Welcome to Maternity Services at the Princess Anne Hospital

Maternity Services are provided at the Princess Anne Hospital.

This tour will guide you around the hospital so you can see where you might choose to give birth and where you can stay after you have had your baby.
How Use this Tour

(Thumbnails Tab will show a preview of the screens)

Navigation Tabs
(you can click on a page to jump straight to that screen)

Screen Toggle
(to hide or show the navigation tabs)

Play / Pause

Next / Back (the presentation will not automatically move forward, use Next to move to the next page)
How to get to the Princess Anne Hospital (PAH) by car

Entrance to the PAH is off Coxford Road.

When you are in labour your birth partner may drive you to the hospital. Your birth partner can leave the car temporarily outside the entrance on D level.

Once you are both settled in at your chosen birth place your birth partner can move the car into the car park.
Parking

Disabled parking is on C level and is charged at the standard public rates.

There are pay on foot machines located on level B and D within the hospital where you need to pay for your parking before returning to your car.

**Car Parking Charges**

- Up to 1 hour - £1.70
- Up to 3 hours - £3.20
- Up to 4 hours - £4.20
- Up to 5 hours - £5.20
- Up to 6 hours - £6.00

The maximum charge for 24 hours is £6.

**PAYMENT BY CASH ONLY**
# Arriving by Bus

<table>
<thead>
<tr>
<th>Location</th>
<th>Route(s)</th>
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<tbody>
<tr>
<td>Alderroom</td>
<td>17a</td>
</tr>
<tr>
<td>Bassett</td>
<td>6,6a,u6</td>
</tr>
<tr>
<td>Bitterne</td>
<td>5,6</td>
</tr>
<tr>
<td>Central Station</td>
<td>5a,10,10a,17a</td>
</tr>
<tr>
<td>Chartwell Green</td>
<td>8 to City Central then change</td>
</tr>
<tr>
<td>City Centre</td>
<td>5,5a,10,10a,17a</td>
</tr>
<tr>
<td>Harefield</td>
<td>4 to City Central then change</td>
</tr>
<tr>
<td>Lordshill</td>
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</tr>
<tr>
<td>Lordswood</td>
<td>21,21a</td>
</tr>
<tr>
<td>Mansbridge</td>
<td>u1 to university then u6</td>
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<tr>
<td>Merryoak</td>
<td>8 to City Central then change</td>
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<tr>
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<tr>
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<td>46</td>
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<td>Portswood</td>
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<tr>
<td>Thornhill</td>
<td>10,10a</td>
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<tr>
<td>Townhill Park</td>
<td>3 to City Centre then change</td>
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<tr>
<td>Weston</td>
<td>17a</td>
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</tbody>
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There are 2 bus stops nearby.
Choosing where to give birth

If you have chosen to have your baby with the staff from the Princess Anne Hospital you can give birth at:

- Home,
- Broadlands Birth Centre at the PAH,
- Labour ward
  or
- Stand Alone Birth Centre

Find out more…
Website Link: [Birth Place Choices Project](#)
Document Link: [Patient Information – Where to be born?](#)
Arrival at the hospital

Let the midwives know when your labour begins and they can advise you over the phone.

You will find the phone number on your white antenatal notes. Always bring your white antenatal notes with you to the hospital.

Document Link: List of things to bring with you

Proceed to your chosen birth place

Labour Ward

Welcome to the Broadlands Birth Centre

D Level

E Level
Click here to complete the whole tour of the Princess Anne Hospital

Or click below to choose a section individually:

Broadlands Birth Centre  (screen 9)

Labour Ward  – this includes Obstetric Day Unit, Induction of Labour, Operating Theatres and recovery area (screen 29)

After you have had your baby  (screen 48)

Breastfeeding Support  (screen 54)

Useful telephone numbers  (screen 60)
Broadlands Birth Centre is located at the Princess Anne Hospital.

It is on E Level and is one floor above labour ward.

The Birth Centre is run by midwives and has a “home from home” feel.
Can you use Broadlands Birth Centre?

It is recommended that women who have had straight forward pregnancies use the birth centre.

If complications arise during pregnancy or labour it will be recommended that you transfer to the Labour Ward.

To use Broadlands Birth Centre you must be:
• 37 – 42 weeks pregnant when in labour
• fit and healthy
• expecting no complications with your baby when it is born

Find out more……..
Do you have any medical problems? This includes heart problems, diabetes, high blood pressure, low iron levels or a history of blood clots.

