

Having your Baby at Ashcombe Birth Centre



Information for patients and service users

Antenatal Care in Ashcombe Birth Centre

As soon as your pregnancy is confirmed please collect and read the leaflet 'Screening tests for you and your baby' produced by the National screening committee and keep this leaflet until after your baby is born. This leaflet is available from your GP surgery.

Glucose tolerance test

For mothers with either a personal or family history of diabetes a glucose tolerance test (GTT) will be performed at your surgery at 28 weeks gestation. If you have had gestational diabetes before with previous pregnancies, this test will be offered earlier in pregnancy.

Blood test

At 28 weeks, a blood test will be taken, with your consent, to check the iron level in your blood and whether you are making any antibodies. If your blood group is Rhesus Negative this is when an injection of Anti-D is given, with your consent. Your blood group will have been discussed with you earlier in your pregnancy.

Antenatal classes

The community midwives hold antenatal classes in a selection of venues, both in the hospital and within the community setting. They are a one off class of around 3 hours that will help you prepare for your new arrival. It is best to attend the class between 34 and 36 weeks of pregnancy.

Please ask your community midwife for details and come along with your birth partner or person of choice. Telephone Ashcombe Birth Centre (01934 647082) to book a place.

Weighing

If you are under midwife led care, you will be booked in for a 36 week appointment at Ashcombe Birth Centre. The midwife will discuss your birth plan with you, weigh you and ask you to complete a family and friends card. This appointment will also give you an opportunity to have a look around the birth centre and see what services are provided.

41 weeks gestation

You will have an appointment at 41 weeks. This will take place on Ashcombe Birth Centre in the Day Assessment Unit. Prior to this appointment your midwife will have given you a leaflet about this appointment. A membrane sweep will be offered and a provisional date for induction will be booked at St. Michael's.

Labour

Recognising labour

Please ring the hospital that you are planning to have your baby at if you think you are in labour for advice from a midwife.

Signs of labour may include:

- regular contractions that are increasing in frequency and strength
- your waters breaking

If you are booked to have your baby at St. Michael's, the midwives at Ashcombe Birth Centre can give you telephone advice only.

When you are ready to make your way into hospital, please telephone the unit and speak to a midwife so that we can prepare for your arrival.

Ashcombe Birth Centre is on the second floor and is easy to find - just follow the signs for Ashcombe. The door to the unit has an intercom bell and entry is controlled by the staff on the unit.

If you are arriving between the hours of 10.00pm and 7.00am, the main hospital entrance is locked, so you will need to ring the bell for admission by the switchboard operator. There is ample parking space at the front of the hospital where a pay and display system operates.

You need to arrange your own transport into hospital when in labour. Please organize this in advance with your partner, friend or a relative. Ambulances are for emergencies only and not to be used for transport into hospital.

Care in labour

Care is provided by midwives with the support of maternity care assistants. If the midwife looking after you is concerned about any aspect of your labour she will liaise directly with St Michaels Hospital in Bristol where 24 hour consultant support is available.

Throughout your labour and birth the midwife will give you advice and one to one support in a calm and unhurried atmosphere.

Every effort will be made to ensure that your birth plan is taken into consideration. The midwife will perform observations on you and your baby regularly and keep you and your birth partner fully informed of what is happening (you may have up to 2 people supporting you in labour).

Pain relief

Water and birthing pool

This is available for pain relief and delivery. Please discuss this with your midwife before labour commences so an informed choice can be made. If you would like to use the pool, please inform the staff when ringing the maternity unit so they have time to set up and fill the pool.

Transcutaneous electrical nerve stimulation (TENS)

This is hired independently to use at home prior to coming into hospital and is brought in with you.

Aromatherapy

The midwives at Ashcombe Birth Centre are able to offer the use of a range of essential oils for aromatherapy massage and inhalation during labour and the postnatal period.

