



Gold Coast
PRIVATE HOSPITAL
Maternity



Patient & Family Compendium

Welcome to Gold Coast Private Hospital

On behalf of our staff at Gold Coast Private Hospital, we would like to welcome you and thank you for choosing Gold Coast Private to care for you and your family.

During your stay, you can expect to receive the highest level of care in every aspect of your hospitalisation from our team of healthcare professionals.

You are our first priority, and the following information will assist to make your hospital stay as comfortable as possible.







Welcome to Gold Coast Private Hospital Maternity Care Centre.

Congratulations on the birth of your beautiful baby. My name is Judy Ross, and I am the Maternity Unit Manager.

Here in our state of the art maternity department we strive to achieve high standards and always aim to exceed your expectations. Our highly trained team of Midwives and Neonatal Nurses aim to offer a warm and friendly welcome.

Having a baby is a unique, memorable occasion and our commitment is to provide our families with a comfortable, relaxing and enjoyable experience whilst providing exceptional and safe healthcare.

During your stay, you are welcome to attend education sessions held by our Midwives on Breastfeeding and Bathing Baby. There is also educational material provided on your television, Channel 100.

I hope that you enjoy high tea, chocolate coated strawberries and a unique baby celebration dinner with your partner or support person.

Our customer's satisfaction is very important to us. Once again we hope you enjoy your stay with us. Please do not hesitate to ask if there is anything you need.

Judy Ross

Judy Ross
Maternity Unit Manager

About Gold Coast Private Hospital

Gold Coast Private Hospital is owned and operated by Healthscope and provides a full range of both surgical and medical services including critical care and a 24 hour Emergency Care Centre.

The hospital features 314 beds and 21 theatres, including a hybrid theatre for world class interventional procedures.

In 2016, Gold Coast Private introduced maternity services, heralding a new style and standard in care for the Gold Coast. Mothers will enjoy guaranteed private rooms with ensuites, many with double beds, gourmet food and modern birth suites with the latest technology.

Our Vision

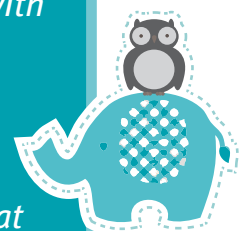
As the heart of private health care on the Gold Coast, we provide personalised experience delivered with genuine care by our professional teams. We promise to embrace ideas for improvement, growth and innovation to ensure we exceed your expectations.

Code of Conduct

Healthscope has established a Code of Conduct for its employees. Our Code of Conduct requires us to act in a manner consistent with current community standards and expectations.

As healthcare providers, we will continually strive to act in a courteous, caring manner and respect your needs.

As a patient or visitor coming into our facility, we ask that you treat our staff and others with courtesy and respect. Persons not acting respectfully of others may be asked to leave the facility.



Patient Rights & Responsibilities

Gold Coast Private Hospital commits to the **Australian Charter of Healthcare Rights**.

Access – You have a right to healthcare

Safety – You have a right to safe and high quality care

Respect – You have a right to respect, dignity and consideration

Communication – You have the right to be informed about your treatment and care in a clear and open manner

Participation – You have the right to be included in decisions and choices regarding your care

Privacy – You have the right to privacy and confidentiality of your personal information

Comment – You have the right to comment on your care and to have your concerns addressed appropriately

A Patients' Rights and Responsibilities brochure is available at the nurses' station.

Your Privacy

We are committed to managing your personal & health information confidentially at all times. Disclosure of personal information may be undertaken for the purposes of:

- Continuity of care with other health service providers
- Conveying information to a responsible person (i.e. parent, guardian, spouse) when the individual is incapable or cannot communicate, unless the individual has requested otherwise
- Management of funding, service improvement monitoring, medical practice requirements
- Legislative & regulatory compliance
- Clinical Review activities
- Health insurance funding & billing

The security of personal & health information is important to us and we take reasonable steps to protect from misuse or loss and from unauthorised access, modification or disclosure. These steps include security measures for access to computer systems and document storage.

Accessing Personal Information

Please advise us if you feel there are inconsistencies in personal or health information so we can review this immediately. If you would like to review your health information, an application can be made by contacting the Director of Nursing: debra.billington@healthscope.com.au

Please note that charges may apply for collation of requested information.

We keep some of your personal information at the bedside that the nurses use throughout the day, this supports your care. The information is only for use by Healthscope employees or your treating doctor. To ensure there is no breach of your privacy, should any of your visitors want to view this information an application process is required.

For further information on privacy or freedom of information, contact: www.privacy.gov.au

Visiting Hours

Presence of friends and family is vital to your healing process. Please inform staff if you wish to visit late into the evening or very early in the morning. We have an open, flexible policy on visiting and will accommodate your needs. Maternity encourages a rest between 12 & 3pm.

Discharge Time

Discharge time is 10am.

Pastoral Care - Chaplains

At Gold Coast Private Hospital we take into consideration your emotional, spiritual and other needs.

