YOU'RE IN GOOD HANDS

THANK YOU FOR
CHOOSING ST VINCENT'S
PRIVATE HOSPITAL WERRIBEE

ST VINCENT'S
PRIVATE HOSPITAL
WERRIBEE

WELCOME TO ST VINCENT'S PRIVATE HOSPITAL WERRIBEE

From the moment you step through our doors we're looking out for you and your baby. We understand how special pregnancy, childbirth and the time that follows is for women and their families. Your time at St Vincent's Private Hospital Werribee is an exciting new beginning, the moment you meet your baby for the first time.

This booklet is for Mums, Dads and carers. It will help you prepare for your pregnancy care and childbirth. It will also tell you about the facilities and services available to you and explain what we mean at St Vincent's Private Hospital Werribee when we say we care.

Safe parents and new borns are a proud tradition of ours: we have been delivering happiness to families every day for 80 years. It's a tradition backed by modern technology and expertise, a Special Care Nursery, as well as experienced obstetricians and midwives. And as proud St Vincent's Mums and Dads will tell you, safety goes hand in hand with the best medical and personal care.

PLANNING FOR A BABY IS AN EXCITING TIME

ONE THAT AT TIMES CAN SEEM OVERWHELMING. HERE ARE 5 THINGS TO DO ONCE YOU'VE CONFIRMED YOUR PREGNANCY.

Investigate your health insurance plan or find out if you are covered by Medicare/overseas student health cover/overseas maternity health cover. Make sure you know what your health insurance plan covers as far as your prenatal care and delivery costs, as well as care for your new baby. Get answers to these questions by calling your health insurance company.

Book a maternity tour: Tuesdays at 2.30pm, Thursdays at 6.30pm OR Saturdays at 2.30pm

This will enable you to see everything first hand and familiarise yourself with the Maternity Unit before baby arrives. It is also a good opportunity to ask our midwife any questions you have with regards to the facilities and support we provide.

To book in for a tour either email or call us:
Email: svphw.bookings@svha.org.au Call: 03 9218 8016

Select your obstetrician from our list of accredited obstetricians.

Get a GP's referral to see the obstetrician of your choice.

Come in and see your obstetrician and hear your baby's heart beat for the first time.

FREQUENTLY ASKED QUESTIONS

If I don't have private health insurance/if I fell pregnant without obstetrics insurance cover, can I choose to deliver my baby at St Vincent's Private Hospital Werribee?

Yes, you can! If you are not insured for pregnancy care and the birth of your baby, you can still have your baby at St Vincent's Private Hospital Werribee, however you will be required to pay for all hospital services.

If I am ineligible for Medicare, can I still get pregnancy care from St Vincent's Private Hospital Werribee?

Yes! If you are not eligible for Medicare, you can still get pregnancy care from our obstetricians and midwives, however you will be required to pay for all hospital services. Charges vary depending on whether you are covered by an Australian Health Insurance Policy or guarantee of payment from an overseas health insurance fund.

What are the advantages of getting my pregnancy care from a private obstetrician and private hospital?

- An obstetrician of your choice will provide you care throughout pregnancy, labour and the postnatal period. If you choose to have your baby at a public hospital, you will not see the same midwife or doctor during each visit.
- You will have your own private room with ensuite.
- Appointment waiting times are usually shorter than in public clinics.

Can I visit the Maternity Unit before I decide to book?

Yes! We'd like you to feel as familiar as possible with the Maternity Unit before your baby arrives. You can book a hospital tour either through email or call us:

Email: svphw.bookings@svha.org.au
Call: 03 9218 8016

How long do I need to stay in hospital?

Length of stay can vary according to your health and that of your baby, but women who have normal births usually spend three to four nights in hospital, or five nights after a caesarean birth. St Vincent's Private Hospital midwives will help you prepare for hospital discharge and arrange home support if needed.

Will I have to share a room?

No. At St Vincent's Private Hospital Werribee mums are guaranteed a private room and partners are welcome to stay. We offer spacious and stylish rooms, many with double beds, and those without double beds have a comfortable fold out sofa-bed. Everything you need is provided in your room; like baby bath, nappies, ensuite bathroom, locked drawer for valuables, a small fridge and free Wifi connection.

How do I book in with St Vincent's Private Hospital Werribee?

To book into our maternity department, simply ask your general practitioner to refer you to one of our accredited obstetricians - we will then send you an information pack that explains our services. If you haven't chosen an obstetrician to deliver your baby, refer to our list of accredited obstetricians

STATE-OF-THE-ART MEDICAL CARE

St Vincent's Private Hospital Werribee midwives are there to support you and your partner – keeping you and your baby safe is their first priority. Parents have different needs during this special time and we encourage you to discuss individual preferences for labour and birth with your obstetrician.

BIRTH SUITE

The Birth Suite is a safe and supportive place for Mums and their partner. Experienced midwives, in consultation with an obstetrician, provide one-on-one care during labour and birth. A fully staffed operating theatre is nearby in case of complication.

All birth suites have ensuite facilities, modern foetal monitoring technology, telephone and television, and kitchen facilities. WiFi facilities are free.

SPECIAL CARE NURSERY

Experienced pediatricians, neonatal nurses and midwives are available to look after unwell babies in our Special Care Nursery. Modern facilities and equipment ensure that your baby gets the best possible care.

