

## Maternity information factsheet

# Welcome to Burley ward

We have written this information sheet as a guide to your stay on Burley ward. We hope it will help to answer some of the questions you may have.

### Our team

During your stay on Burley ward, you will be supported by an experienced team of midwives, maternity support workers and nursery nurses.

When you arrive, you will be allocated a midwife. They will also be caring for other families, so please use your call buzzer when you need support. One of our team will be happy to help you.

Depending on your wellbeing you may also receive care from:

- an obstetrician (a doctor who specialises in caring for women during pregnancy and birth).
- midwifery or medical students. Princess Anne Hospital is a teaching hospital and provides placements for student midwives and medical students at the University of Southampton. If you prefer not to have students present, please tell your midwife and your wishes will be respected.
- a paediatric (children's) doctor, advanced neonatal (baby) nurse practitioner or specialist midwife who will perform your baby's newborn medical examinations.
- the newborn hearing screening team who will perform your baby's hearing test.

We may offer you a bed in our transitional care area if your baby needs additional care.

### Ward facilities

You and your partner can use the kitchen facilities to make hot and cold drinks. A small donation towards your refreshments would be very much appreciated. There is a cash box for donations on the kitchen wall.

There are bathrooms and toilets around the ward. Please ask a member of the maternity team if you need any help with walking to the toilet or bathroom at any time, and they can support you.

### Medication

Medication is usually offered at 8am, 1pm, 6pm and 10pm. If you would like additional pain relief at any time, please ask a midwife and they can advise you.

Where it is appropriate, we encourage you to store and administer your own medications. This is known as self-medication. You may find this particularly beneficial if you usually take medication at home. Please let your midwife know if you think self-medication would be appropriate for you.

# Maternity information factsheet

## Ward routine

7.30am	Change over between day and night staff
8am	Medication if required
8 to 9.30am	Breakfast and doctors' ward round
9am to 12 noon	Open visiting hours*
12.30 to 1.30pm	Lunch
1pm	Medication if required
5.30 to 6.30pm	Evening meal
6pm	Medication if required
8 to 8.30pm	Change over between day and night staff
10pm	Medication if required

**\*Visiting hours:** Due to current COVID-19 restrictions, your chosen birth partner is the only person who can visit you during visiting hours. Your birth partner will be able to visit you when their COVID-19 test result has been confirmed as negative.

## Mealtimes

You will have a menu choice for all main meals. If you have special food preferences, or you wish to have a special diet for a religious or cultural reason, please ask a member of the ward team to arrange this for you.

If you would like any additional snacks outside of mealtimes, please arrange for these to be brought in from home.

Alternatively, Princess Anne Hospital has a café on E level which serves hot and cold snacks. There are also vending machines on D level near the main entrance.

# Maternity information factsheet

## How you can help us care for you

During your stay on Burley ward, please remember to:

- **use an absorbent sheet on top of your bedsheet**

Our bed-making team will change the linen on your bed every day. Please use a disposable absorbent sheet on top of your bedsheet to reduce the likelihood of soiling. There will be a supply of these absorbent sheets near the sink area of your room or bay. Please dispose of any dirty or soiled sheets in the yellow bins. There will also be a supply of extra cot sheets for your baby in the same place near the sink area.

- **let us know if you leave the ward**

If you need to leave the ward for any reason, please tell a member of the maternity team and make sure that we have your mobile number in case we need to contact you urgently.

- **keep the volume down**

Please use mobile phones and electronic devices quietly and respect others on the ward who may be resting.

- **rest when your partner is visiting**

Burley ward is usually very busy, so our maternity team won't be able to care for your baby for long periods of time. Please use the time when your partner is here during the visiting hours to rest and catch up on some sleep.

## Caring for you

During your stay on Burley ward, a member of your maternity team will review your physical and emotional wellbeing with you. They will be happy to discuss any questions or worries you may have about yourself or your baby.

After the birth of your baby, your midwife will encourage and help you to get up as soon as you feel able to do so. This helps with your recovery and reduces your risk of blood clots. Please speak to your midwife for more information.

## Your catheter

A catheter is a plastic tube inserted into your bladder to empty your bladder and drain your urine. If you have had a catheter inserted before or during your baby's birth, it will usually need to stay in place for a minimum of 12 hours from the time it was inserted.

- If you are on the enhanced recovery pathway after an elective caesarean section, we will remove your catheter after 12 hours, unless you request otherwise.
- If your catheter is due to be removed in the early hours of the morning, we may leave it until 6am to allow you to rest overnight if you prefer.

After your catheter has been removed, we will ask you to collect your urine in a pot the first two times you go to the toilet. This is so that we can measure the volume of urine and assess your bladder control and sensation.

