



# ST GEORGE'S HOSPITAL

MATERNITY CENTRE

## Maternity Centre

### *Where you and your baby come first...*

#### **Thank you for choosing St George's Maternity.**

At St George's we know that every woman's requirements and wishes are unique. Our staff provide expert care and endeavour to make your stay special and as comfortable as possible. Your stay at St George's is free of charge if you are eligible to receive maternity services in New Zealand and if your Lead Maternity Carer has an access agreement with St George's Hospital. The following information is important and we suggest you keep this document with your maternity records. Please contact us if the information you require is not listed in this sheet.

### *Tours*

- Are held on the first Tuesday of each month from 6pm to 7pm
- Please book in advance with our Receptionist on 03 355 9102
- Dates for tours are posted on the website.

### *Visitors*

#### **Visiting times:**

- Partners, baby's siblings and grandparents
  - Flexible visiting times
- Family/Whanau and friends
  - 3pm to 7.30pm each day
- Entrance from the Main Hospital only.

### *Birthing at St George's*

- Maternity is located on the second floor of the hospital in the Sir George Seymour Ward
- When your labour commences notify your LMC, who will contact the hospital to arrange your admission
- **If you are in labour, the entrance is via the DAY SURGERY, 133 Leinster Road. This is the ONLY entry for you to the birthing rooms**
- The hospital is locked after hours for security reasons. There is an intercom at the Day Surgery entrance and staff will meet you there so you must contact your LMC if you are coming to St George's at all times.

- St George's is a primary birthing centre. There are experienced midwives working on all shifts and it is an ideal environment for healthy women planning a normal birth with no interventions. There are no resident medical staff
- In partnership with your LMC you will make a decision as to the most appropriate place for you to birth
- If any complications occur you may need to be transferred to Christchurch Women's Hospital. Your LMC will organise this process
- Following the birth of your baby your postnatal stay is usually two or three nights or until you are clinically fit for discharge. If you wish to stay longer please phone the ward to enquire about our charges.

### *If you are transferring to St George's for postnatal care*

- Your LMC or a midwife from the ward will arrange your transfer
- Enter the hospital through the **MAIN ENTRANCE** from Heaton Street or 249 Papanui Road.



### *If you are transferring to St George's for postnatal care... cont*

- There is 10 minute parking at the entrance to assist your transfer; we then encourage your partner to move the vehicle to the car park building.
- Use the intercom at the main entrance, staff will assist you to enter the hospital
- Timing of transfers:
  - Caesarean section within 48 hours
  - Vaginal delivery within 12 hours
- You will generally stay two nights at St George's Hospital following your transfer
- Bookings are accepted from all eligible women. beds are allocated if available at the time of birthing.

### *Breastfeeding support and antenatal classes*

- St George's is accredited with the Baby Friendly Hospital Initiative. Our Lactation Consultant is available to visit women at the centre four days per week
- A one-off class is offered twice a month to pregnant women to gain guidance about feeding their baby
- Dates and times are available on website or phone 03 356 0900
- A free drop-in clinic is offered for additional breastfeeding support following discharge from St George's or elsewhere in Canterbury. This operates from the Maternity Centre most week days (information available on our website).

### *Physiotherapist*

- Our resident physiotherapist is available to visit the hospital twice a week, to give advice and practical assistance to women with postnatal issues
- If you have any concerns about your progress, we can arrange for her to contact you to organise follow-up care.

### *Discharge day*

- On your day of discharge, please arrange for your support person to be available to assist you with this process and plan to leave the unit before 10.30am.

### *Food services*

- We offer an extensive food service. If you have specific dietary requirements please ensure that you have noted this on your booking form, or ask your LMC to inform the staff.

### *Cafeteria*

- Georgio's Café is located on the ground floor of the Cannon Wilford Wing. A selection of light food and drinks is available. The café is open Monday - Friday
- After hours there is a hot drinks machine available. Partners may purchase an evening meal from the hospital kitchen. The staff on the ward will assist you with this process.

### *Car parking*

- There is limited car parking available on the streets surrounding the hospital campus
- You are encouraged to use the hospital car park building. The first 30 minutes are free of charge.

### *Smokefree hospital*

- St George's Hospital is a smokefree hospital
- If you are a smoker our staff can offer you assistance to enroll in a free 'Smokechange' programme.

### *Chaplaincy service*

- The Hospital Chaplain is available on request for a chat or visit with all mothers, or a blessing for your baby
- If you wish for further support or a visit from your own minister of religion or Kaumatua, you are welcome to organise this.

### *Fire*

- If a fire alarm sounds please remain in your room and a staff member will come to inform you of the situation
- If you have visitors they must remain in your room until directed that they can leave the hospital
- The staff will keep you informed and if it becomes necessary to evacuate the staff will direct and assist you.

### *Access to clinical records*

- If you wish to view your record while in hospital, your LMC or staff midwife will assist you with this process
- If you require a copy of your record following discharge please contact Clinical Records Department (details on our website).

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### *Maternity centre*

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249 Papanui Road, Strowan,  
Christchurch 8014.  
Private Bag 4737, Christchurch 8140

**T:** +64 3 355 6020  
**F:** +64 3 375 6339  
**E:** [anna.vanuden@stgeorges.org.nz](mailto:anna.vanuden@stgeorges.org.nz)



[stgeorges.org.nz](http://stgeorges.org.nz)