



**Ulster Hospital Maternity Unit
Lagan Valley Birth Centre
Downpatrick Midwifery Led Unit
Newtownards Community Hub**

**Pregnancy
Health
Record**

Useful Telephone Numbers

Emergency Obstetric Unit	(028) 9055 0403	Newtownards Greenway Community Hub	(028) 9151 4217
Maternity Outpatients	(028) 9056 1364		
Home from Home	(028) 9056 4777	Bangor Community Midwifery Team	07834 745 159
Induction Labour Ward	07711 015 842		
Labour Ward	(028) 9055 0404	Hollywood Arches Health and Wellbeing Centre	
Neonatal Ward	(028) 9055 0471	Community Midwifery Team	(028) 9504 1413
Maternity Ward	(028) 9055 0469/70	Lagan Valley MLU	(028) 9263 3534
Infant Feeding Lead	(028) 9056 1339	Antenatal Education	(028) 9056 4836
<i>Please leave a voice message</i>		<i>Please leave a voice message</i>	
Maternity Chaplain	07971 334 527	Downpatrick MLU	(028) 4461 6995

Maternity Advice Line **(028) 9041 3864**
Monday to Friday 8.00am - 6.00pm

**PLEASE BRING THESE NOTES WITH YOU WHEN
YOU ATTEND ANY MATERNITY APPOINTMENTS
DURING YOUR PREGNANCY**

We in the South Eastern HSC Trust recognise that pregnant women may be concerned regarding their choices of care and birth options during the current pandemic. The safety of you, your baby and our staff is of paramount importance to us. Maternity care has changed and services will continue to be available at Lagan Valley Birth Centre, Downe Midwifery Led Unit and the Ulster Hospital Maternity Unit.

Where you choose to birth your baby should be discussed with your Midwife who will explore your options. You may wish to birth at home, at the Lagan Valley Birth Centre, or in either the Home from Home or Labour Ward at the Ulster Maternity Unit.

Shared Care

Your care is delivered between the Midwifery and Obstetric Teams in hospital or community settings.

Midwifery Led Care

This is designed for women with low risk pregnancies where care is provided by midwives. Your birth commonly occurs at home or in Lagan Valley Birth Centre or in the Home from Home at the Ulster. If you wish to have additional pain relief you can also birth in the Labour Ward at the Ulster Maternity Unit.

Home Birth

We offer this service to women who are considered low risk and attend their Community Midwife for antenatal care and support. There is strong evidence to support women in choosing to give birth at home. In a recent study, women were six times more likely to have a normal labour and birth when their planned birth occurred at home rather than in hospital. More information can be obtained by accessing: www.rqia.org.uk/planningbirthathome

Consultant Led Care

This care is for women with additional health needs or who have had previous complications in pregnancy. They may need specialised medical care alongside their maternity care.

EDD - Expected Date of Delivery

Pregnancy normally lasts from 37 - 42 weeks from the first day of your last menstrual period. At your antenatal booking appointment a dating scan will confirm a more accurate date for the birth of your baby.

Your notes contain personal, confidential information. Please take care not to lose them as they will remain the property of The South Eastern Health And Social Care Trust

The Emergency Obstetric Unit (EOU) Ulster Maternity

The EOU is situated on the ground floor of the Ulster Maternity Unit to the left of Maternity Reception.

This service is for women who have a pregnancy related problem or need urgent attention during pregnancy or in the 6 weeks following the birth of the baby. Your Community Midwife or GP may refer you. There is no appointment system, so you may have to wait to be seen.

Please inform the Midwife when you arrive.

A triage system is in place so priority will be given to those needing urgent attention.

Please contact your GP or Community Midwife for advice in the first instance.

For confidentiality please do not contact any maternity facility regarding results from bloods/swabs or urine tests taken. Due to data protection we cannot give out results over the phone. You will be contacted if any treatment is required.