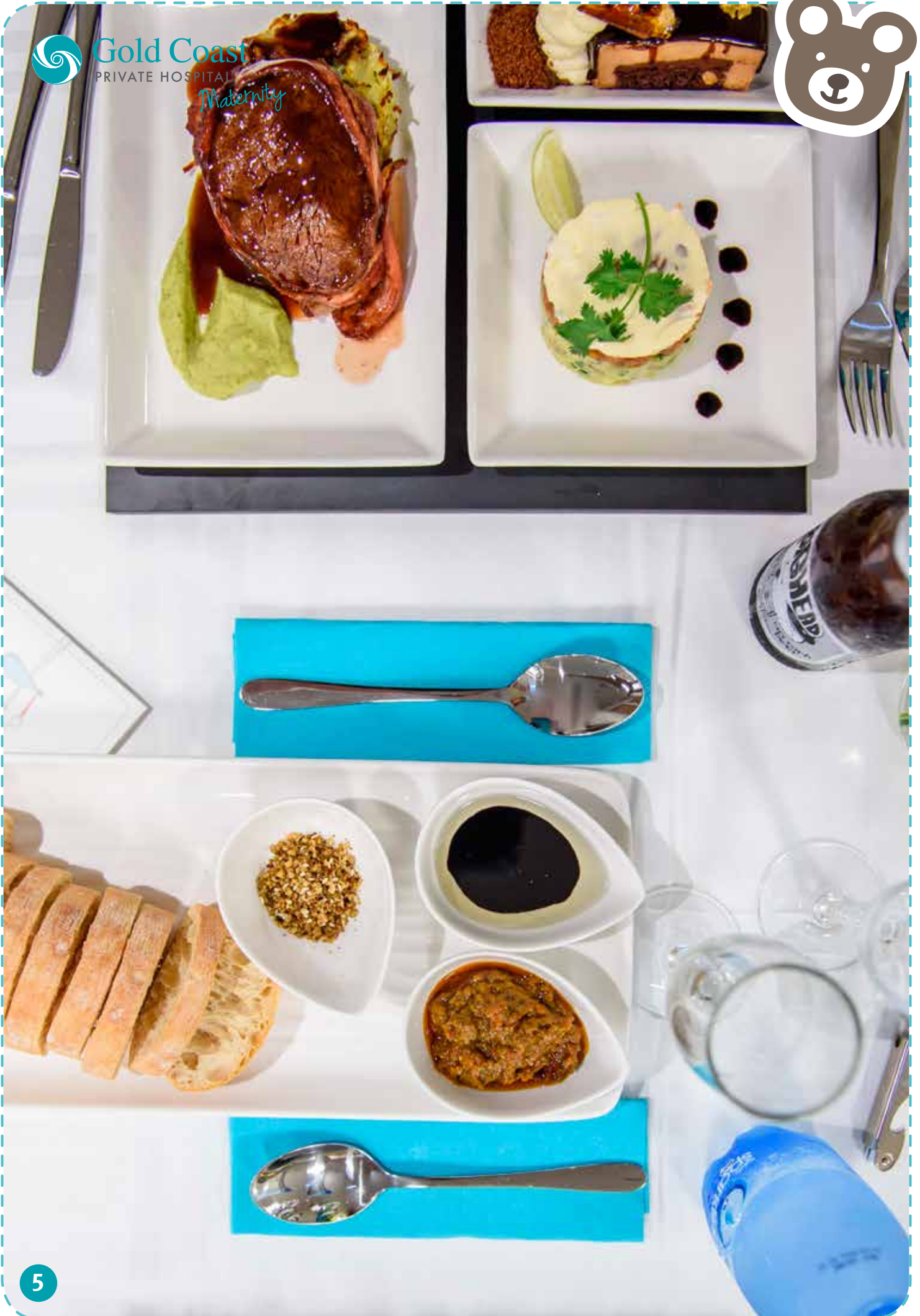
We can arrange for a chaplain to listen, support and give encouragement and comfort to patients, families and friends. Our chaplains also provide a ministry of prayer and sacraments to those who request it.

We have chaplains from a variety of denominations and faiths. Please feel free to request a visit by asking our nursing staff to contact a chaplain on your behalf.

If you wish to be visited by Pastoral Workers or chaplains during your stay, please complete your admission paperwork regarding religious visits to give permission for this to occur.



Gold Coast
PRIVATE HOSPITAL
Maternity



REFUEL + RECHARGE + REPLENISH

Congratulations on the birth of your baby!

Our passionate team of chefs have created a delicious array of meals and snacks for you to enjoy during your stay. To get the ball rolling, we first offer a congratulations plate of chocolate dip strawberries and macaroons.

The in-room snack box featuring house-made lactation cookies, bliss balls, caramel popcorn and trail mix is aimed to ensure you are never left flat, while our daily high tea, served at 10.30am & 2.30pm, provides opportunities for education and the chance to mingle with other new mums.

Our Acai Bowl workshops happen every Tuesday & Friday and never disappoint. In conjunction with our high tea experience, these bowls of goodness are just what you need!

Then there's the 3 course celebration dinner, served on a day or night of your choice, the perfect way for you and your partner or support person to truly soak up the incredible milestone of having a baby.

If you have any special dietary requirements, please don't hesitate to let us know. We'll work with you to customise a menu to suit your needs.

I look forward to seeing you at one of the high teas or workshops.

John O'shea

John O'shea
Hotel Services Manager & Executive Chef



What's on in the Gold Coast Private Maternity Care Centre?



Join us for high tea, daily

High-tea is served daily in the maternity care centre lounge at 10.30am & 2.30pm. Join other new parents and our highly experienced midwives, physiotherapists and lactation consultants for prenatal education and a selection of hot, cold, sweet and savoury canapés.



Celebrate the birth of your newborn with our five star dining experience

Enjoy a 'silver service' treatment with Gold Coast Private's maternity celebratory three course dinner in the comfort of your room. The menu can be found at your bedside and bookings can be made via your midwife.



Acai bowl cooking workshop: Tuesdays & Fridays

Meet our executive head chef and learn the benefits of cooking with organic superfoods such as acai berries at Gold Coast Private Maternity's Acai Bowl cooking workshop. Available 10.00am on Tuesdays & Fridays.



In-room Snack Box

At Gold Coast Private we understand the importance of good nutrition and the role it plays in recovery and recharging. We understand that meal times will not always coincide with you and your baby's needs which is why our team of chefs have put together a selection of in-room snacks to enjoy when it suits.



What's on in the Gold Coast Private Maternity Care Centre?

Visiting times

To assist our mums and newborns to catch up on some much needed rest, we have the following visiting times in place:

- Morning visiting: 10.00am - 12.00pm
- Rest period 12.00pm - 3.00pm
- Afternoon visiting: 3.00pm - 8.00pm



Speak to one of our lactation consultants during your stay

Our team of dedicated lactation consultants offer a broad range of services, which include everything from teaching a new mum how to position her baby on the breast to giving her tips on how to increase her milk supply or handle a breast infection. They can also devise special feeding strategies for premature babies, multiples, or infants with medical conditions.



