

Is it safe?

Midwives are professionally trained to look after women in pregnancy, childbirth and afterwards.

The midwives in *Home from Home* are trained in examination of the newborn and will complete a full examination of your baby prior to discharge; your baby may be referred to a paediatrician if required.

The midwives are also trained in management of emergency situations and are skilled at identifying complications as they arise. If you develop complications while you are in the *Home from Home* you will be referred to an obstetrician if needed and transferred to the main labour ward within the Ulster Maternity Unit.

The safety of you and your baby is our main priority

What is available to help me manage my labour?

In the *Home from Home* you and your midwife will work together to help you manage your labour using:

- Breathing awareness
- Relaxation techniques
- Helpful positions in labour
- Birthing balls, birthing mats, peanut balls, combitrac, CUB (Comfortable upright birth support)
- Heat pads

- TENS
- Diamorphine/Morphine
- Gas and air
- Water pool.

You will not be able to have an epidural or Remifentanyl in the *Home from Home* as these are given by an anaesthetist in labour ward, following which you may require continuous monitoring which is facilitated by use of telemetry in labour ward.

Contact details

We hope this leaflet has answered your questions. If there is anything else you want to ask please contact:

The ***Home from Home*** Unit
Ulster Hospital Maternity Unit
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Dundonald
BT16 1RH

Tel: **(028) 9056 4777**

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South Eastern Health
and Social Care Trust



The ***'Home from Home'*** Unit

An alongside Midwifery Led Unit
at The Ulster Hospital

South Eastern Health and
Social Care Trust

When you are thinking about where to have your baby, we would like you to consider the *Home from Home* Unit at the Ulster Maternity Unit as one of your options.

Home from Home is an alongside Midwifery Led Unit which is part of the Ulster Hospital Maternity Unit.

Here are answers to some questions you may have.

Where is the *Home from Home*?

The *Home from Home* is located at the Ulster Hospital on the first floor of the Maternity Unit adjacent to the maternity ward and parentcraft room.

Who will look after me?

The *Home from Home* is managed and staffed by midwives who specialise in caring for women with an uncomplicated pregnancy and labour.

One midwife will look after you throughout labour and give you and your partner, care and support.

A second midwife may be present when your baby is born to help care for both you and your baby.

Do I need to book in advance?

You do not need to book in advance for the *Home from Home*. If you are unsure if you can go to the *Home from Home*, the midwife or doctor who sees you during your pregnancy or when you are admitted to the maternity unit will be happy to discuss this with you.

However, it is advisable to think about where you would like to be when you give birth before labour begins.

Who can come to the *Home from Home*?

Any woman who is:

- In good health
- Pregnant with one baby
- Having an uncomplicated pregnancy.



When would I not be suitable to birth in *Home from Home*?

Complications such as:

- When you are less than 37 weeks pregnant
- Your baby's heartbeat is causing concern
- Your blood pressure, temperature or pulse are not normal
- You develop health problems
- Labour has to be induced with a syntocinon infusion.

What can I expect from the *Home from Home*?

- A friendly, relaxed environment
- To be cared for only by midwives
- Option of a water labour/birth 24 hours a day
- Home from Home is part of the Ulster Hospital where pregnancy (obstetric), newborn(neonatal) and anaesthetic care is available if required
- An 'en-suite' room where you give birth to your baby and remain for the rest of your hospital stay
- To go home 6 to 24 hours after your baby is born. The maximum stay in home from home is 48 hours.