These oils have been shown to be beneficial in reducing fear, anxiety and pain, assisting contractions and alleviating nausea and sickness. If this is something you are interested in, please ask your midwife for our 'Aromatherapy for Labour and the Post-natal Period' leaflet.

Entonox (gas and air)

This is a mixture of oxygen and nitrous oxide. It takes about 15-20 seconds to work and you start to breathe the gas through a mouthpiece at the beginning of a contraction.

It is easy to use with no known side effects to you or your baby. The midwife will advise and guide you when using entonox.

Pethidine

This is a pain relieving injection that also helps the body to relax. It takes 15-20 minutes to work but may only last 2 to 4 hours. There are a couple of possible side effects when using pethidine:

- Nausea and vomiting - another injection can be given to counteract this
- A very sleepy baby after birth and for the first 24 hours - this may affect breastfeeding initiation

Resuscitation for your baby

If resuscitation is required at the birth of your baby, the midwife looking after you will provide this care. Most babies will respond to basic resuscitation. All permanent midwives are trained in newborn life support and hold a current NLS certificate. Any baby who is seriously unwell (or requires advanced resuscitation) will be taken to a consultant unit by the neonatal retrieval team.

Occasionally complications may be detected during your labour that require transfer to a consultant Unit. An ambulance will be arranged and the midwife will accompany you to the appropriate hospital which is usually St Michaels, in Bristol.

Postnatal care

The length of stay after giving birth at the birth centre is usually 24-48 hours, but this may vary according to your needs. A six-hour discharge is also an option. Please discuss with the staff if you are unsure.

Your partner may stay with you and your new baby in a side room on the first night following the birth of your baby on Ashcombe Birth Centre.

Babies are born with low levels of Vitamin K and paediatricians advise that either an injection or oral doses of vitamin K should be given to the baby soon after birth. Your midwife will have given you an information leaflet so you can make an informed choice. No drugs or medication will be given to you or your baby without consent.

Screening tests and postnatal visits

All babies have their first neonatal check within 72 hours of birth by a paediatrician or midwife trained to perform newborn examinations.

Your baby will be offered a hearing screening test. An appointment will be sent to your home in the first few weeks after birth. Please refer to your leaflet 'Screening tests for you and your baby'.

On day 5, a blood spot screening for your baby will be offered. The test is taken with your consent and will diagnose rare but serious conditions which, if discovered within the first few weeks of birth, leads to early treatment which can improve health and prevent disability or even death. Please again, refer to your leaflet 'Screening tests for you and your baby'. If the blood spot needs repeating or an abnormality is found you will be informed

of this. If the test is normal you will be informed by your health visitor.

The community midwife will do your first visit after discharge from hospital at your home. After this visit you will be offered an appointment at a children's centre, home, or at Ashcombe Birth Centre, if that is more convenient. These appointments will usually be five days and ten days after birth. Please discuss these options and what is best for you with the staff. If you are not returning to your home address or your address has changed, please inform staff before you leave the unit. We also need an up to date telephone number from you as a means of contact

Breastfeeding

Breastfeeding has many benefits both for the baby and mother. All the staff at Ashcombe Birth Centre are trained to support and help parents breastfeed successfully. There is also an Infant Feeding Specialist Midwife at the birth centre. Helpline numbers and local breastfeeding support group information will be given to you on discharge home.

Postnatal examination (GP)

It is essential that you and your baby visit the GP six weeks after the delivery. Please phone your own surgery to book an appointment.

Postnatal exercises

Midwives run postnatal exercise classes in the gym at Weston Hospital for a small fee. Please ring Ashcombe Birth Centre for more information and to book a place. You can also ask for a copy of our 'Postnatal Exercise and Advice' leaflet.

Facilities and general information

Requirements for your stay.

For you:

- day and night clothes
- dressing gown and slippers
- toiletries
- sanitary towels and disposable pants
- nursing bras
- breast pads
- camera
- towel

For baby:

- baby vests, babygros and jackets/cardigans
- hats
- booties and scratch mittens
- cotton wool
- disposable or real nappies

Mothers wishing to bottle feed are required to bring formula milk, bottles and teats into the Maternity Unit.

