

Site Map Showing Relevant Areas of the Hospital



Having your baby in Altnagelvin

- **some useful
information**

Main Tower Block Entrance - C and D
South Wing Entrance - G
Accident and Emergency Entrance - F

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 !

If a planned admission, go to the Admissions Office on the ground floor of the main hospital. The Admissions Office is closed after 5pm and on Saturdays. Open Sunday 2pm to 5pm. If the office is closed, go to the reception desk at Accident & Emergency, also on the ground floor.

Once you've checked in, go to the Assessment Unit in the south wing - 1st floor, where the midwives will see you.

For all other admissions please make your way to the assessment unit- after 9pm please enter via the Accident & Emergency unit.

Your length of stay will depend on you and your baby's needs - and varies from 6-12 hours to 24-48 hours.

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