**YES**

It will be recommended that you use Labour Ward

**NO**

It may be safe for you to use Broadlands Birth Centre
When you first met your midwife they would have calculated your Body Mass Index (BMI). Was your BMI over 35 at the start of your pregnancy?

YES

It will be recommended that you use Labour Ward

NO

It may be safe for you to use Broadlands Birth Centre
Are you expecting twins, triplets or more?

YES
It will be recommended that you use Labour Ward.

NO
It may be safe for you to use Broadlands Birth Centre
Have you had more than four babies?

- **YES**
  - It will be recommended that you use Labour Ward.

- **NO**
  - It may be safe for you to use Broadlands Birth Centre
Have you had problems giving birth to a baby before?

YES

It will be recommended that you use Labour Ward.

NO

It may be safe for you to use Broadlands Birth Centre.
Do you need antibiotics to treat Group B Streptococcus?

YES
It will be recommended that you use Labour Ward.

NO
It may be safe for you to use Broadlands Birth Centre

Document Link: Patient Information – GBS, its impact on labour, pregnancy and the newborn infant
Arriving at Broadlands Birth Centre

Take the lift or stairs to level E. Broadlands is next to the lifts and stairs.

Enter through the door and during the day a receptionist will greet you.

If the reception is unmanned press the buzzer and we will let you through.
If the reception desk is unmanned (for example in the night) the door will be locked for security reasons. If the door is locked press the buzzer and someone will allow you through.

Remember to phone to let the midwives know you are coming. They will listen out for the buzzer.
Don’t forget to clean your hands!

Cleaning your hands is one of the simplest, cheapest and most effective ways to prevent germs being passed from person to person.
Turn mobile phones off

Mobile phones interfere with medical equipment and make it difficult to hear a baby’s heart beat when you are in labour.

They can also be intrusive for other women.
Birth Rooms

There are 4 birthing rooms, 2 have ensuite facilities.

You are able to stay in the room until your baby is born. Afterwards you will be transferred to the postnatal ward.
Using water for labour and birth

You may choose to use water for pain relief. There are 2 pools on Broadlands Birth Centre.

Document Link: Patient Information - The use of Water for Labour and Birth
Another pool room
You don’t have to be stuck on the bed. There is plenty of equipment for you to use too!

- Birthing Ball
- Birthing Stool
- Bean Bag
- Labour Chair
Pain Relief at Broadlands Birth Centre

Broadlands Birth Centre offers most type of pain relief.

You can use:
- TENS machine (you will need to hire your own before coming to hospital)
- Water (bath or birthing pool)
- Gas and Air (Entonox)
- Pethidine
- Comfortable birthing aids such as balls, beanbags, special chairs and stools.

Epidurals are not available on Broadlands Birth Centre. If you require an epidural you would need to be transferred to the Labour Ward.
Listening to your baby’s heart beat

If there are no complications during your labour a Midwife will listen to your baby’s heart beat at regular intervals using a hand held sonic aid.

These are waterproof and can be used in the pool or bath.

If there are concerns regarding your baby’s heart beat during labour a Midwife will recommend that your baby’s heart beat is monitored continuously and you transfer to the Labour Ward.

Document Link:  Patient Information – Monitoring your baby’s heartbeat in labour
Food and Drink

It is important that you eat and drink whilst you are in labour. This ensures that you have enough energy for labour.

Bring snacks and drinks with you in labour. Sports drinks and glucose tablets are a good idea.

You can help yourself to tea, coffee and cold water. If you want something to eat, just ask. We will order food for you at meal times.

Your birth partners need to eat and drink too. They can pay for their tea and coffee on the ward, but they might like to bring in some food.

If you have a pethidine injection for pain relief you can drink. It is not recommended that you eat.
Food and Drink for Birth Partners

Birth partners need to look after themselves too!

There is a vending area located on D level which is open 24 hours a day.

The Snack bar at the Princess Anne has limited opening hours. There is a larger canteen at Southampton General Hospital for your use.
Labour ward is on D level at the Princess Anne Hospital. On Labour Ward you will also find other clinical areas such as the:

• Obstetric Day Unit
• Induction of Labour Room
• Operating Theatres and Recovery Area
• High Dependency Unit
Women may go to the Day Unit during their pregnancy for tests and monitoring. For example, you may have high blood pressure, diabetes, obstetric cholestasis (Document Link: Patient Information Obstetric Cholestasis) or your baby is thought to be small.