A member of your maternity team will provide you with the pots to collect the urine. Please tell a member of the maternity team when you have passed urine and they will record the volume and dispose of it for you.

# Maternity information factsheet

It's important to empty your bladder within six hours of your catheter being removed, to make sure you are able to empty your bladder effectively.

It's also important to do your 'pelvic floor exercises'. For more information about pelvic floor exercises, visit: [www.uhs.nhs.uk/maternity](http://www.uhs.nhs.uk/maternity) and download the 'Shape up after pregnancy' factsheet. You can also download the NHS Squeezy app, which has been designed to help with your pelvic floor exercise regime. For more information, please visit: [www.nhs.uk/apps-library/squeezy](http://www.nhs.uk/apps-library/squeezy)

## Length of stay

The length of your stay on Burley ward will depend on your wellbeing and your baby's wellbeing. Your midwife may be able to estimate the length of your stay, but if the wellbeing of you or your baby changes you may need to have additional care and a longer stay in hospital.

## Caring for your baby

### Feeding

Your midwife will assess your baby's physical wellbeing every day during your stay. They will discuss your baby's feeding with you and make sure you have all the support you need whether you are breastfeeding or bottle feeding.

If you have chosen to breastfeed your baby, we will give you a breastfeeding diary to help you record how often your baby is feeding. To establish a good milk supply, it is important to breastfeed your baby at night. Babies receive a large amount of their 24-hour milk intake during the night time.

The interval between feeds will vary according to the individual needs of your baby. However, if your baby appears well but has not fed for six to eight hours, they should be offered a feed. If your baby is reluctant to feed and you would like support with this, please speak to a member of the maternity team.

Please ask a member of the maternity team if you would like to store expressed breast milk or formula in the ward fridge or borrow a breast pump during your stay.

### Changing and bathing your baby

Your maternity team will support you and your birth partner with the care of your baby, and answer any questions or concerns you may have. When you start to be able to move around more independently, they will encourage you to take responsibility for your baby's comfort and hygiene needs.

If at any time you do not feel confident with caring for your baby, please do not hesitate to ask a member of the maternity team for help. You can find the team in the midwives' office nearby or if you are not able to move easily, please use your buzzer.

### Keeping your baby safe

- Do not walk around the ward carrying your baby in your arms. You could slip or other people could bump into you. Please use the wheeled cot provided.
- Change your baby's nappy and clothes in the cot, not on your hospital bed. This is to prevent falls and minimise the risk of infection.
- Make sure that your baby always has two identity labels, one on each ankle. If the labels come off at any time, please tell a midwife and they will replace them.

# Maternity information factsheet

## Sleep safety

The safest way for your baby to sleep is on their back

If you are holding your baby and you start to feel tired or sleepy, please put your baby back into their cot. If you are unable to do this safely by yourself, use your buzzer to ask a member of the maternity team to do this for you.

Do not share a bed (co-sleep) with your baby. For further advice on safe sleeping, please speak to your midwife or visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

## Newborn screening

During your baby's first 72 hours, we will offer them a hearing test and a newborn and infant physical examination (NIPE). The NIPE is a physical examination of your baby's eyes, heart, hips, and in boys, their testes. Your baby will usually have this examination during your stay on Burley ward. If you and your baby go home before they are 72 hours old, we will arrange a community appointment for you.

For more information, please read the leaflet 'Screening tests for you and your baby'. You can ask your midwife for a copy or download a copy from our website: [www.uhs.nhs.uk/maternity](http://www.uhs.nhs.uk/maternity)

## Further information

### Our website

For more information about caring for yourself and your baby, please scan the QR code for our website below:



[www.uhs.nhs.uk/maternity](http://www.uhs.nhs.uk/maternity)

If you have any questions or worries at any time, please don't hesitate to ask a member of the maternity team.

# Maternity information factsheet

## Healthier Together website

The Healthier Together website has a wide range of useful information about caring for you and your baby after birth and beyond. Please scan the QR code below to open the website:



[what0-18.nhs.uk/](https://what0-18.nhs.uk/)

## Southampton Maternity Voices

This information was developed with the help of the Maternity Voices Partnership. As a team we care very much about your experiences with us and listen intently to feedback on how we can improve the patient experience. Please visit the Maternity Voices Partnership website for more information.



Website: [nationalmaternityvoices.org.uk/](https://nationalmaternityvoices.org.uk/)

Email: [southamptonmaternityvoices@gmail.com](mailto:southamptonmaternityvoices@gmail.com)

Facebook page: [www.facebook.com/southamptonmvp](https://www.facebook.com/southamptonmvp)

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