

# Women and Children's Health Unit

Yarmouth Regional Hospital

# Women and Children's Health Unit - Yarmouth Regional Hospital

Welcome to the Women and Children's Health Unit (WCHU). We look forward to caring for you and your loved ones. We are always here to answer questions and provide support, as needed.

## What to bring

### What should I bring for me?

- Nova Scotia health card (MSI card)
- Any medications you are taking, in their original, labelled containers. If the hospital pharmacy does not have one of your medications, we will give you your own. Please give these to your Family Newborn Nurse.
- Special diet instructions or food restriction products
- Breast/nursing pads (12)
- Super absorbent pads (24) or disposable underwear (like Always® Discreet or TENA®)
- Water bottle
- Facial tissues
- Comfortable clothing
- Underwear (at least 5 pairs, no thongs). We do not provide disposable underwear.
- Nursing bras or other supportive bras (like sports bras) (2)
- Nursing gown or comfortable pyjamas with buttons in the front (for breastfeeding)
- Slippers or warm socks
- Housecoat
- Nipple cream (like Lansinoh® Lanolin Nipple Cream or Medela Purelan™ Lanolin cream)
- Toiletries (unscented only – Nova Scotia Health is scent-free)
  - Soap
  - Shampoo
  - Deodorant
  - Lip balm
  - Toothpaste
  - Toothbrush
  - Hairbrush or comb
  - Hair elastics

## Optional

- Breastfeeding pillow
- Camera
- Cell phone and charger
- Phone numbers of people you may wish to call
- Watch or travel clock
- Non-slip, plastic bathtub pillow (for when you are in labour)
- Extra pillows for your bed
- 2 pens and paper for filling out forms (like applications for your baby's birth certificate, provincial health card, and social insurance number), and for writing down any questions or other information
- Reading material (like books, magazines)
- Snacks
- Small amount of money in change (for snacks and other items)
- Credit card (for phone hookup, if needed)
- Breastfeeding Basics* book (if you are planning to breastfeed)
  - › [www.nshealth.ca/patient-education-resources/breastfeeding-basics](http://www.nshealth.ca/patient-education-resources/breastfeeding-basics)

Scan the QR codes on the right using your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- Loving Care* books
  - › <https://bit.ly/lovingcarebooks>



**Please leave valuables and extra money at home.  
The hospital is not responsible for the loss of any items.**

## What should I bring for the baby?

- Diapers (newborn size) (25 to 35 diapers or 2 to 3 packages of 12)
  - › Newborns use about 12 to 14 diapers a day.
- Breastfeeding substitutes (formula) (if you are not planning to breastfeed). We do not provide breastfeeding substitutes. You can buy single-serving bottles at most grocery stores or drugstores.
- Diaper cream (like Vaseline®, Zincofax®, Penaten®).
  - › **Baby powder is not safe. It can cause breathing trouble and serious lung damage if your baby breathes it in.**
- Baby soap, tearless baby shampoo, and baby lotion
- Newborn emery board/nail file
- Receiving blankets (at least 2)
- Heavier blanket (depending on the weather)
- Undershirts (onesies) (2)
- Sleepers (at least 2)
- Outfits to wear home (2)
- Hat
- A CMVSS (Canada Motor Vehicle Safety Standards) infant car seat and manual.
  - › **The car seat must be removed from the box, put together, and installed in your car before the birth of your baby.** Staff cannot go to your car with you.
  - › Car seats that meet the CMVSS will have a sticker with a maple leaf.
  - › Consider having a car seat technician check if your car seat fits.
  - › Nova Scotia Health does not rent or loan car seats.



**Do not use a snowsuit or a bunting bag while your baby is in their car seat. Snowsuits and bunting bags are not safe, as they do not let the car seat straps get snug enough.** For more information about child car seats, visit:

### Child Safety Link

- › <https://childsafetylink.ca/newborn-safety-0-6-months>

## Optional

- Outfit for pictures
- Soothers which have been sterilized (put in boiling water for at least 5 minutes) at home.
  - › **Soothers are not recommended for breastfed babies until breastfeeding is well established.**

## What should my support person bring?

- Change of clothing
- Pyjamas (if staying overnight)
- Unscented toiletries
- Snacks and drinks
- Camera or phone and charger (if you would like them to take pictures)

## About the unit

- Each room has a bathroom with a tub and a shower.
- Juice, milk, tea, coffee, ice, toast, and crackers are available in the Nourishment Room. If you would like other drinks or snacks, please bring them with you. There is a fridge in each room.
- There are vending machines on the main floor next to the Outpatient Department. The cafeteria is in the basement.
- Dial for Dining is available for inpatients from 7 a.m. to 6 p.m. Choose from the Dial for Dining menu, dial 844 to place your order, and your food will arrive in 40 minutes.
- There is a phone at each bedside. You must pay to have it connected. Instructions are on the phone.
- There is a payphone near the Nurses' Station.
- TV rental is available. You must pay if you want to have it connected. Instructions are posted in the room.
- There is a Gift Shop on the main floor. Hours vary.

## Can I have visitors?

- You may have **2 support persons** stay with you during labour. **To respect the privacy of others, we ask that your support person(s) stay in your room with you.**
- **Visitors are not allowed in Labour and Delivery.** All visitors other than your support person(s) may stay in the Patient Lounge on the unit until you and your baby are ready for visitors.
  - › Visiting hours: 11 a.m. to 8 p.m.

## Smoking

- Smoking and vaping are not allowed anywhere in the hospital or on the hospital grounds.