You can refer yourself to the Day Unit if you are worried about your baby’s movements. (Document Link: Patient Information – Your Baby’s Movements)

If you are having a planned caesarean section you would attend the Day Unit the day before your operation to discuss your care with a midwife and meet an anaesthetist. (Document Link: Patient Information – Planned Caesarean Section)

The obstetric day unit is open Monday – Sunday
9am – 7 pm.
023 80796303 – telephone to make an appointment
If your labour needs to be induced you will be asked to come to labour ward between 08:30 – 10:00 on your arranged day.

We advise that you only come with one other person and bring just one bag. If you want another birth partner they can attend once your labour has started.

You will be advised to mobilise around the hospital and ward to help get your labour started!

Once in labour you can move to your chosen place of birth.

Document Link: Patient Information – Induction of Labour
Labour Ward

When you think you are in labour you should telephone the midwives. They will give you help and advice over the phone and will also prepare for your arrival.

When you come to Labour Ward we shall be expecting you. Go to the reception desk, or if the reception is unattended follow the corridor to the midwives’ office.

Please note that the Labour Ward does not allow visiting.
Entering labour ward

Proceed to D level at the Princess Anne and follow the signs to labour ward.

The door may be locked for security reasons, if the door is locked press the buzzer and someone will allow you through.
Don’t forget to clean your hands!

Cleaning your hands is one of the simplest, cheapest and most effective ways to prevent germs being passed from person to person.
Turn mobile phones off

Mobile phones interfere with medical equipment and make it difficult to hear a baby’s heart beat when you are in labour. They can also be intrusive for other women.
Labour Ward

This ward has 13 delivery rooms and a birth pool.

Care is provided for women who have had complications in their pregnancy or those needing help from doctors during their labour. For example:

- You have high blood pressure or pre-eclampsia
- You are less than 37 weeks pregnant.
- You need a caesarean section or have had one in the past
- You have diabetes
- You have had problems giving birth before
- You would like an epidural
- You are expecting more than one baby

Ask your midwife where she would recommend you give birth around 36 weeks of your pregnancy.
A labour room

This is a typical labour room.

You can stay here for your labour and birth and transfer to one of the wards afterwards.
Listening to your baby’s heart beat

You may use a CTG machine whilst you are in labour.

This is used when labours are more complicated.

Your baby’s heart beat can be listened to the whole time and it will be printed out on a piece of paper. The CTG machine also monitors your contractions.

You can still move around, but we would recommend that you do not use water for pain relief.

Document Link: Patient Information – Monitoring your baby’s heartbeat in labour
You don’t have to be stuck on the bed. There is plenty of equipment for you to use too!

- **Birthing Ball**
- **Bean Bag**
- **Birthing Stool**
- **Labour Chair**
Pain relief on Labour Ward

On Labour Ward you can choose from most types of pain relief.

You can use:

- TENS machine (you will need to hire your own before coming to hospital)
- Water (bath or birthing pool)
- Gas and Air
- Pethidine
- Comfortable birthing aids such as balls, beanbags and special chairs and stools
- Epidurals are available on labour ward
Food and Drink on Labour Ward

It is important that you eat and drink whilst you are in labour. This ensures that you have enough energy for labour.

Bring snacks and drinks with you in labour. Sports drinks and glucose tablets are a good idea.

You can help yourself to tea, coffee and cold water. If you want something to eat just ask. We will order food for you at meal times.

Your birth partners need to eat and drink too. They can pay for their tea and coffee on the ward, but they might like to bring in some food.

It is recommended that women who have an epidural, have had pethidine or may require a caesarean section do not eat.
Food and Drink for Birth Partners

Birth partners need to look after themselves too!

There is a vending area located on D level which is open 24 hours a day.

The canteen at the Princess Anne has limited opening hours.
There is a small waiting and rest area for birth partners

Unless there are exceptional circumstances visitors are not encouraged to visit on labour ward. We advise that visitors wait until the allocated visiting times on the postnatal ward.
High Dependency Unit (HDU)

Some women may need extra care whilst they are pregnant or after they have had their baby.

We have a special room and specially trained midwives to care for these women who may be unwell and need extra care and monitoring.

Women may be suffering from pre-eclampsia, heart problems, diabetes, a medical problem not related to their pregnancy or have had a larger than normal blood loss after the birth of their baby.
A Caesarean Section is a procedure to deliver your baby by a surgical operation. A Caesarean Section may be necessary if there are certain complications during your pregnancy or labour.

