercises the physiotherapist has taught you.
- Continue mild analgesia as necessary. Try to avoid medications that contain codeine as this can cause constipation.
- You will continue to have blood loss from the vagina for up to six weeks. This will vary in amount or colour but if at any stage, your loss becomes offensive or heavy and bright you need to contact your obstetrician immediately.

- It takes around six weeks to fully establish your milk supply. Some fluctuations in the amount of milk you produce in this time are normal. However, if at any time your breasts become hot, lumpy, hard and painful, particularly if associated with a fever, you will need to contact your GP or obstetrician. If you are experiencing breastfeeding problems, you may find it beneficial talking to a lactation consultant.
- In the first week after discharge your baby's cord will separate and there may be a small amount of blood associated with this. Remember to continue to clean the area with water as you were shown in hospital until it is thoroughly healed
- If you have had a caesarean, driving should be avoided until you feel you can do so without any discomfort - usually around four weeks after the birth. Discuss this with your obstetrician. You may need to check with your car insurance company as some will not provide insurance cover for some weeks post caesarean.
- If you had a caesarean, lifting and vacuuming should also be avoided until your six week postnatal check.

Support at home

Heading home with your newborn is a special occasion but being at home with a new baby can take some adjustment.

Having the right advice and support during the first few days, weeks or months can make a big difference.

Experienced midwives and certified lactation consultants from St John of God Healthcare at Home can visit you to give you the support you need to settle in with your little one in the comfort of your home.

Our postnatal home visits include:

- Advice on mother and general baby health and wellbeing

- Assistance with breastfeeding and lactation
- General baby health checks, including Newborn Blood Spot Screening.

We look forward to supporting you and your baby at home to ensure your baby has the best possible start to life.

Useful numbers and information

There are many organisations available to help and support you during your pregnancy, birth and parenthood. You may find the following websites and phone numbers useful.

Raising Children Network
www.raisingchildren.net.au

Breastfeeding Hotline Ph: 1800 686 268

Maternal and Child Health Line (24hrs)
Ph: 132229

Red Nose Saving Little Lives
www.rednose.com.au
Ph: 1300 308 307

Beyondblue. Depression and Anxiety
www.beyondblue.org.au
Ph: 1300 224 636

Learn more about depression and anxiety, or talk with support services

Mindhealthconnect
www.mindhealthconnect.org.au
Access to trusted, relevant mental health services, online programs and resources.

Better Health Channel
www.betterhealth.vic.gov.au

PANDA. Perinatal Anxiety and Depression Australia
www.panda.org.au

Raphael Services SJOG
www.sjog.org.au/raphael
Ph: 1800 292 292

COPE. Centre of perinatal excellence
www.cope.org.au

Gidget Foundation Australia
www.gidgetfoundation.org.au

St John of God Geelong Hospital

Our website is continuously updated with the latest information and links to helpful services
www.sjog.org.au/hospitals/geelong

Breastfeeding Support

Australian Breastfeeding Association
www.breastfeeding.asn.au
24 hours help line 1800 686 268

SJG Breast Feeding Service
Can be contacted via 3 West
Ph: 5226 8866
(During pregnancy and up to 6 week postnatal)

SJG Hospital in Home
Can be contacted via 3 West
Ph: 5226 8866 or M: 0407 841 079

Other

Multi Birth Support Group
www.gamba.amba.org.au

Paternity Leave - humanservices.gov.au

Stem Cell Collection – cellcare.com.au

Notes


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Location

80 Myers Street, Geelong VIC 3220
T. (03) 5226 8888 F. (03) 5221 8807
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