



Maternity Information Booklet

Welcome to Wexford General Hospital

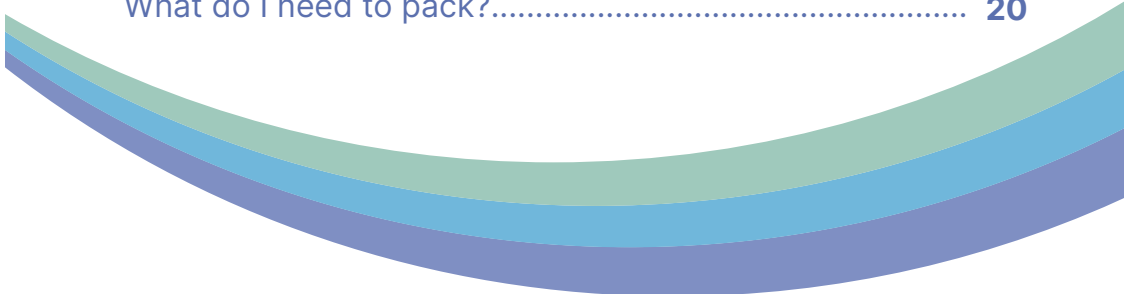


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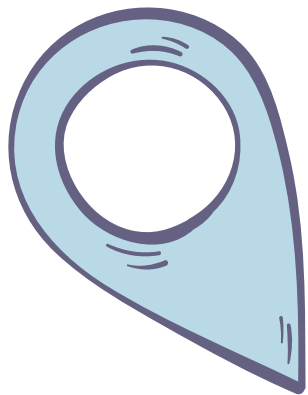


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|---|--------------|
| Main Switchboard: | 053-915 3000 |
| Delivery Suite: | 053-915 3368 |
| Antenatal/Postnatal Ward: | 053-915 3360 |
| Domino Midwives: | 053-915 3036 |
| Outpatients Department: | 053-915 3037 |
| Foetal Assessment Unit: | 053-915 3217 |
| Special Care Baby Unit: | 053-915 3364 |
| Herbert Amon Unit: | 053-915 4646 |
| Early Pregnancy Assessment Unit: | 053-915 3005 |



Hospital Address

Newtown Rd
Carricklawn
Wexford

Y35 Y17D

Your Pregnancy

- Early Pregnancy Assessment Unit
- Fetal Assessment Unit
- Ultrasound Scans
- Midwife Led Clinics
- Consultant Led Clinics
- Diabetic Clinics
- Antenatal Classes
- Physiotherapy Services

The Birth

- Delivery Suite
- Our Birthing Pool
- Homebirth

After your birth

- Early Transfer Home Programme
- Special Care Baby Unit
- Heel Prick Test

Specialist Care

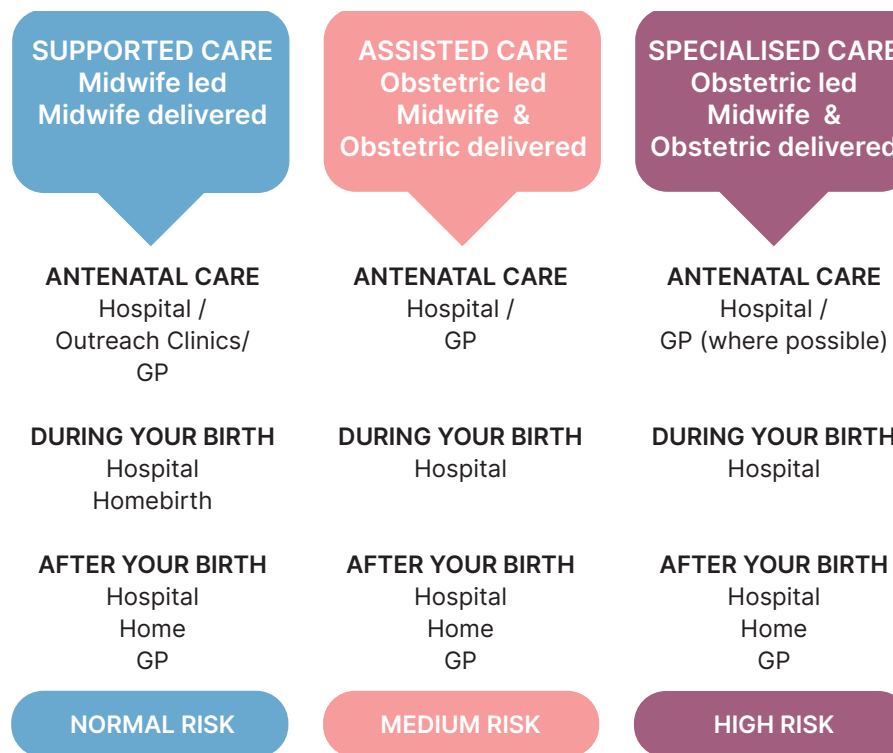
- Lactation Support
- Bereavement Services
- Perinatal Mental Health