( LINK: Patient Information – Care & Advice after Caesarean Section )

The Operating Theatre is located on D level very near Labour Ward.
Assisted births

Sometimes it may be necessary for a midwife or doctor to give you extra assistance when you give birth to your baby.

Some babies are born with the help of forceps or a ventouse (suction cap).

Assisted births can take place in the Labour Ward or the Operating Theatre.

Birth partners will be welcome in the Operating Theatre if circumstances allow.

(Document Link: Patient Information – Forceps & Ventouse Births)
Recovery after a Caesarean section or forceps birth

If you have needed to go to theatre for help in giving birth a nurse or midwife will keep a close eye on you and help you look after your baby afterwards.

There is a recovery area on Labour Ward and one in theatres. If you go to theatre recovery occasionally your partner may be asked to wait outside if there are other patients recovering from an operation in the same place.
After you have had your baby…

Once you have had your baby you will be transferred to one of the postnatal wards. These are:

• Burley Postnatal Ward
• Broadlands Birth Centre

You can chose to return straight home if both you and baby are well.

You could also go to a stand alone birth centre. You will need to arrange your own transport.

Unless there are exceptional circumstances visitors are not encouraged to visit on labour ward. We advise that visitors wait until the allocated visiting times on the postnatal ward.
Burley Postnatal Ward

After you have had your baby you can be transferred to Burley ward.

On the ward you will be looked after by nursery nurses, maternity care assistants and a midwife.

Visiting Times
2.30 – 4.00 pm and 7.00 – 8.30 pm
Partners can visit between 9am – 9 pm.
No children under 3 years allowed except siblings.
Women or babies that require the help of doctors will be advised to go to Burley Ward.

For example if you have high blood pressure, diabetes, a caesarean section, a forceps birth or you have had twins.
A typical room on Burley Ward
If both you and your baby are fit and healthy then Broadlands Birth Centre could be for you.

You will be looked after by maternity care assistants and a midwife.

Visiting Times
2:30 – 4 pm and 7:00 – 8:30 pm
Partners can visit between 9am – 9 pm. No children under 3 years allowed except siblings.

You will normally share a room with 2 other people.
Food and Drink

You will get 3 regular meals a day and drinks are on offer when you would like one.

To make yourself feel at home we encourage you to help yourself to drinks when you want one.

We ask that partners make a donation towards the cost of the drink.

Please bring in with you squash and other snacks.
Breastfeeding Babes at the Princess Anne Hospital

Breastfeeding babes offers help and advice to breastfeeding parents whilst in hospital and after you have gone home.

Open Monday – Friday
10am – 1pm

Drop in or phone. No appointment necessary
07786 267584

Room 22 Broadlands Birth centre
• If you have any questions concerning your pregnancy, birth, the hospital facilities or you would like advice or need any further information please ask your midwife at your next antenatal appointment.

• Alternatively please telephone Maternity Information and Support Services on 023 80796052.
Patient Advice and Liaison Service (PALS)

If there are issues that your midwife or the Princess Anne Hospital are unable to help you with, you may wish to contact PALS for help, support or advice. The service is free, impartial and confidential.

How to contact PALS:

Visit: The Information Point at the main entrance of Southampton General Hospital and ask to speak to PALS. Our opening hours are 9am to 4.30pm, Monday to Friday.

Telephone: 023 8079 8498 - A confidential message service operates out of hours or if we are speaking to other callers. Please leave a message and we will return your call as soon as possible.

E-mail: pals@suht.swest.nhs.uk

Write: PALS, Mailpoint 81, C Level, Centre Block, Southampton General Hospital, Tremona Road, Southampton, SO16 6YD.
Useful Contact telephone numbers

• PAH Antenatal clinic                                023 8079 6016
• Bitterne Health Centre antenatal clinic 023 8042 0420
• Down’s Syndrome screening office                                     023 8079 6027
• Early Pregnancy Unit                              023 8079 8412
• PAH Ultrasound Scan department                   023 8079 6046
• PAH Broadlands Birth Centre                      023 8079 6012
• PAH Labour Ward (labour and emergencies only)     023 8079 6002
• PAH Obstetric Day Unit                           023 8079 6303
• PAH Burley Ward                                  023 8079 6030
• Hythe Birth Centre                                023 8042 3242 or 023 8042 3245
• Lymington Midwives                                01590 677062
• Romsey Midwives                                  01794 523702
• Maternity Information and Support Services       023 8079 6052
Thank you for viewing the hospital tour.
If you have any feedback about the hospital tour please telephone Maternity Information and Support Services on 023 8079 6052.

Maternity Information and Support Services