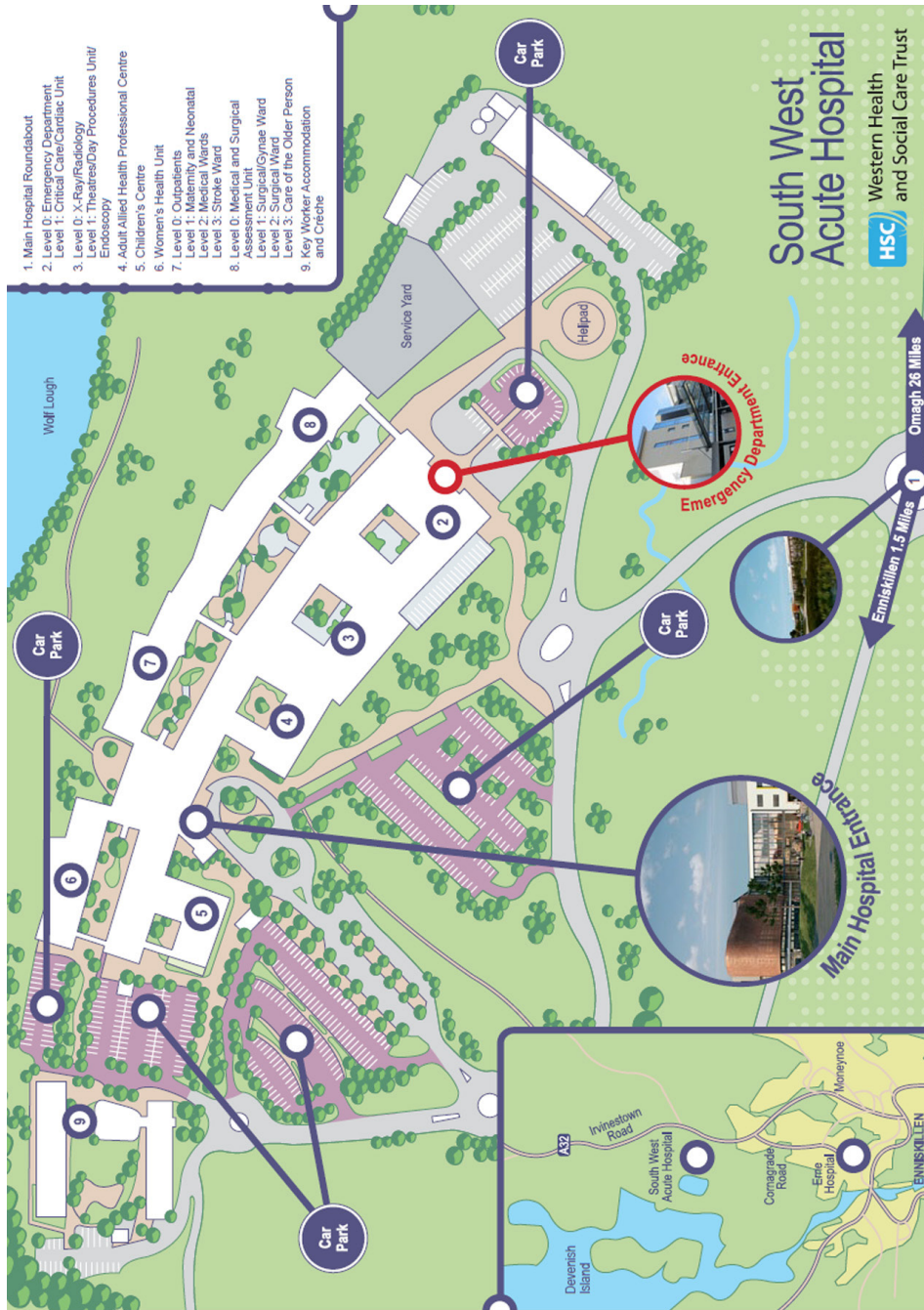


Site Map Showing Relevant Areas of the Hospital



Having your baby in the South West Acute Hospital

- some useful information

Things to bring

For You

- your maternity notes
- night dress/pyjamas and something loose for your labour - maybe a long t-shirt or loose night dress
- light weight dressing gown
- slippers or soft shoes
- 1 bath towel
- toiletries- soap, toothpaste, toothbrush, shampoo, deodorant, tissues
- maternity sanitary pads (not plastic backed)
- disposable pants/ pants (at least 5 pairs old pants are useful)
- supportive or nursing Bras (avoid under wired)
- breast pads - available from chemists
- any medication you are taking

Things you may like to bring in for use in labour

- socks for cold feet
- a water spray to keep you cool
- your favourite CD
- massage oil
- your own pillow
- lip balm - like Lypsyl or vaseline - for dry lips

For Baby

- Towel, vests and baby-gros, socks, a hat and cotton scratch mitts
- 1 packet new-born disposable nappies
- Blankets (Coloured)

Things for your birthing partner

- a change of clothes
- a book / magazine
- drinks and snacks
- wear light comfortable clothing as the maternity unit is warm
- camera

You're here !

Maternity - Enter front of hospital, turn right and **follow signs for lift D**. Take lift D and follow signs for Maternity inpatients.

After 10pm, please use Accident and Emergency entrance and follow signs for Maternity.

MFAU (maternal and fetal assessment unit) - 9 to 5pm located in women's health, ground floor. Out of hours contact maternity inpatients/ delivery suite/ MLU (midwifery led unit).

Admissions Office - 8 to 4:30pm Monday to Friday, 10 to 3pm Saturday and Sunday. Enter front door, turn left and follow signs for admissions.

Hospital Visiting Times

To ensure our patients have adequate rest and recuperation, receive timely care and treatment and help maintain hygiene.

Maximum number of visitors **two (2)** per patient at any one time.

Daily visitng:

3pm - 4pm and 7pm - 8:30pm

Maternity Department:

Partners 1pm - 9:30pm