Schedule of Care

| | | | |
|-----------------------|---------------------------------|---|---|
| 8 - 10 weeks | GP Surgery | GP | Confirm pregnancy complete forms for Mother and Infant Scheme |
| 12 weeks | Hospital | Early Pregnancy Assessment Unit | Confirm pregnancy complete forms for Mother and Infant Scheme |
| 16 weeks | GP Surgery | GP | Antenatal Care Check |
| 16 - 20 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team | Booking Interview Antenatal Care Check Information pack Antenatal Bloods Anatomy Scan |
| 24 weeks | GP Surgery | GP | Antenatal Care Check |
| 28 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team | Antenatal Care Check |
| 30 weeks | GP Surgery | GP | Antenatal Care Check |
| 32 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team | Antenatal Care Check |
| 34 weeks | GP Surgery | GP | Antenatal Care Check |
| 36 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team | Antenatal Care Check |
| 37 weeks | GP Surgery | GP | Antenatal Care Check |
| 38 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team | Antenatal Care Check |
| 39 weeks | GP Surgery | GP | Antenatal Care Check |
| 40 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team/ GP | Antenatal Care Check |
| 41 weeks | Hospital/ Midwife Led Clinic | Midwife/ Multidisciplinary team/ GP | Antenatal Care Check |
| 40 weeks + 10 days | Hospital | Midwife/ Multidisciplinary team | Antenatal Care Check |

What are my care options?

There are three pathways of care which will be discussed with you at your booking appointment. Each pathway is assessed on an individual basis. The diagram below outlines these pathways.



Care is shared between your family GP and your named lead healthcare professional in the hospital who will be a midwife or obstetrician.

The schedule of visits may be changed by your GP and/or hospital obstetrician, depending on your individual situation.

Care for other illnesses that you may have during this time is not covered by the the maternity and infant care scheme.

After the birth, the GP will usually examine baby at 2 weeks and both mother and baby at 6 weeks.

Early Pregnancy Assessment Unit

The Early Pregnancy Assessment Unit (EPAU) is a specialist service for women who need attention in the early part of their pregnancy.

If you have a history of recurrent miscarriages and have attended the EPAU department before you can self-refer to the department by phoning 053-915 3005.

If you have not attended EPAU before and have bleeding in the first trimester please contact your GP during working hours or attend A&E out of hours

It is located in the Herbert Amon Unit and is by appointment only. You will be seen by a midwife and obstetrician.

Phone: 053-915 3005

Fetal Assessment Unit

The Fetal Assessment Unit (FAU) is a specialist service for women who need additional monitoring outside of routine antenatal appointments.

The FAU is located in the Herbert Amon Unit and is by appointment only.

Phone: 053-915 3217

Ultrasound Scans

Wexford General Maternity Unit offers a dating scan around 10 weeks gestation and an anomaly scan around 22 weeks gestation for women who attend our services. An appointment for these scans will be sent out to you when a referral has been sent by your GP.

Additional scans may be offered to check your baby's growth, the location of the placenta or for other individual reasons that your doctor will discuss with you. Scans are performed in both the Outpatients department and the Herbert Amon Unit.

I had a private scan and the sonographer told me to contact the hospital for another scan. What will I do?

Depending on your symptoms you may need to attend our Delivery Suite please phone us before attending 053-915 3368. However, if it is not urgent, please phone the outpatients department and arrange a scan with the clerical staff. 053-915 3037

Can I reschedule my scan appointment?

There are limited appointments available so it may not be possible. However, you can ring 053-915 3037 to the antenatal outpatients enquire about rearranging.



Midwife Led Clinics

You can choose to have your antenatal visits in a clinic led by midwives. This option provides continuity of care to the normal and medium risk women throughout pregnancy.

This team of midwives are known as “The Domino Midwives” or Integrated Hospital Community Midwifery Team.

You can attend the Midwifery Led Clinics (MLC) if you are healthy and well in your first and subsequent pregnancies.