Discharge

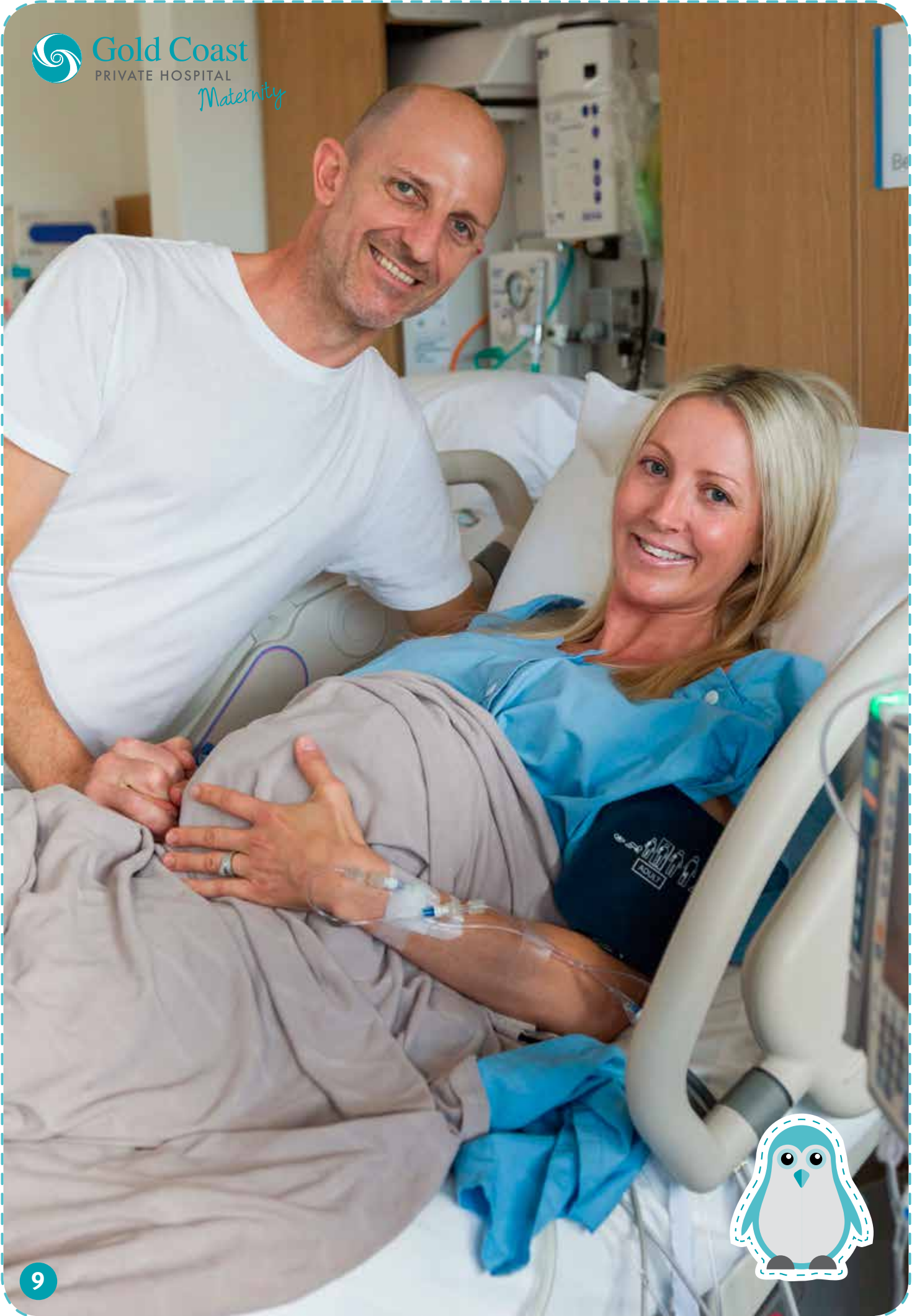
On the day of discharge, your obstetrician and paediatrician will each approve you and your baby clinically fit to go home. Discharge time is generally between 9am - 10.30am. You will be given your baby's health record, K2 maternity discharge summary and any discharge medication that you require.



Parent's can expect continuation of care with our in-home Midwifery visits

Every mother at Gold Coast Private Maternity receives two complimentary in-home visits from our highly experienced midwives, post birth. In addition to general check ups, it's a great opportunity for new parents to ask any questions they like. Plus, we're available at any time, day or night to answer your questions, call (07) 5530 0300.





Caring for you before your hospital admission

eAdmission

To ensure timely processing of your admission, we request that you complete the online admission form as soon as possible and no later than **20 weeks** into your pregnancy. Once the online eAdmission is completed one of our staff members will be in contact with you to arrange a 20 week midwife appointment at the hospital. We also recommend you contact your health fund to determine your insurance entitlements.

To complete your online admission form, visit: www.gcpmaternity.com.au/how-to-book-for-your-birth/

Midwifery Appointment

Once you have completed your online e-admission you will be contacted by our maternity bookings clerk who will schedule your midwifery appointment. During this appointment, one of our midwives will discuss details of your obstetric history, current

pregnancy, medical/surgical/social history and domestic violence. You will also be given a tour of the unit and our supporting facilities.

Antenatal Classes

Gold Coast Private Maternity takes a holistic approach to childbirth and offers a variety of options for learning. In addition to antenatal classes, there are opportunities to learn from preconception, to birth and beyond with classes in mindfulness, breastfeeding, first aid for parents and yoga.

Mothers can arrange classes through our experienced midwives who will also be available to discuss concerns, refer to services, help with anxiety issues and facilitate visits to the ward.

