VISITING HOURS & AFTER HOURS ADMISSIONS

- It is the woman’s choice who she has with her during her labour and birth.
- We do not have set visiting hours but please respect her privacy and that of other women in the birthing unit.
- In the interest of safety and security, there may be occasions when family/whānau are asked to leave the birthing room.
- We have a whānau room and a large atrium outside the birthing unit where you are welcome to wait.
- We ask that you do not obstruct the doorways or corridor.
- We don’t have any age restrictions, however please have a responsible adult to care for little ones.
- Level 4 entrance is open 24/7 with night time admission controlled by security.
- You will need to use the Intercom to access Labour & Birthing Suite between 8pm and 6am. Please press number 1 and wait for someone to let you in. There may be a slight delay if they are busy.

HOW LONG WILL I STAY AFTER MY BABY IS BORN?

- Most women stay 2-3 hours after giving birth before transferring to Auckland Birthcare or a postnatal ward.
- Women going straight home may stay a little longer.
- Unless there is a clinical requirement, it is expected that all mums and babies will transfer to Birthcare in their own transport.

WHAT TO BRING?

- You will need to provide a car seat for baby and know how to use it.
- Please provide warm clothes for baby. We recommend something woolen in winter as you may be discharged in the middle of the night.

We hope you enjoy your stay at ADHB Labour & Birthing Unit & Obstetric High Dependency Unit. We appreciate any feedback.

http://nationalwomenshealth.adhb.govt.nz/
WHO ARE WE?
- We are one of the largest maternity units in New Zealand
- We provide both midwifery-led and specialist obstetric care
- We have an Obstetric High Dependency Unit for unwell women, and usually baby can stay here too

BEFORE ARRIVAL
- If you think you are in labour or have any other concerns our direct phone number is **09 307 4951**
- If your LMC is a private obstetrician or self-employed midwife please call them first unless they have advised you otherwise
- We have 6 rooms with pools for water births. Please advise if you would like to use one and we will do our best to provide you with this room

ON ARRIVAL
- You will be welcomed to Labour & Birthing Suite by the ward clerk who will confirm your details are current and correct (name, address, date of birth and GP)
- We now also ask for your email address for future paperless contact
- You and your whānau will be orientated to the unit

YOU WILL LIKELY BIRTH IN THE ROOM YOU ARE ADMITTED TO

YOUR LABOUR PATHWAY
- You will meet the Clinical Charge Midwife co-ordinating the unit
- You will only meet the doctors if you need medical input in your care
- If you want further pain relief you might meet an Anaesthetist
- If baby needs specialised care at birth, then you will meet the Neonatal team
- Due to the complexity of the unit, there may be occasions when your care needs to be re-prioritised. We ask for your understanding if this situation arises

FACILITIES & SERVICES

Parking
- There are two visitor car parks; both are managed independently by Wilson’s parking.
- We are **not able to offer** free / reduced parking rates for labouring women or their whānau.
- There is also street parking around the hospital (pay and display).

Refreshments
- You are very welcome to bring in your own food (our kitchen has a microwave)
- After baby is born, we have a **selection of sandwiches and toast** for the women
- Hot drinks are available for whānau from our kitchen but we ask that you do **not consume the sandwiches as they are for the women only**.
- We suggest **you bring in snacks** for your partner/whānau
- Food is available for purchase on level 5 until 8pm and from neighbouring establishments on Park Road
- Meals are provided for women in our High Dependency Unit

Toilets
- All the labour rooms have an ensuite shower and toilet for the woman
- We have visitor toilets by the entrance for partners and whānau. The ensuite toilets in the room are for the patient only