You can book directly or be referred by your GP, the Early Pregnancy Assessment Unit or the Consultant Led Clinic

All women who attend MLC will have combined care with their GP. The MLC are currently held in Herbert Amon Unit in the Hospital (Monday to Sunday) and in the satellite Clinic in Gorey Health Centre (Wednesday Morning, limited availability).

All women, regardless of the antenatal care pathway you follow, will attend the Labour Ward in Wexford General Hospital to give birth. You will be looked after by the midwives on the labour ward.

The Domino Midwives also offer a limited homebirth service.

The Midwives Clinic office phone number is 053-915 3036

Consultant Led Clinics

The Consultant-Led Clinics take place Monday to Thursday in the Outpatient Department.

Wexford General Hospital has four Consultant Obstetrician Teams. Each team has a set day for bookings clinics. Most women can decide their pathway of care, however if you or your baby/babies develop complex needs you will be referred to the Assisted or Special Care Pathway. Some of these appointments might involve different specialities so your appointment will take longer.

Diabetic Clinic

The Diabetic Clinic is run on a weekly basis. It is for women on the Specialist Care Pathway with preexisting diabetes or who develop gestational diabetes.

Women with risk factors for developing gestational diabetes will be screened during the pregnancy.

This clinic is located in the Herbert Amon Unit and you will be cared for by midwives, diabetes specialist nurses, an Obstetrician and Endocrinologist. You will also see a dietician who will work with you to identify how you can improve your diet.

Wexford Women's Refuge covers the whole of County Wexford and our Outreach Service endeavours to reach out to women who are unable to come into the Refuge for whatever reason.

The Refuge is open 24/7, 365 and operates a FREE 24-hour emergency helpline.

24/7 Helpline 1800 220 444

WhatsApp 085 748 0660



Wexford Womens Refuge
To Support and Empower

Antenatal Classes

Wexford Hospital Maternity Unit provides live antenatal education sessions via Zoom that are run by midwives.

Our classes are free. You are entitled to paid leave from work to attend antenatal classes.

The classes discuss pregnancy health, labour and birth, and becoming a parent.

Please book your classes early in your pregnancy to take place between 26 and 30 weeks.

Virtual tours of the unit are provided during the classes. You will be given plenty of opportunity to talk to the midwives and ask questions if you like.

The classes are predominately aimed at first time parents, however if you would like a refresher class or perhaps it's your first time having a baby in Wexford you are very welcome to attend the classes.

To book your classes please email WGH.parenteducation@hse.ie and give your **name** and **due date in the email**.

Physiotherapy Services

Wexford General Hospital Physiotherapists provide a service for women during and after pregnancy.

You can access advice and education on common concerns during pregnancy such as

- Exercise during and after your pregnancy
- Management of pelvic girdle pain
- Physical management strategies during labour
- Perineal massage

You and your baby can also access physiotherapy services postnatally if you have specific issues related to pregnancy or your delivery.

If you are interested in accessing this service please discuss with your midwife or contact the physiotherapy team directly on 053-915 3215.



Delivery Suite

Our modern Delivery Suite was opened in 2017. We have six delivery rooms and two assessment rooms with ensuite facilities. Each room has access to Entenox gas (Gas and Air) and birthing aids to assist you during your birth experience. There are birthing balls available in every room, so no need to bring your own.

If you need to attend the hospital for reasons other than labour and delivery outside the hours of the FAU you will be seen by a midwife and/or obstetrician on the Delivery Suite.

To access the Delivery Suite use the main hospital entrance and follow signs for maternity. Wheelchairs are available at the security office in the entrance hall if you need one.

If you are attending the delivery suite out of hours please use the Accident and Emergency entrance and you will be guided by a member of staff where to go.

Prior to attending the delivery suite please phone ahead and discuss your concerns with a midwife.

Phone number: 053-915 3368

Our Birthing Pool

Wexford Delivery Suite has a birthing pool for immersion in water during labour and birth. Our midwives are trained to provide safe, evidenced based care for women who chose to use the pool. Water birth has many benefits including reduced pain sensation during contractions, ease of movement for the labouring women and a calm, relaxing birth environment.

The birthing pool is available on a first come first served basis and cannot be booked in advance.

We have a set criteria in place to be eligible to use the pool.

If you are interested in using the pool or would like to know more about this option please ask your midwife for more information.

We have a water birth information video available. Please email WGH.parenteducation@hse.ie if you would like us to send you a link.