Please note: A general tour of the maternity unit is included in the antenatal classes.

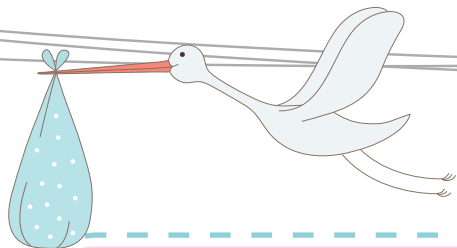
For more information, please contact our Maternity Booking clerk:

Phone: 5530 0726

Email: gcpmaternity@healthscope.com.au



What to Bring to Hospital Checklist



For Expectant Mother

Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Backless slippers (we can provide) or thongs
- Socks
- Massage oils or lotions
- Toiletries (you may want to shower before returning to the maternity ward)
- Books, magazines, tablet, notebook and pen
- Swimwear (optional)
- Hairbands, hair-ties or clips
- Music with low volume speaker
- All current medication
- Camera, video camera or Go-Pro
- Mobile and charger
- Loose clothing (you will be given a hospital gown)
- Nighty or baggy top
- Nursing bra
- Maternity underwear (3)
- Dressing gown

Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Hair dryer
- Watch

For Baby

- Vests (8-10)
- Hat (1-2)
- Nightwear (4-6)
- Comfortable day clothing (4-6)
- Comfortable first outfit
- Baby blanket
- Muslin wrap
- Socks and/or booties

Going home

- Comfortable outfit
- Packed baby/nursing bag
- Car seat installed in car

For Birth Partner

Labour

- Pre-planned directions to the hospital
- Comfortable, practical footwear
- Change of clothes
- Swimwear (if you would like them to join you in the bath)
- A copy of the birth plan or maternity notes
- Contact lists
- Phone and charger
- To-do list (discuss with the expectant mother if there is anything in particular she would like you to do during labour i.e. taking photos or video, playing music, things to talk about, assistance with pain relief)

Maternity Ward

- Daywear
- Suitable nightwear
- Toiletries

Tip: Create a to-do list for your birth partner to action when you go into labour i.e. call labour ward, bring in washing, lock up house, organise pets and pack/check off any last minute items.



Notes _____



For more info please visit

 gcpmaternity.com.au

 [gcpmaternity](https://www.facebook.com/gcpmaternity)



Gold Coast

PRIVATE HOSPITAL

Maternity





**20 WEEK INTERVIEW
PATHWAY**

Surname: _____

First Name: _____

UR Number: _____

Ward : _____ Bed : _____

Attach Patient's Identification Label

**Midwives: This form is to be completed after 20 weeks
This education pathway is a plan of care for admission.**

Criteria		Initial	Comments
Booking	Thank you for booking with Gold Coast Private Hospital		
	Confirm Obstetrician -		
	Confirm Due Date		
	Have you had any concerns or complications this pregnancy?		
	Have you taken any medications this pregnancy? (This includes any vitamin supplements) Please list.		
	Do you have any known allergies – if yes what are you allergic to?		
	Do you have any dietary requirements?		
	Have you ever had any surgery?		
	Have you any medical conditions e.g. thyroid?		
	Have you had any previous pregnancy's		
	If any previous pregnancy's, what was your birth experience		
	If you are rhesus negative are you aware of cord blood collection?		
	Have you booked in for Antenatal classes?		
	Have you booked a tour of the hospital?		
	Have you had any ultrasounds? How many?		
Labour	Do you have a birth plan? If yes have you discussed with your Doctor?		
	Have you considered what non analgesia and analgesia you will use in labour?		
	Are you aware of the synthetic hormone injection to help the afterbirth separate from the wall of the uterus?		
	Have you received the information leaflet and consent form for your baby to have Vitamin K?		
	Have you received the information leaflet and consent form for your baby to have Hep B vaccine?		
If having a Caesarean Section:	Are you aware of the options available for anaesthetic – epidural, spinal, GA?		
	Are you aware of the need to fast 6hrs before Elective LSCS?		
	Are you aware of what to expect for Caesarean Section?		
	Are you aware that there is no skin preparation e.g. waxing or shaving required prior to procedure?		

20 WEEK INTERVIEW PATHWAY

MR 4.7M



**20 WEEK INTERVIEW
PATHWAY**

Surname: _____

First Name: _____

UR Number: _____

Ward : _____ Bed : _____

Attach Patient's Identification Label

This education pathway is a plan of care for admission.

Criteria		Initial	Comments
Postnatal	Your baby will be weighed, checked and measured in your presence after you and your baby have had skin-to-skin bonding time if all well at delivery.		
	Skin-to-skin benefits for bonding and breastfeeding.		
	How are you intending to feed your baby?		
	Are you aware of the benefits of breastfeeding to you, your baby and the family?		
	If previous babies, how did you feed? Did you experience any difficulties?		
	If you plan to artificially feed your baby teats and bottles will be supplied during your stay.		
	A Paediatrician will be notified of your baby's birth and the baby checked by them within 24 hrs unless there are concerns during labour or at birth and the Paediatrician is required to attend immediately.		
	Are you aware that a Newborn Healthy Hearing Screen Test will be offered for your baby?		
	Are you aware that the NNST will be offered for your baby after 48 hrs of birth?		
	While here we encourage you to eat, drink and rest as much as possible.		
	Your partner is welcome to stay with you in the postnatal period. We have both double and single beds available and will endeavour to accommodate you in a double bed if they are available. Please note that Caesareans will always be put in a single room for the first 24 hours. If stable and you are able to mobilise and a double bed is available then we will move as appropriate. Please also note that children are not able to stay overnight. We ask if partners stay they also wear appropriate clothing at all times.		



Hotel Services

Meals

Gold Coast Private Hospital prides itself on providing nutritional and flavoursome meals and believes this is an integral part of your healthcare experience.

Our chefs, in conjunction with a dietitian, can cater for patients who request meals which are necessary to meet special dietary requirements. Please notify our nursing staff at the time of admission so we can ensure your requests are met.

