



## Bermuda Hospitals Board

### Maternity guidelines for birth and visiting



*We'll do all we can to support you and create a safe, nurturing, comfortable environment. Please call the Maternity Unit at 239-1325 or 239-1158 for the most current information prior to visiting.*

#### When you go into labour, call before you arrive at Maternity

When you go into labour, call the Maternity Unit on 239-2016 or 239-1325 to advise them you are coming in.

#### What to bring for your stay

**Please bring:** soap, toothpaste, toothbrush, deodorant, tissues, sanitary pads, a minimum of two nursing bras for breastfeeding, breast pads, comfortable underwear, dressing gowns, nightdresses or loose and comfortable daytime clothing and any prescribed medication you normally use.

**Remember clothes for baby:** sleeper, vest, socks, blanket, hat, comb and brush.

**Other items:** Personal devices with earphones are permitted, but limit your valuables to essential items only. Large amounts of money or jewelry should be left at home. BHB does not accept responsibility for loss or damage.

#### Arriving at KEMH

Go through the Emergency Department entrance on Point Finger Road. Ask the security guard to call the Maternity Unit. A Maternity nurse will come down to get you immediately, but this may take a few minutes.

#### What to expect on the Maternity Unit

The birthing or admission room will be your first stop. Your doctor will be notified once you arrive. Your support person, will be the only one to visit while you are in this area. Grandparents and other close family members may sit in the waiting room until you are transferred to your room after delivery or discharge. Support people who are COVID-19 positive, or who have suspected COVID or other respiratory (cold/flu) symptoms are not allowed in the Maternity Unit.

#### Doulas

Doulas are welcomed in the BHB Maternity Unit. Doulas must be certified and also have completed BHB's infection control training.



### Keeping safe from infections

Expectant mothers who exhibit respiratory symptoms and fever will be tested for flu and COVID-19.

If they are known to be COVID-19 positive, they will use rooms in Maternity reserved for COVID-19 patients.

Support people and visitors who are COVID-19 positive, or have symptoms are not allowed in the Maternity Unit.



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### Keeping loved ones updated

Please designate a family member or friend to update those who are anxiously awaiting news. Telephone queries to the labour room should be kept to a minimum.

### After the birth

We know this is a beautiful time for parents to bond with their new baby. Your support person can stay as long as needed after the birth of your baby.

### Visiting

A maximum of two visitors are allowed at a time for each patient. No visiting is allowed in the labouring areas. For the safety of your baby and others, please do not allow visitors if they are unwell or have been exposed to chickenpox or other infectious illnesses.

**Mothers and Fathers:** 8am to 8pm. Fathers are allowed to stay overnight but restrictions apply (see Rooming-in Guidelines for Partners on the Postnatal Ward)

**Baby's siblings:** Noon to 2pm and 4pm to 8pm. Children, apart from the baby's siblings, are not allowed on the unit. Young siblings must always be accompanied by an adult.

**Other visitors:** Noon to 2pm and 4pm to 8pm.

### Quiet Time

The Maternity Unit observes quiet time from 2pm to 4pm daily so mothers may rest. We ask all visitors to respect these hours and do not visit at this time.

### Visiting the Special Care Baby Unit

Parents and grandparents may visit in the Special Care Baby Unit (SCBU) but must be masked while inside the SCBU. Masking is required in SCBU for the protection of all our newborns. Siblings will not be allowed in the SCBU during winter months due to the risks to children and babies of Respiratory Syncytial Virus (RSV) as well as COVID-19, which circulate in Bermuda.

### Amenities

Free WiFi is available at BHB. Televisions may be rented for a fee on a daily or weekly basis (cash only).

A hospitality cart, operated by the Hospitals Auxiliary of Bermuda, will visit outside your room each morning between 10:30am and 11am.

Toiletries, newspapers, sweets and other items are available for purchase from the cart.

### Discharge

For the personal safety of mother and baby, discharges back home will be expedited if safe to do so, where mothers can be fully supported by their loved ones.

After a vaginal birth, the goal will be to discharge mothers two days after birth. Women who require c-sections will be discharged after two days if meeting clinical milestones and feeling well.

Please ensure that your baby has an infant car seat – this is required for us to discharge you. Discharge time is 11am, so make transport arrangements in advance.



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