ANTENATAL AND FOETAL MONITORING UNIT

Monitoring baby and assessing Mum's wellness, particularly towards the end of pregnancy, helps our midwives identify any potential problems. If needed, treatment can be provided in consultation with your obstetrician without needing full hospital admission.

PRE-ADMISSION VISIT

As part of planning for the birth of your baby, it is helpful for you to meet with a midwife before you deliver your baby.

A one-on-one consultation with a midwife provides every mum a chance to discuss any personal concerns relating to pregnancy and birth. Our highly experienced midwives will answer all your questions and help ensure you are well prepared, supported and ready for your baby's birth.

We encourage all women who feel they would benefit from a pre-admission midwife meeting to come in after approximately 32 weeks gestation to discuss your individual needs and requirements regarding your health and the safe delivery of your baby. Pre-admission midwife meetings are available by appointment on (03) 9218 8014

CARE YOU CAN COUNT ON

Whether it's the latest birthing and medical expertise or satisfying a sudden craving for a snack, you can count on us to care.

YOUR STAY IN MATERNITY

At St Vincent's Private Hospital Werribee, Mums are guaranteed a private room and partners are welcome to stay. We offer spacious and stylish rooms, many with double beds, and those without double beds have a comfortable fold out sofa-bed.

Each room has:

- An ensuite bathroom
- A small fridge
- A locked draw for valuables
- Direct dial telephone
- Free WiFi internet access
- Digital television
- Kitchen facilities, and
- Infant bathing facilities

ST VINCENT'S PRIVATE HOSPITAL STAFF

From obstetricians and midwives to hospitality and cleaning staff, you'll experience our commitment to care at every level – and at any hour.

Our staff will make your time at hospital more enjoyable, they're ready to help with anything you need and ready to listen when you need to talk.

We provide a learning environment for registered nurses training to become future midwives. Student midwives might lend a hand to care for you during your stay while they work under the supervision of experienced midwives, and we appreciate your support in developing the nursing and midwife professions.

MEALS

Our extensive winter and summer menus are designed and prepared by specialist chefs. Food at the Maternity Unit is as great tasting as it is nutritious and caters for a range of dietary, cultural and religious requirements. Dieticians are also on hand to provide individual advice if needed.

SHARING THE EXPERIENCE

Partners and carers can take photos and videos of baby in the birth suite, but not during the birth.

Further information about your stay at St Vincent's Private Hospital Werribee can be found in our general patient information booklet.

OTHER SERVICES

- Pharmacy
- Physiotherapy consultation
- Pastoral care
- Breastfeeding clinic
- Coffee lounge

GETTING THE MOST FROM YOUR STAY

BREASTFEEDING SERVICES

Our team of experienced midwives encourage breastfeeding in line with World Health Organisation guidelines while supporting women who choose not to breastfeed. There are many approaches to breastfeeding and the amount of information out there can be confusing. Our approach is to help mothers find out what works for them and meets the changing needs of their baby.

BREASTFEEDING CLINIC

Our support doesn't end when you leave our care. We know that breastfeeding can take practice, and with the right support it can be easier.

Our breastfeeding clinic is a FREE service for all patients. Run by qualified lactation consultants, you have the option to receive advice over the telephone or to come for a face-to-face visit with your baby.

CHILDBIRTH EDUCATION

The extensive Early Parenting Program at St Vincent's Private Hospital Werribee helps parents and carers prepare for childbirth, breastfeeding and make the transition to parenthood. Experienced midwives discuss a range of birth and parenting issues and offer advice in a relaxed atmosphere.

Classes are not just for new Mums, we provide a range of classes for the rest of the family, including: Well Woman's Health for Early Pregnancy, Grandparents, Dads and Bubs and refresher courses for second time Mums. Parents are encouraged to attend all classes.

OUR STATE-OF-THE-ART **OBSTETRICIANS**

	OBSTETRICIAN	PHONE NUMBER	OTHER LANGUAGES
F	DR MIDIA ALIAS	(03) 9367 8626	Arabic and Chaldean
F	DR VAISHALI BHALERAO	(03) 9218 8023	Hindi and Marathi
M	DR CLAUDE CALANDRA	(03) 9748 6022	
F	DR LATIKA CILLY	(03) 9744 6222	Hindi, Marathi & Tamil
M	DR JOSEPH DRENTIN	(03) 9218 8020	Italian
F	DR SUJATA HEMRAJANI	(03) 9218 8020	Hindi, Punjabi, Urdu & Sindhi
M	DR JOHN HOW	(03) 9398 0900	Mandarin
F	DR PREETI KHILLAN	(03) 9367 8626	Hindi
F	DR THAO LE	(03) 9367 8626	Vietnamese
M	A/PROF VINAY RANE	(03) 9329 0626	Hindi
M	MR SALVATORE SFAMENI	(03) 9218 8023	
F	DR BOSKI SHAH	(03) 9218 8020	Hindi & Gujarati
F	DR JYOTI SHARMA	(03) 9367 8626	Hindi
M	DR ANANDA WIJEWARDANA	(03) 9218 8020	Sinhalese

GENDER M Male F Female

FIND OUT MORE

For more information about having your baby with us please call the Maternity Bookings team on (03) 9218 8016.

You can follow us on Facebook or Instagram where we share our news, tips and updated information on many issues relating to pregnancy and parenting:

Facebook: **www.facebook.com/StVincentsWerribee**
Instagram: **www.instagram.com/stvincentsprivate**

Read our blog for information on pregnancy, birth and parenting:

blog.svpm.org.au