You will be assisted when completing your menu. Our friendly team will meet with you every day for your meal selection and will assist you in making the correct meal choices in relation to your diet.

In conjunction with the below meals we also offer an in-room snack box, acai bowl cooking workshop on Tuesday & Friday as well as a fully stocked fridge in the wards kitchenette.

Maternity Celebration Dinner

New mums and dads will look forward to a 3 course celebration dinner cooked by our executive chef on a night of their choosing.

Bringing Food for Patients

There are certain risks involved when you, your family or friends bring food into the hospital.

If you wish to bring food products into the hospital please talk to your nurse.

Patient Room Facilities

Your room has features designed with your safety and comfort in mind. We will always attempt to accommodate you within a private room although occasionally, shared accommodation may be allocated.

Servicing of Your Room

Hotel services staff will service your room daily.

The air conditioning console is in your room so that you can regulate the temperature to ensure you are comfortable at all times. Please inform staff if you need assistance.

Meal Times

Breakfast	6.30am	–	8.00am
Morning Tea	10.30am	–	11.30am
Lunch	11.30am	–	1.00pm
Afternoon Tea	2.30pm	–	3.30pm
Dinner	4.30pm	–	6.00pm





Hudsons Coffee Shop

Hudsons Coffee Shop, located on the ground floor, is open every day so that you can enjoy a drink or a snack with family and friends.

Monday – Friday 6.30am – 5.30pm
Weekends & Public Holidays 8.00am – 4.00pm

Newspapers

Magazines, gifts and newspapers can be purchased from Hudsons Coffee Shop. Some newspapers are also available in the wards. Please ask our nurses for assistance if required.

Patient Education Channel

The Patient Education Channel (on Channel 100) is an in hospital TV channel providing patients with important information during their stay to help maintain comfort and complement the information provided by your doctor and medical staff.

Safety and Quality Channel

The Safety and Quality Channel (Channel 101) provides patients with a range of information relating to Safety and Quality Health Care.

WiFi

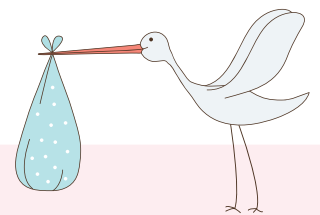
Free WiFi is available to all patients & visitors: just click on “Healthscope Wifi”, open a browser, accept our terms and conditions, then you’re on!

Valuables/Luggage

Patients are strongly advised not to bring valuables, jewellery or excessive sums of money to hospital. Gold Coast Private does not accept responsibility for loss or damage to personal property. Please note that limited secure facilities are available on request. Patient rooms have a personal safe in the wardrobe.

External Laundry Service

We highly recommend you bring casual clothes as well as night wear. It is advisable to arrange for a relative or friend to do your personal laundry. An external laundry service is available at a nominal fee and is payable in advance. Please contact your nurse for this service.



Partnering with you: Your ideas and feedback

Please provide your feedback suggestions to help us improve your experience and care.

If you are unhappy about something please let us know whilst you are still an inpatient so that we can address your concern.

To provide us with feedback you can:

- ✓ Speak to the Nurse Unit Manager of your ward
- ✓ Contact us by phone (07) 5530 0300
- ✓ Email the General Manager: david.harper@healthscope.com.au
- ✓ If you would like to take a complaint further, please visit the Office of the Health Ombudsman website: www.oho.qld.gov.au

Caring for you at Gold Coast Private Hospital

Personalised Care Board

At Gold Coast Private we use personalised care boards, situated on the wall, as another way to keep you and your family involved in your care.

- Updated regularly by our nurses with information about your care
- Please use to jot down reminders/questions to ask your doctors
- Please ask for a whiteboard pen if you wish to document on the careboard
- Primarily used as a communication tool between you and your healthcare professionals
- Nurses may write reminders for you such as “use the call bell to ask for assistance when needing the bathroom.”

Clinical Handover

Clinical handover is an expression you may hear our nurses use. This is when, at the time of a shift change, nursing staff will share information with you and the oncoming staff. Our nurses will first introduce themselves to you and then begin the exchange of information.

We like our patients to be involved with decisions at hand-over and are encouraged to ask any questions or speak up if they hear something not quite right.

Hourly Patient Rounding

Every hour your nurse will visit you and check that you are comfortable or if you need assistance. We will check if you need to use the bathroom and if you have everything you want within reach.

We will also ensure that your call bell and telephone are within a comfortable reaching distance.

Before leaving we will check if you need anything else and let you know when we will next visit.

Rehabilitation

Gold Coast Private is home to a highly trained rehabilitation team including physiotherapists, occupational therapists, speech pathologists, social workers and dietitians. We are proud to offer both inpatient and day patient rehabilitation programs to enable patients to achieve their maximum potential following injuries, illness or surgery. Our facilities include 2 well equipped gymnasiums. To find out more about rehabilitation please speak to your treating doctor or nurse for referral.

Paediatric Care Centre

Our paediatric care centre offers a medical and surgical private paediatric service in a fun and friendly family environment. The ward is run by a team of specialised and highly skilled nurses and leading paediatricians who are available should a paediatric emergency arise. We welcome a parent or guardian to stay overnight on a pull out sofa bed.



Caring for Your Safety

Preventing Blood Clots

When you arrive at Gold Coast Private we will assess your risk of forming a blood clot in your legs or lungs. The level of risk is evaluated on factors such as your age, reason for admission and medical history. If you are deemed at risk your healthcare team will discuss with you the treatment options.

If you experience any of the following whilst in hospital, call a nurse immediately:

- Pain or swelling in the legs
- Pain in your lungs or chest
- Difficulty breathing

If you experience any of the above symptoms after leaving hospital please contact your doctor or visit the emergency department.

Clinical Deterioration

At Gold Coast Private you have the ability to escalate concerns if you or your loved one notice a serious deterioration in your clinical condition, or as a family member you have any concerns.