Homebirth

Homebirth is offered by the DOMINO / IHCMS Midwifery Team as an alternative to hospital birth, for low risk healthy women, who have no history of medical or surgical problems that might affect their pregnancy or women who have no previous pregnancy complications.

If you are interested in birthing your baby at home please discuss it with MLC team.

Phone: 053-915 3036

Email: wghdomino@hse.ie



Early Transfer Home Programme (ETH)

This service is offered by the DOMINO/IHCMS team. It is available to you if you wish to leave the hospital early after the birth of your baby. We offer Early Transfer Home to healthy mothers and babies between 6 and 36 hours after an uncomplicated vaginal birth and between 48 and 72 hours after an uncomplicated Caesarean Section, who live within 40 km from the hospital.

The midwives will visit you and your baby at home the next day and the Public Health Nurse will visit you after you are discharged from the ETH care, generally on day 4 or 5.

Phone: 053-915 3036

Email: wghdomino@hse.ie

Special Care Baby Unit

The Special Care Baby Unit is situated on the Maternity Unit and is also known as SCBU (pronounced skuh boo). If your baby needs extra care they will be admitted to the SCBU and cared for by a team of Paediatric doctors, nurses and midwives. The staff endeavour to provide family centred, holistic care for sick term and preterm infants and their families.

Most infants who need neonatal care can be accommodated in Wexford General Hospital, however, some babies born before 34 weeks gestation or who are critically ill will need intensive care support in a tertiary hospital in Dublin or Waterford. Your baby's care will be transferred back to Wexford when they are well enough.

Our phone number is: 053-915 3364.

Heel Prick Test

If your heel prick test is due on a week day your public health nurse (PHN) will be informed. They will come to your home to complete the test.

If there are any issues or your PHN has not been in contact with you by 4pm on the day the heel prick test is due please ring the senior public health nurse in Wexford Health Centre 053-912 3522 or the Special Care Baby Unit in Wexford.

If your baby's heel prick test is due at the weekend or on a bank holiday you will be given an appointment to attend the Herbert Amon Unit at Wexford General Hospital.

Phone: 052-915 3036 (weekends only)

Lactation Support Services

Learning the new skill of breastfeeding can require some time, practice and belief in yourself and your body. The staff of Wexford General Maternity Unit are committed to assisting you reaching your infant feeding goals. Available to you are a range of services during the antenatal period, whilst in hospital and after you go home with your baby up to six weeks postnatal.

For complex breastfeeding scenarios a Clinical Midwife Specialist with an International Board Certified qualification (IBCLC) is available Monday-Friday from 08.30-17.00 Hrs. Referral only by a Health Professional.

Contact details

Email: Stephanie.murray@hse.ie

Mobile: 0874304078

Bereavement Services

We have a Bereavement Midwife to support families experiencing pregnancy loss at any gestation or to support you during a subsequent pregnancy.

The bereavement midwife will also support those who have been given difficult news of a fatal fetal anomaly, for those who wish to continue or end the pregnancy.

Please consult with the midwifery team if you wish to access this service.

Perinatal Mental Health Services

Up to 1 in 5 women have mental health problems in pregnancy or after birth and the perinatal mental health service is to support these women and their families. The service is for women who have a mental health problem and are planning a pregnancy, pregnant or women with a baby up to 6 months of age who may have an existing or new mental health problem.

You will be screened through out your pregnancy to identify any mental health problems or predisposing factors.

The perinatal mental health midwife will work with all professionals involved in your care so professionals can respond quickly to any problems.

Wexford General Hospital has a perinatal mental health midwife and you can be referred to the midwife by your:

- Midwife
- Obstetrician
- GP
- PHN
- Other health professional



HSE NATIONAL PROGRAMME

Specialist Perinatal

MENTAL HEALTH SERVICES



Car Parking

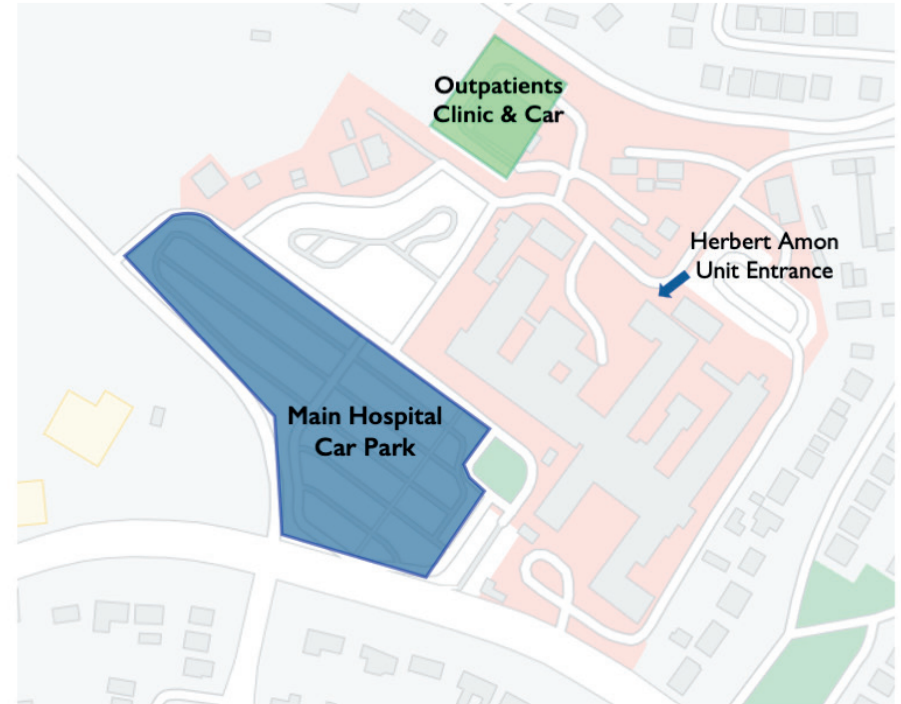
The hospital car park is situated to the front of the hospital and you will be guided to the car park entrance from the traffic lights on the main road. The ticket machine is located in the main reception.

If you are attending the antenatal Out Patient Department (OPD) this is a separate building to the main hospital which also has a separate carpark. When you drive in to the hospital take the first left and the OPD is situated on your left.

If you are attending the Herbert Amon Unit please use the outpatients carpark or the main carpark and walk to the Herbert Amon Unit.

A clamping system is in place so only park in designated areas or you run the risk of being clamped.

Car passes can be purchased from the security office just inside the main entrance. The car parking pay machines do not accept debit cards so please bring change or register using your phone at parkingtag.ie



Car Park Costs

Up to 3hours **€4**
Up to 4hours **€6**
More than 4hours **€8**
2 day pass (unlimited access) **€10**
5 day pass (unlimited access) **€20**

DON'T FORGET

Access to the labour ward is through the Main Hospital Entrance during the daytime hours and through Accident and Emergency at night.

What do I need to pack?

Labour ward bag

A nightdress or t-shirt for labour
Light dressing gown
Flip flops (for shower)
Comfortable slippers
Toiletries, face cloth, shower cap
Towel (bring a few if you would like to get into the birthing pool.
Snacks for you and partner
Change for parking or register through phone on parkingtag.ie
Ziplock bag with 2 nappies, baby grow and vest inside.
An outfit to change into after baby is born
Other items you might find useful are:
TENS machine (if you wish to use)
Aromatherapy oils and a electric diffuser/Massage Oils
Preferred music/docking station to play music

Your bag for the postnatal ward

Three or more light cotton nightdresses or pyjamas
A supportive nursing bra: if you are planning on breastfeeding
Breast pads
Maternity pads—at least 1pack (not plastic backed). Have more at home.
Comfortable, high waisted, large fitting cotton knickers approx 10 pairs
(disposable knickers can be very tight and tear easily)
2 towels—preferably not new and dark coloured.
Phone charger
A packet of disposable nappies
Cotton wool/baby wipes (suitable for new born)
6 vests
6 baby grows
Muslin Cloths
Cardigan
Baby bath towel
2 cellular baby blankets
4 baby cot sheets

It is a good idea to wash all baby clothes, sheets and towels before you pack them.



Every pregnancy has its ups and downs

The **My Pregnancy** book will guide you through every step

It's normal to feel excited, worried, a bit down or lonely during pregnancy. A lot is happening for you.

You can read more about this and all other aspects of pregnancy in the HSE's FREE My Pregnancy book, available from your midwife, or on mychild.ie/books.

You'll find expert practical and easy-to-understand advice from doctors, midwives, public health nurses, dietitians and many more experts.

And always talk to your doctor, midwife or public health nurse if you have any concerns.

mychild.ie

Expert advice for every step of pregnancy, baby and toddler health



Seirbhís Sláinte
Níós Fearr
a Forbairt

Building a
Better Health
Service