The sterilizing fluid and units will be provided.

Visitors

Partners are welcome to visit between 9am and 9pm, but please check with the midwives before entering a room.

Friends and relatives may visit between 2pm to 4pm and 6pm to 8pm daily.

Your own children may visit, but not those of friends and relatives. Visitors will be restricted to two per woman in consideration of other women.

To reduce the risks of infection, all visitors should:

- use the hand sanitising gel on entry to the birth centre
- not visit if they are or have recently been unwell
- use the chairs provided and not sit on the beds

Facilities at the maternity unit in Weston

There is a dayroom to sit with your partner and other children, should you have them.

A feeding room is available for feeding or bathing your baby.

All beds have a television next to them that is free to use. Mobile phones may be used on the birth centre, but they must not be charged on site.

A hot drinks machine and a water chiller are available for women to use. Meals are served on the ward to eat at the bedside or on tables situated in the ward.

Friends and relatives can purchase drinks, snacks and meals from various places in the hospital:

- Rafters restaurant, situated on the ground floor of the hospital, is open between 8am and 4pm.
- A 24 hour vending suite is situated adjacent to Rafters including vending machines with both hot and cold food, a Costa coffee express machine and plenty of seating
- Costa Coffee is located in the main entrance and is open 7am to 8pm on weekdays, and 9am to 6pm on weekends.
- The Hospital League of Friends shop, situated just inside the main entrance of the hospital, sells papers, magazines, cards, sweets etc.

Smoking

Weston Area Health NHS Trust has a no smoking policy. Smoking is not permitted in the grounds of the hospital or anywhere in the hospital building. This includes the use of e-cigarettes.

Fire alarm

A routine test is carried out every Wednesday morning. If the alarm sounds at any other time it is not a test. All visitors will be asked to leave immediately. The midwives are all trained in the correct procedure.

Security

Video cameras are located in all the main corridors and at the entrance of the maternity unit. The unit has restricted entry via an intercom. We encourage mother and baby to be together at all times. All staff wear an ID badge with their name, photograph and job title on it.

Private single rooms

Should you wish to have a single room throughout your stay, these are usually available at an additional charge.

Registering the birth

By law, you or your partner must have baby's birth registered within 42 days of the birth.

The registrar's office in Weston

The Register Office

Town Hall

Weston super Mare

BS23 1UJ

T. 01934 427552 Fax. 01934 427553

Email register.office@n-somerset.gov.uk

Open 9.00am to 12.30pm, and 2.00pm to 4.00pm, Monday to Friday.

The registrar's office in Clevedon

37a Old Church Street

Clevedon

BS21 6NN

Open 9.00am to 12.30pm, Monday to Friday.

To book an appointment at either office, telephone 01934 427552.

Contact telephone numbers

Ashcombe Birth Centre

01934 647082

Weston General Hospital (switchboard)

01934 636363

St. Michaels Delivery Suite

0117 342 5213/4

Early Pregnancy Assessment Clinic

01934 647288/647082

Day Assessment Unit

01934 881215

Community Midwives Office

01934 881064

How can we improve our service to you?

We welcome any comments or suggestions you might have regarding any aspect of your stay at Ashcombe.

Useful Websites

www.nice.org.uk

www.screening.nhs.uk

www.preg.info

www.apec.org.uk

www.dh.gov.uk

Help us prevent the spread of infection in hospital.

Please make sure your hands are clean. Wash and dry them thoroughly and/or use the gel provided.

If you have been unwell in the last 48 hours please consider whether your visit is essential.

If you need this leaflet in a language other than English, or would like to receive this information in large print, Braille or audio, please contact the Patient Advice and Liaison Service (PALS) on 01934 647216.



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Telephone: 01934 636363



Website: www.waht.nhs.net



Twitter: @WestonNHS

For details on how to contact us via email, please visit our website.