If you have any concerns regarding outstanding results please speak to the Lead Health Care Professional involved in your care.

Access to the Ulster Hospital Maternity Unit

Car parking

Disabled parking is available across all maternity sites and disabled passes must be displayed to use any of these areas. There are 4 allocated short term parking spaces at the front of the Ulster Maternity Unit. These are designed for you to be dropped off or collected and permit a maximum wait of 20 minutes. A number of parking facilities are available in all hospital sites. Pay and display information is available on entering any car parking facilities. Please be aware that a clamping system is in progress within all hospital grounds to enable flow of traffic and access to all Trust sites.

The main Ulster Maternity entrance is open from 7:00am until 10:00pm. Outside these hours when you arrive at the Ulster Maternity Unit please telephone the EOU and staff will enable access to the building.

If you are experiencing any Covid-19 symptoms you will be advised to attend the Ambulance Entrance to the left hand side of the Maternity Unit. There is an intercom system whereby staff will enable access and will escort you to be reviewed.

Car parking can be difficult, therefore please allow extra time (up to 30 minutes) to ensure you have adequate time for your antenatal appointment. Failure to do so may result in your appointment being rescheduled.

Home from Home

The Home from Home is an 'alongside' Midwifery Led Unit designed for low risk women. The emphasis is on your experience of a safe positive birth within a relaxed atmosphere, affording you freedom of movement to adopt upright positions with the option of water for labour and birth.

We have 7 birthing rooms, each equipped with a birthing pool and a soft bed for partners to stay overnight. Currently no partners can remain overnight unless the woman is birthing her baby.

Antenatal Education

Due to the current pandemic restrictions on group education, the South Eastern HSC Trust has moved to provide a range of resources online to support you through pregnancy, birth and the early days of parenthood.

'Getting Ready for Baby' is a new way of supporting first time parents with a low risk pregnancy who would meet with their midwife and other expectant parents and together participate in educational classes. You will now be able to access virtual classes which will cover the same topics previously taught face to face during antenatal classes.

All expectant parents can access the antenatal course which has been developed by midwives and health professionals and is called 'Understanding Pregnancy, Labour and Birth'. It will explain the importance of connecting with your baby early on in pregnancy and how your baby's body and brain is developing at key stages of pregnancy. This will optimise both you and your partner's relationship with your baby.

The post natal course 'Understanding your Baby' was developed by health visitors, clinical psychologists and other health professionals. This free course is available to all expectant parents.

Access via: www.inourplace.co.uk Access code: NIBABIES

Online Pregnancy Yoga

Online Pregnancy Yoga available from 14 weeks.

For further information please email: pregnancy.yoga@setrust.hscni.net

Active Birth Workshop

Women who wish to choose minimal intervention whilst birthing their baby will find this workshop helpful. Your birthing partner is welcome to attend. Active Birth Workshops are delivered in Lagan Valley Birth Centre, Ulster Home from Home and the Downe Midwifery Led Unit.

At this moment we are unable to provide workshops but please access the Trust website: www.setrust.hscni.net **Maternity Services** for useful resources.

Hypnobirthing Classes

Hypnobirthing is a complete birth education programme that teaches simple but specific self hypnosis, relaxation and breathing techniques for birth. Programmes consist of three classes commencing at approximately 30 weeks gestation for expectant parents.

At this moment we are unable to provide group classes but video resources are available on the Trust website at the link above.

Feeding and caring for your baby

It is never too early to think about how you wish to feed your baby. The early weeks or months following birth is an important time in your developing relationship.

As a baby friendly hospital we encourage mothers to breast feed as it gives your baby the best possible start in life. Mothers who breast feed will pass on lifelong benefits which improve their baby's health and make a positive difference to their own health now and for the future.