## What can I expect after my baby is born?

- After delivery, your baby will stay with you. If they need more care, they will stay in a special nursery.
- About 1 to 2 hours after delivery, you and your baby will be taken from the delivery room to your room. A nurse will be assigned to care for both of you. You will not be expected to care for your baby on your own until you feel comfortable enough to do so. The nurse will help you, as needed.
- We encourage you to have a support person stay with you after delivery. This is a good time for them to get to know the baby. We will provide a cot if you wish to have someone stay with you.
- **Spend as much time as possible holding your baby skin-to-skin (against your chest, wearing only a diaper) right after they are born.** In this position, your baby can hear the familiar, comforting sound of your heartbeat.
  - › Oxytocin (a bonding hormone) is released. This helps you form a close relationship with your baby.
  - › Your support person can also hold your baby skin-to-skin. Through a lot of skin-to-skin, you will get to know your baby's sleeping and feeding patterns.

- When you are awake, spending as much time as possible holding your baby skin-to-skin will help them:
  - › Adjust to life in the outside world
  - › Feel safe and warm
  - › Regulate their heart rate, blood pressure, blood sugar, breathing, and body temperature
  - › Lower pain
  - › Calm down when they are fussy
  - › Cry less
  - › Settle, sleep, and feed better
  - › Get breastfeeding off to a good start. It will also help with your milk supply if you are breastfeeding.
- After delivery, the nurse will check your vital signs often. These include your blood pressure, pulse, bleeding, abdomen (stomach area), and stitches (if you have them). They will make sure that you are recovering well and not having any complications. These checks will be done less often during the rest of your hospital stay. **If you feel that something is not right, please tell your nurse.**

### **Taking care of your baby**

- Your baby will have a self-contained bassinet at your bedside.
- **You will care for your baby with help from your nurse.** They will teach you how to bathe and care for your baby.
- **We will give you a paper to keep track of your baby's feedings and diaper changes.**
- For the first 24 hours (1 day), we will check your baby often. After that, if all is well, they will be checked 2 times a day and weighed every morning.
- On the second day, your baby will have routine blood tests and a hearing test done before being discharged and going home. These tests are done on all babies born in Nova Scotia. Hold your baby skin-to-skin or breastfeed them during any procedures that may cause discomfort. This will lower any pain your baby may have.
- To protect your baby, always wash your hands or use hand sanitizer before holding your baby. All visitors must do the same.

## Taking care of yourself

- Be sure a nurse is with you when you get up for the first time, as you may feel weak. This is common.
- **If you have pain:**
  - › Your doctor may order medication(s) for you. If so, we will give you the medication(s) and tell you how and when to take it.
  - › If your doctor does not order medication(s) for you, you may take mild pain relief medication, like acetaminophen (Tylenol®) or ibuprofen (Advil®). These medications are safe for breastfeeding.
- Whenever you change your pad or go to the bathroom, it is important to rinse yourself well with water using a squirt bottle (also called a peri bottle). Your nurse will show you how to do this the first time you go to the bathroom after having your baby.
- **You can also use your peri bottle while urinating (peeing) to help water down your pee. This will make it sting less. Gently pat the area dry with toilet paper. Do not wipe, as this will irritate the skin.**
- Use your sitz bath 2 to 3 times a day, especially if you have stitches. If you had a C-section, you will usually be able to shower on the second day. Ask your nurse if you are not sure.

## Keeping your baby safe

- The safety of your baby is very important while you are on the unit. Shortly after delivery, you and your baby will be identified with matching armbands. During your hospital stay, the armbands will make sure we correctly identify your baby. **Do not remove the armbands until you have left the hospital**, as this is the only way we can identify a parent and baby pair.
- All hospital staff must wear photo ID (identification). **Do not give your baby to anyone who is not wearing a hospital ID badge.**
- **Do not leave your baby alone.** If you are leaving your room for a long time and are not able to take your baby with you, ask a loved one, visitor, or nurse to stay with your baby. If a visitor or nurse is not available, your baby may be watched at the Nurses' Station.



## Discharge

- You may be discharged from the hospital before your baby is ready to go home. You will stay with your baby even though you will no longer be considered a patient. Your meals will be provided and we will still help with your baby's care.
- The nurses will no longer take your vital signs or give you medication. You may still wish to take acetaminophen (Tylenol®) or ibuprofen (Advil®), if needed.

## Paperwork

- Before your baby is born, you will get a booklet called Register your baby. This booklet explains how to register your baby's birth (apply for their birth certificate) at the registration kiosk behind the Nurses' Station. **You or your support person must do this before you leave the hospital.**
  - › <https://novascotia.ca/sns/pdf/ans-vital-stats-birth-bundle-booklet.pdf>
- If you would like to have your baby's birth announced in the newspaper, fill out the *Release of Birth Information* form and hand it in before you leave the hospital.
- The Read to Me! program gives a free bag of books and literacy resources to every baby born in Nova Scotia. If you do not get the books while you are in the hospital, they will be mailed to you.
- Healthy Beginnings - Enhanced Home Visiting is a public health program available to all new parents in Nova Scotia. It offers home visits and suggests community programs and services that may be helpful. With your consent, a nurse will ask you a few questions while you are in the hospital. Your public health nurse will use this information to help you find supports you may be interested in. The information you give is confidential and will not be shared without your written consent.
- If you have any comments about your care while you are in the hospital, please contact our Patient Relations team:
  - › [www.nshealth.ca/contact-us/patient-feedback](http://www.nshealth.ca/contact-us/patient-feedback)
  - › Phone (toll-free): 1-844-884-4177
  - › Email: [WZpatientrelations@nshealth.ca](mailto:WZpatientrelations@nshealth.ca)

**For more support for new parents, visit:**

**Public Health Parenting Supports**

› [www.nshealth.ca/parenting-supports](http://www.nshealth.ca/parenting-supports)



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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