



Welcome to the Maternal/Child Unit
Stratford General Hospital
519-272-8232

Between the hours of 7:30 AM and 7:30 PM, present directly to the Maternity Unit, on the second floor, to register. For ALL access to the Maternal/Child Unit after 7:30 PM, please access through the Emergency Department, where you will register then proceed to the unit.

When to come to the hospital:

- If you think you are in labour, time your contractions carefully with a watch (from beginning to beginning of each contraction). When your contractions are painful and occur every 5 minutes, lasting 1 minute for at least 1 hour, Call **the maternity ward (519-272-8232)**.
- If your membranes have ruptured (water breaks), **CALL** the maternity ward whether you have contractions or not, for further instructions.
- You may notice a mucous blood-streaked discharge several days before your baby is ready to be born. If the discharge is watery, your membranes may be leaking. *You may be asked to come in for further assessment.*
- If the blood is bright red, **CALL** and plan to come immediately to the hospital.
- If you feel unsure about whether or not you should come in, please **CALL** the maternity ward. After your triage assessment, if you are not in active labour and everything is fine, you may be sent home.
- You are allowed 1 support person with you while you are in triage.
- Parking is available in several lots at a cost of \$5.00 upon exit. Parking tokens are available in the business office or switchboard. (There is a change machine across from switchboard).

Your postpartum stay: The length of your hospital stay is based on your delivery type, including other factors. During your stay, the nursing staff will be available to answer your questions and monitor the well-being of both you and your baby. The following information can help you plan your stay. Our postpartum unit offers the following features and services:

- **Security and safety:** Our postpartum unit is locked at all times. All visitors will need to check in and out. Your baby will wear an identification band with a number that matches yours. Your baby will wear a safety bracelet while in hospital. This bracelet will be removed prior to discharge.
- **Lactation services:** We endeavor to have a certified lactation consultant on the unit every Monday, Wednesday, Friday and Saturday morning from 8 AM-12 PM. A community support resource may be found in the education package provided by the hospital for ongoing support needs, "Helpful Resources for Huron and Perth Families".
- **Visitors:** Friends and family members can visit at any time. Siblings are also welcome to visit, but must be accompanied by an adult. Because newborns are vulnerable to germs, people who are unwell should not come to visit you. There may be visiting restrictions in place at times of viral outbreaks. Communication would be provided during these times.
- **Meal services:** In-room meals are available to the new mother.
 - The West Side Cafe is available Monday – Friday, 7:30 AM TO 2:30 PM. Located in the West Building – Basement. Debit available.

- The Coffee Shop is located in the main lobby. Hours of operation are Monday – Friday, 8:30 AM – 7:00 PM; Saturday and Sunday, 8:30 AM – 1:30 PM.
- Vending machines are available in the Emergency Department and on the Second Floor Lobby outside of the Maternal Child Unit. Debit/Credit available.
- **Semi-private/private coverage:** accommodated based on availability.
- **Entertainment** Patients are to bring their own devices to the hospital. Television services are not available.
- **Wi-Fi:** Free guest Wi-Fi service is available.
 - Connect to the “HPHAGuest” wireless network
 - Open your internet browser. Read and accept the “Terms of Use”.
 Note: technical support not provided for this service.
- We are a **Latex and Scent Free Unit:** No latex balloons (foil balloons only). Please NO PERFUMES or scented flowers.
- **Discharge:** Before discharge, your nurse will review essential health information with you. You must take your baby home in a properly installed, up to date car seat that has a National Safety Mark sticker. Install the seat before you go into labour so it is ready to transport your newborn safely. You will need to schedule a follow-up appointment as directed by your health care provider. Notify your health care provider immediately if you experience any post-partum complications as outlined in “Your Guide to POSTPARTUM HEALTH and caring for your baby” booklet.

For Caesarean Section Patients: Please follow these recommendations to prevent any delays with your Caesarean Section:

- Arrive on the unit 1 ½ hours before your scheduled Caesarean Section time
- Eat a final snack 6 hours before your surgery. Examples: 1 small piece of fruit with a cup of cereal and ½ cup of milk or 1 small piece of fruit with a slice of toast and jam and ½ cup of yogurt. “STOP eating after your final snack.” Refer to your “Eating and Drinking Before Surgery” patient handout. Leave all valuables at home
- Remove nail polish and make-up, including toenail polish
- Bathe or shower with an antimicrobial soap (such as 2 or 4 percent aqueous chlorhexidine gluconate) either the night before or the morning of your surgery. (Found at your local pharmacy.)
- One support person may accompany you
- If you develop a cold or infection or have been in contact with the following diseases: mumps, rubella, chicken pox or pertussis (whooping cough), please notify the unit and/or your physician immediately
- **NO SMOKING** for 8 hours before your Caesarian Section
- Consult your physician/OB regarding your medications to determine what medications you should take or hold prior to your surgery.