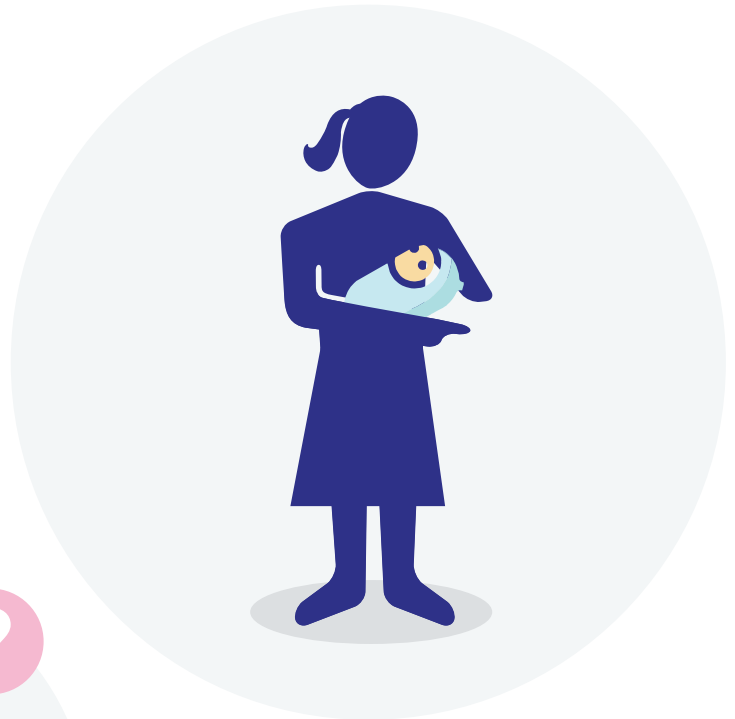




GIG
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Making your stay with us at Maternity safe



Please scan QR code if
you require a Welsh
version of this booklet.

8 simple steps to keep yourself safe during your stay in hospital.



Preventing blood clots

- Wear your hospital stockings if advised and try and mobilise as much as you possibly can. Staff can support you with this if you require.
- If you are unable to mobilise as you would like - try to do simple leg or ankle exercises by rolling your ankles and flexing your legs back and forth.
- Drink fluids as much as possible.
- Take blood thinning injections where advised.



Preventing infection

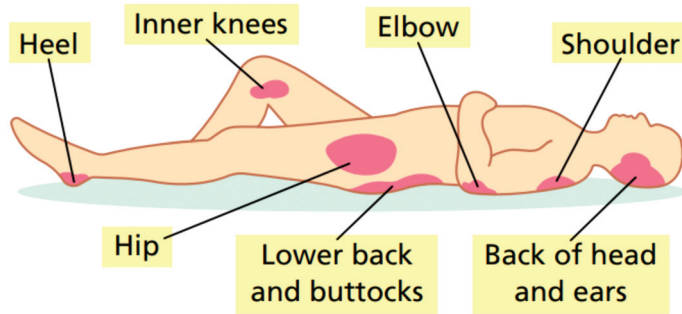
- Wash hands before and after visiting the toilet and before every meal.
- Don't hesitate to ask staff if they have washed their hands before they visit your bedside.
- ALL staff should be bare below their elbow this requires staff to not wear wrist watches, rings (except plain wedding bands), bracelets, bangles, or step counters. If you have any concerns that this is not being followed please ask to speak to the ward manager.
- Let us know if you have had any episodes of diarrhoea and vomiting.
- Visitors with illness should not attend the unit until they are clear of symptoms (diarrhoea and vomiting is 24 hours after the end of the last episode)





Pressure ulcers

areas of risk on the body



- If possible, even when in bed, try and keep mobile and call staff if you are uncomfortable.
- Staff can help you change position and provide a special mattress if required.



Any concerns

- We are here to help you - please talk to us if you have any worries or concerns about your treatment or anything that has happened during your stay. If you would prefer, you can speak to another member of staff who isn't caring for you, who will be able to deal with your concern in a confidential and sensitive manner.



Baby's Movement

- If you are worried about baby's movement during pregnancy or you have any concerns please speak to a member of staff, who will be able to support you.





Identification

- During your stay, you and your baby will receive identification bands, if these fall off, please make a member of staff aware as soon as possible so they can support you to reapply these.
- Your baby will have two bands and these are normally placed on a foot and wrist.
- Our units have baby alarm systems in place and staff will support you in how these operate.



Taking care of your baby

- During your stay, Midwives, Health Care Support Workers and Nursery Nurses will be available to support you. If you notice anything concerning about your baby, such as difficulty feeding, unusual movements or sounds, stiffness, or an abnormal cry, please alert a member of staff straight away
- It's important to only change your baby in the cot provided to reduce risk of baby falls
- Please adhere to safe sleeping advice and use the cot provided.
- Be mindful of your babies breathing when positioning them for feeding.



Leaving hospital

If you are going home after giving birth,

If you have had your baby, please ensure that you:

- Have your postnatal discharge document, so that your community midwife can document your care in the community.
- Ensure that you have a car seat ready for safe transfer home.
- Have any medications to take home that have been prescribed to you during your stay. Staff should explain to you how to take this medication before you go home.
- Know who to contact if you have any concerns at home.
- If you've had a baby, the community midwife will be with you the following day, if you have not heard from your community midwife by 3pm please contact us.

If you are going home before your baby is born:

- Know when your next appointment is.
- Have any medications to take home that have been prescribed to you during your stay. Staff should explain to you how to take this medication before you go home.
- Know who to contact if you have any concerns at home