To activate the Clinical Response Team please use the internal phone at the bedside and call extension 0600. This will transfer you to our hospital coordinator so that you can state the medical emergency that requires immediate review, or to raise your concerns.

Advanced Care Planning and Directives

To ensure we can enact your wishes, please provide us a copy of your Enduring Power of Attorney and/or Advanced Health Directive documents for our reference.

If you are unsure, please talk to our staff if you wish to be assisted in preparing an Advanced Health Directive.

Identification Details

All patients receive a patient identification band on admission which includes four identifiers (name, DOB, gender and a unique record number). Your newborn's identification band will state 'Baby of the mother' along with the birthmother's name. Your partner will also be given an identification band and admitted to the hospital as a boarder. You will be regularly asked your full name and date of birth to ensure your ongoing safe care.

Security

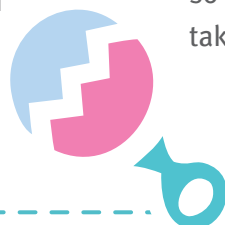
Our Maternity Care Centre, Birthing Suites, Special Care Nursery and Paediatric Care Centre are all locked units. To acquire access you will need to use the intercom located at the entrance. Partners staying in the Maternity Care Centre will be given a swipe card to access this ward. Upon discharge you will undergo a short security check which identifies you and your partner as the parents taking home your newborn.

Your Medication

In order to ensure that our clinicians safely prescribe, dispense and administer appropriate medications our team will need to know all of the current medications that you are taking.

Our staff will also ask if you have any allergies or adverse drug reactions. These are then documented in your medication chart so you can continue to take the correct medication. If you are taking certain high alert medications, our pharmacist may visit you to ensure that you have all the information you need to assist you in understanding your medication plan.

Please bring in a list of your existing medications so the team are aware of medications you are taking including supplements.



Preventing and Controlling Healthcare Associated Infections

At Gold Coast Private Hospital we have systems in place to prevent infection of patients within our hospital, as well as strategies to manage infections effectively if they occur, and to minimise the potential of spread.

Hand Hygiene

Cleaning your hands is the most important way to avoid the spread of infection. You will notice that there is an automatic hand sanitiser dispenser located in every patient room and in other various places around the hospital.



'GEL IN GEL OUT' is our motto to ensure that everyone, including our staff, doctors and visitors, clean their hands with hand sanitiser before entering a patient room and again when leaving.

We encourage you to please remind your family and visitors to 'GEL IN & GEL OUT'.

For more information refer to the Hand Hygiene Australia website: www.hha.org.au.

Prevention of Falls

Patients are at an increased risk of falling whilst in hospital. At Gold Coast Private Hospital we are dedicated to minimising the number of patient falls.

Do you have an increased risk of falling?
Has your nurse performed an assessment on you?

Reasons for increased falls risk include:

- Unfamiliar surroundings
- Medical conditions
- Medications
- Blocked hearing aids
- Impaired mobility
- Unsteadiness
- Feeling unwell

To help reduce the risk of falls:

- Familiarise yourself with your surroundings
- If you are at risk of falling we will put a 'high falls risk' alert to your name

- Use your nurse call bell for assistance. Do not reach for items or get out of bed yourself if you need assistance to mobilise.
- Use your nurse call bell if you feel unwell, faint or dizzy
- Please bring with you and wear appropriate footwear (non-slip, well-fitting shoes or slippers are best). We can help you put these on

CALL, DON'T FALL!

For more information refer to the Australian Commission website: www.safetyandquality.gov.au

Prevention of Pressure Injuries

Pressure injury is an area of skin which has been damaged due to unrelieved pressure and usually occurs over bony areas, especially heels, buttocks and toes. Anyone who is confined to a bed or chair, is unable to move, has loss of sensation, loss of bowel or bladder control or has poor nutrition is at risk of developing an ulcer.

Do you have an increased risk of pressure injuries?

Has your nurse performed an assessment on you?

Together we will look out for:

- Red/purple/blue skin colour
- Blistering
- Dryness or dry patches
- Shiny areas
- Cracks or calluses
- Burning sensation on bony areas



The best way to prevent a pressure injury from occurring is:

- Keep moving and change position frequently
- Discuss recommended mobility with a physiotherapist
- Avoid sitting or lying in bed for long periods of time
- Keep compression stockings in bed but remove to mobilise if you do not have shoes
- Use mild soaps
- Moisturise dry skin
- Alert your nurse or doctor if you have any redness, tenderness, blistering or broken skin over a bony area.



Expect continuity of care with our in-home maternity visits

Every mother at Gold Coast Private Maternity will receive two complimentary in-home visits from our highly experienced midwives, within six weeks of returning home. In addition to general check-ups, it's a great opportunity for new parents to ask questions and address any concerns.

Once you are home, you will receive an SMS to confirm your first in-home visit. During this visit we will weigh and measure your baby, offer feeding support, discuss settling techniques, baby development as well as assess the recovery of yourself and father's and siblings adjustments. To make the most of this visit, we advise you to plan your checks between your midwife, GP and Queensland Child Health equally. For the first six weeks we recommend that your baby is weighed weekly unless you have been indicated otherwise.

And remember - we're available at any time, day or night to answer your questions, call (07) 5530 0300!