We currently provide a monthly live zoom antenatal breast feeding workshop and details can be accessed by scanning the **QR code** below or via:

<https://setrust.hscni.net/healthy-living/feeding-your-baby/>

If you are unable to attend our workshop, a pre-recorded breast feeding workshop is also available via:

www.dorsethealthcare.nhs.uk/breastfeedingcourse

We will support your choice in how you choose to feed your baby, please speak to your midwife if you have any further questions. Scan the **QR code** below which provides information for infant feeding along with forthcoming dates of the **breast feeding workshop**. It includes useful media to support you establish responsive feeding and recommendations from the Public Health Agency.

The 'Off to a good start' booklet can be accessed at: pha.site/good-start or from the **QR Code** in your **Maternity Notes**.



Breast feeding workshop

Online tour of the Ulster Hospital Maternity Unit

There is an online tour available which can be viewed at: www.setrust.hscni.net

Lagan Valley and Downpatrick MLU will accommodate a visit to the Unit only by prior arrangement.

Twins and multiple pregnancy evening

Parents expecting twins or triplets can attend an information evening which is provided three times a year. However, it is important that you access the virtual antenatal education classes already mentioned. If you have any questions regarding your pregnancy please speak to the midwife at the Twin Clinic.

Other useful resources are available at:

The Twintrust Charity: www.twintrust.org

Tiny life: www.tinylife.org.uk

Barnardos ABC PiP Service: www.barnardos.org.uk/what-we-do/services/abc-pip

BUMPS Consumer Group

The South Eastern HSC Trust actively seeks to work closely with service users to ensure services are innovative and responsive to pregnant women's needs. The BUMPS Consumer Group actively welcome new members and we invite you to join them at their meetings that are held four times per year.

To find out more information contact:

Facebook: <https://en-gb.facebook.com/pg/BumpsMSLCUlsterHospital/posts/>

Maternity Services Chaplain

The Chaplain can be contacted by email: vivienne.manley@setrust.hscni.net or by referral via staff on the wards or Tel: **07971 334 527**

Spiritual and religious care is available for patients and families of all faiths, denominations and no declared faith.

What to bring into hospital

- Old nightdress or T-shirt for wearing during labour
- A suitable bikini/tankini top for the pool
- Nightdress/pyjamas/slippers/dressing gown
- Maternity sanitary pads/disposable pants
 - Breast pads
 - A pen

For baby

- Disposable nappies
- Vest or babygro/scratch mitts/socks
- Blankets/towels if you wish

PLEASE DO NOT BRING VALUABLE ITEMS WITH YOU

Length of stay

The usual period of stay is up to 24 hours following a normal birth, up to 48 hours following a forceps, vacuum delivery or epidural and up to 3 days following a caesarean section.

However, hospitals are noisy places with lots of mothers, babies, visitors and staff. Getting rest can be difficult. You may prefer to go home earlier if you and your baby are well.

A Community Midwife will contact you at home the following day and will discuss further visits with you.

We will try to make your stay as pleasant and comfortable as possible.

Ulster Hospital Maternity Ward - Visiting Times

**TO PROTECT MOTHERS AND BABIES FROM INFECTIONS
THERE IS RESTRICTED VISITING IN MATERNITY.
PLEASE CHECK UPDATED GUIDANCE PRIOR TO YOUR ADMISSION.**

NB: Due to the current pandemic, restrictive visiting applies as per Government Guidelines. Normal visiting below applies thereafter once restrictions are lifted.

2.00pm - 4.00pm

6.30pm - 8.00pm

2 visitors and partner only at this time

STRICTLY PARTNERS ONLY AT ALL OTHER TIMES

There is NO facility for partners to stay overnight except in the case of a labouring woman or an ill baby

