

You can expect to stay on the post natal ward for about 3-4 days if you have had a vaginal delivery and 5-6 days if you have had a caesarean delivery. Visiting hours on the ward are 8am till 8pm for partners and 1pm till 8pm for other friends and whanau.

The staff on the ward will help you with breastmilk expressing and storage. There is a Lactation Consultant (breastfeeding specialist midwife) on the ward, in NICU and in Starship if you have any problems.

Your partner is able to stay with you overnight in WAU and delivery suite but not on the ward. You may have as many people as you like attend your delivery.

When your baby is admitted to NICU we encourage you to visit any time of the day or night. The nurses will teach you how to care for your baby in an incubator and you will be very involved in all aspects of your baby's daily routine. We encourage skin to skin (kangaroo) care as much as possible. The nurses will tell you when this is appropriate. Whanau can visit (maximum of 2 people at the bedside) if accompanied by you or your partner. Older brothers and sisters can visit anytime but siblings under 5 years are only permitted to visit during summer. Other children are not allowed to visit at all.

Post-natal care

Once you are discharged from hospital your Fetal Medicine Midwife will perform post natal checks on you twice in the first week and then weekly thereafter. If you become unwell for any reason she will see you more often. She will expect you to come to maternity outpatients on Level 9 (where you had your scans) for your checks and she will continue caring for you until 4-6 weeks after delivery. After this your care will be handed back to your GP even if you remain in Auckland.

Please feel free to phone the midwives anytime to discuss any concerns you may have.

For more information please contact your local
NZMFMN Unit



Auckland: 09 307 4949 ext 24951



Wellington: 04 806 0774



Christchurch: 03 364 4557

New Zealand Maternal Fetal Medicine Network
NZMFMN@adhb.govt.nz

Moving to Auckland to await your baby's birth



We at the Fetal Medicine Unit here in Auckland are aware of the stress of moving to a different city on top of dealing with a serious condition in your baby. We understand that you don't know how long you will be here with your baby and we are also aware that you are away from your friends and whanau and your home. We endeavour to make this process as smooth as possible and we are available during working hours for any questions or concerns you may have.

Midwives

Alison 021 869 383 (Tues-Fri)
Anna 021 310 762 (Mon-Thurs)
Susanne 021 983 468 (Mon-Thurs)
Pat 021 412 979 (Thurs/Fri)

Scheduler

Stephanie (09) 307 4949 Ext 24951

Hopefully this pamphlet will give you some insight into what happens when you arrive.

Travel and accommodation

The first thing to note is that you must never worry about transport to Auckland and accommodation once you arrive. That is our job - if it appears that not much is happening please don't worry because it is. We are liaising with your local DHB travel coordinator all the time. Unfortunately sometimes you won't hear from your travel coordinator until very close to moving date, however, this is completely normal.

Depending on where you live you will travel by car (your petrol will be reimbursed), bus or plane. Your DHB will also pay for the travel of one support person. Your other friends/whanau are very welcome to come with you but they will have to arrange their own travel (if bus/plane).

Once you arrive in Auckland you will stay at one of several motels around Auckland Hospital. These are usually:

Waldorf St Martins Apartments Hotel

12 St Martins Lane, Grafton, Auckland 1001, New Zealand
Ph.: 0800 700 001

www.st-martins-waldorf.co.nz

Your DHB will fund \$100/night so you will have to pay \$10-\$25/night depending on what type of room you have. The Waldorf is approximately a 10-15 minute walk from the hospital or you can catch a taxi. There are car parking facilities but you will have to pay for them - \$20/night or \$90/week. It needs to be pre-booked and there is a height restriction of 1.9m.

City Towers

2 Maungawhau Road, Epsom 1023
09-520 6186
www.citytowers.co.nz

City Towers is approximately 15-20 minutes' walk from the hospital. There are no extra charges and they have free car parking so this is usually where you stay if you have driven to Auckland.

Ronald McDonald House (RMH)

Building 11, 2 Park Road, Grafton, Auckland
09-303 1365
www.rmhauckland.org.nz

Some DHB's house families in our onsite facility. There are no extra charges and they have free car parking. This is still an approximately 10 minute walk from the main building. If you bring school age siblings with you they will be required to attend the Ronald McDonald School (you will need to register so please see their website).

RMH often have family events run by their sponsors like BBQ's and visits to places like Kelly Tarlton's and The Heritage Hotel to play tennis. Sometimes local sports stars come and play rugby, cricket or basketball with the children. They also provide a weekly shuttle to St Luke's Westfield and the supermarket.

Each of these facilities provides linen but you will have to supply your own food.

You will often find other motel guests are also patients of Auckland City Hospital so you may have a little more in common with your neighbours than you think.

Once your baby is born you and your whanau will be transferred to Ronald McDonald House. Again, please do not worry about this - our Neonatal Intensive Care Unit (NICU) Family Liaison Nurses will arrange this on your behalf.

If moving to Auckland, and therefore not working, puts a financial strain on your family we recommend that you discuss this with your local WINZ office before you arrive.

We can help you to get food parcels from the Salvation Army. The City Mission (140 Hobson Street, Auckland) also provides free dinners; you just have to turn up. If your baby has a heart condition the @Heart Foundation (www.heartnz.org.nz) can also be of assistance. You will have already been given a brochure about this by our Cardiology Nurses.

Care at the hospital

You will receive an appointment for a midwife booking along with your travel and accommodation arrangements. You may also receive another appointment for a scan depending on your baby's condition.

One of the Fetal Medicine Midwives will book you into the hospital just like you did with your previous Lead Maternity Carer (LMC) at the beginning of your pregnancy. We will also go over your birth plan with you and take you on a tour of the hospital. The only department you are unable to visit prior to your baby's birth is NICU but there is an excellent online tour you can take and you can access this at:

<http://www.adhb.govt.nz/newborn/ParentSupport/VirtualNICUTour.htm>

You will have weekly visits with your Fetal Medicine midwife until your baby's birth. Once you go into labour or your induction of labour has been commenced you will be cared for by the Women's Assessment Unit (WAU) and Delivery Suite midwives.

Your Fetal Medicine Midwife will take over your care again once you have been discharged from the post natal ward to Ronald McDonald House.