Katherine Ogge
RN, RM

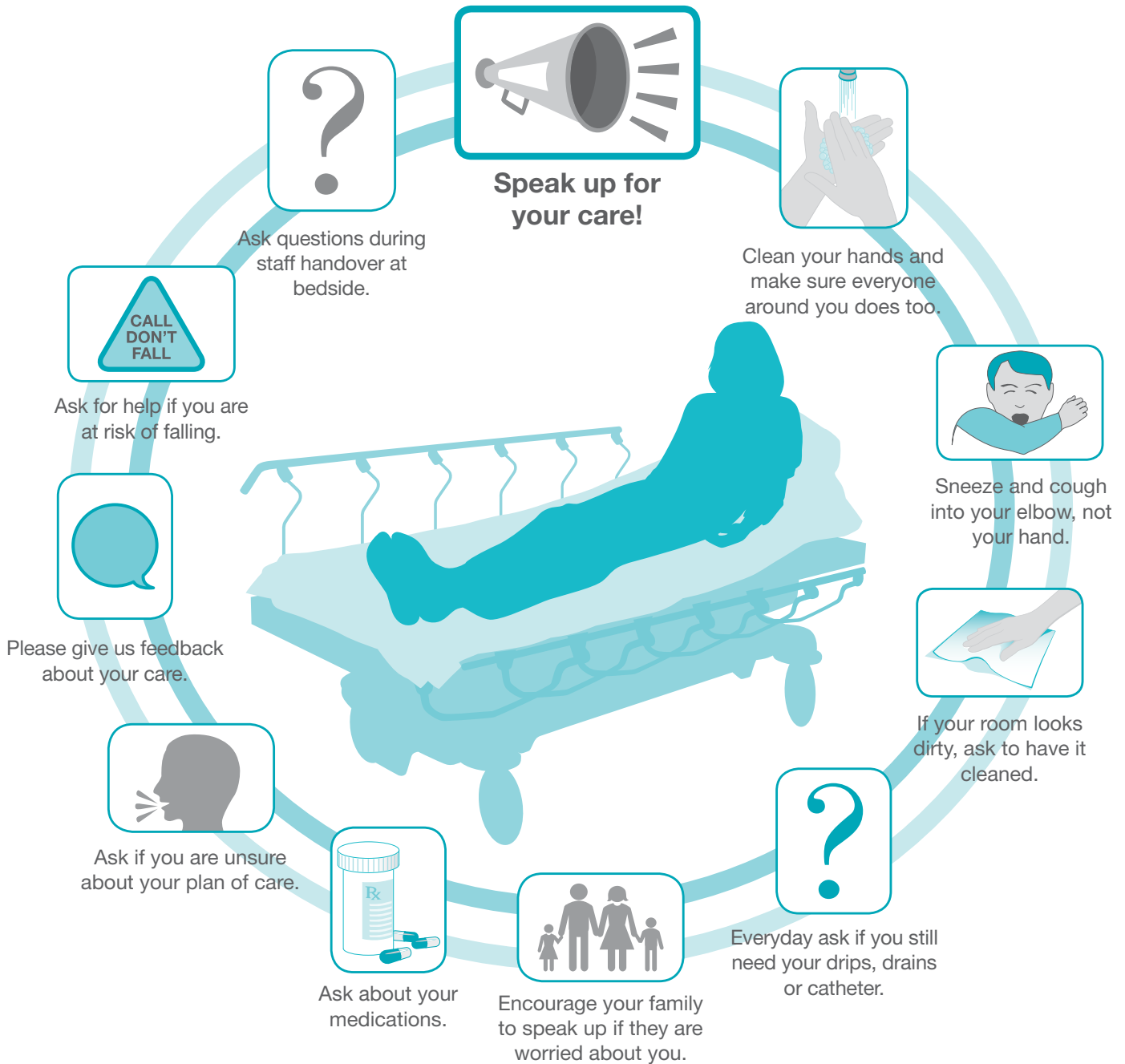


Adrienne McRae
RN, RM, IBCL



Tess Alliot
RN, RM
(Northern NSW)

Speak Up For Your Care



24/7 MEDICAL ADVICE

1300 536 286

Ring to request a free callback or join Docto to access instant chat, call or video consult