**NO CHILDREN OTHER THAN THE MOTHER'S
OWN CHILDREN OR STEP CHILDREN MAY VISIT**

**PLEASE ADVISE FAMILY AND FRIENDS THAT WE DO NOT GIVE
ANY INFORMATION REGARDING PATIENTS OVER THE PHONE**

**THE NEO-NATAL UNIT HAS OPEN VISITING FOR PARENTS AND
RESTRICTED VISITING TIMES FOR GRANDPARENTS**

**ALL VISITORS SHOULD WASH THEIR HANDS BEFORE LIFTING OR
HANDLING A BABY. HAND SANITISERS ARE PROVIDED IN EACH
AREA.**

**IT IS ADVISABLE NOT TO VISIT OR ATTEND THE HOSPITAL
WHEN YOU ARE OR HAVE BEEN SUFFERING FROM
VOMITING AND DIARRHOEA**

or

**IF YOU ARE SUFFERING OR HAVE BEEN IN CONTACT WITH ANY
INFECTIOUS DISEASES eg. CHICKEN POX**

**New parent surveys and infection control measures stipulate that only
2 people at any one time will be permitted to visit each mother.**

Lagan Valley Birth Centre

The Day Assessment Unit

The Day Assessment Unit is situated on the first floor alongside the Lagan Valley Birth Centre.

A range of Midwifery and Consultant Led Care is available to address any concerns you may have regarding your pregnancy. If you require any additional medical assessment or treatment, your care may be transferred to Maternity Services at the Ulster Hospital.

Other services available

A range of active birth classes, breast feeding workshops, reflexology and hypnobirthing classes are available. Please speak to your Midwife regarding further details of resources available on the Trust website: www.setrust.hscni.net **Maternity Services**

Please ring: **(028) 9263 3534** for further details.

Visiting

Lagan Valley Birth Centre aims to create a homely environment for women birthing their baby. Whilst open visiting is encouraged, due to the current pandemic this is restricted to one birthing partner during labour only.

Length of stay

Women are facilitated to stay up to 24 hours following the birth of their baby.

Currently no partners can remain overnight unless the woman is birthing her baby. Please check with midwifery staff for any changes in policy.

Access to the Birth Centre

The Lagan Valley Hospital operates a one way road system. The Birth Centre can be accessed through a small signed entrance at the back of the hospital.

This entrance is open from 7.30am to 9.00pm daily. At all other times access will be through the main entrance via an intercom system.

If you wish to see the Birth Centre please speak to a Midwife who will arrange upon request.

Transfer

If you require any medical intervention during labour, after the birth or if baby is unwell, mother and baby will be transferred via ambulance to the Ulster Maternity Hospital.

Downe Midwifery Led Unit

Day Assessment Unit

Situated on the ground floor of the main Downe Hospital. A range of Midwifery and Consultant Led Care is provided in the Day Assessment Unit. If you require any medical assessment or treatment you will be transferred to Maternity at the Ulster Hospital.

Visiting

Midwifery Services in the Downe Midwifery Led Unit are restricted and tailored to need at the current time. Please discuss your birthing options with the Midwifery Team.

Length of stay

There is no birthing option available in the Downe Midwifery Led Unit at this time. Please speak to your Midwife regarding any recent changes in services to discuss other available options such as, home birthing and the use of Lagan Valley Birth Centre or the Home from Home within the Ulster Maternity Unit.

Access

Access to the Midwifery Led Unit is via the Downe Hospital main entrance. The Midwifery Led Unit is open from 8.00am - 8.00pm Monday to Friday and 9.00am - 5.00pm on Saturday and Sunday.

Outside these hours if you are concerned regarding any problem in pregnancy, please contact the Emergency Obstetric Unit at the Ulster Hospital.

If you are planning to have a home birth please contact the Midwifery Team, telephone number highlighted on the front of your Maternity Notes, at any time.

Transfer

If you require any medical intervention during labour, after the birth or if baby is unwell, mother and baby will be transferred via ambulance to the Ulster Maternity Hospital.

Contacts

Downe Midwifery Led Unit

Tel: (028) 4461 6995 (Reception)

CORONAVIRUS (COVID-19)

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



**KEEP
DISTANCE**



**WEAR FACE
COVERING**



**WASH
HANDS**



**FRESH
AIR**