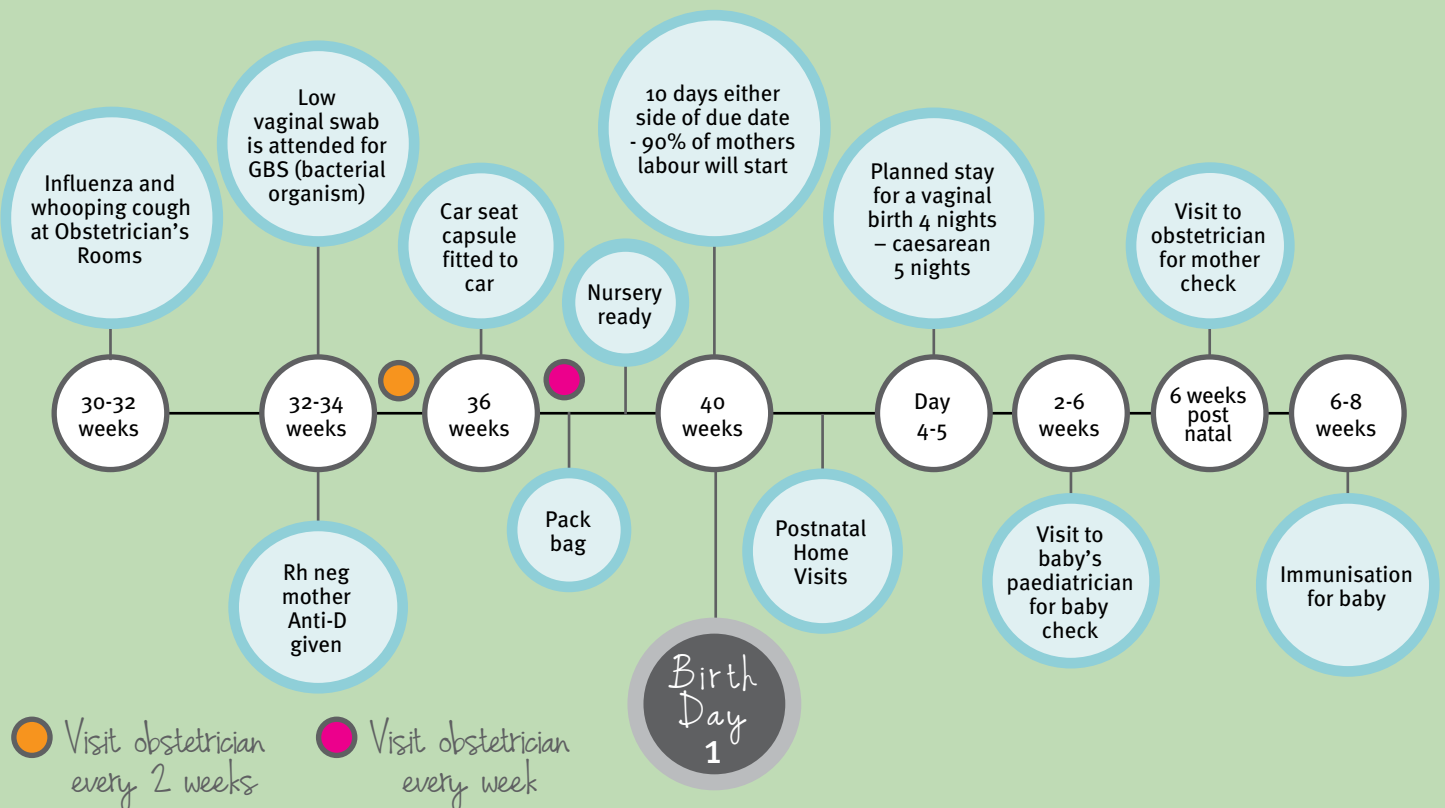
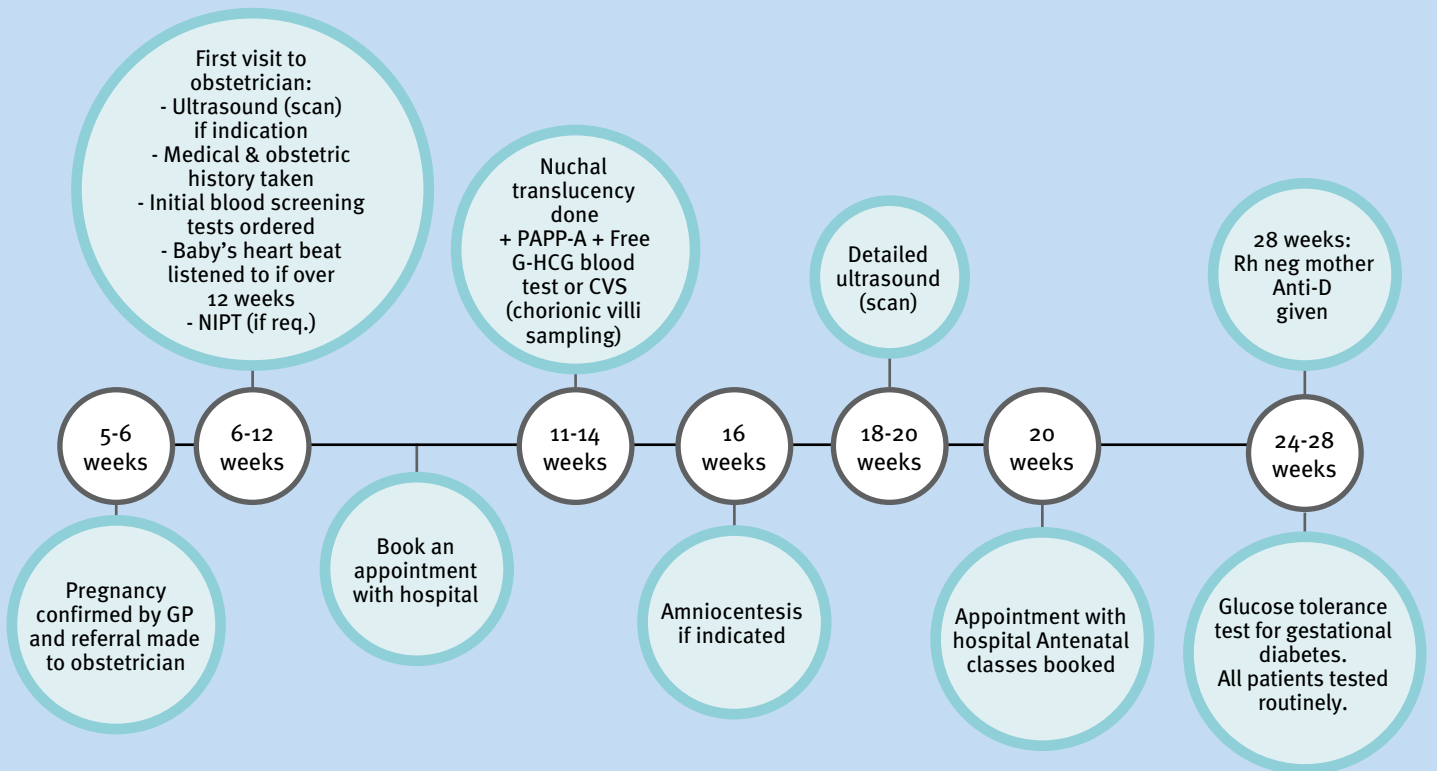


Gold Coast
PRIVATE HOSPITAL
TELEHEALTH



DOCTO
ONLINE HOSPITAL
DOCTO.COM/1

Road map for pregnancy





Thank you for trusting Gold Coast Private Hospital

DIRECTIONS TO GOLD COAST PRIVATE HOSPITAL (GCPH)

GCPH is located at 14 Hill Street (off Parklands Drive), Southport QLD 4215.

If using Pacific Mwy/M1 take exit 66/Smith St Mwy in Gaven.

Follow Smith St Mwy and take the second exit (left) onto Parklands Drive.

For parking: Turn right at the second set of traffic lights onto Innovation Drive.

Onsite parking is located on the right hand side once you enter Innovation Drive.



14 Hill Street
Southport QLD 4215
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