

# Welcome

GOSFORD PRIVATE MATERNITY SERVICES



Gosford Private  
Maternity Services

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# Welcome

Each year, Gosford Private Hospital welcomes more than 800 babies into the world.

We are the Central Coast's premier and only private Maternity Service and are committed to supporting you throughout your pregnancy journey – from antenatal care, birth and beyond.

Renowned for our high quality service, our caring and attentive staff, and the welcoming atmosphere in our private rooms and birthing suites, we pride ourselves on caring for the physical, mental and social dimensions of each mum, and tailoring our health care to best meet the needs of you and your baby.

*"I cannot describe how thankful we are for all of the help we received whilst we stayed! I had no idea what I would be in or, but the experience was certainly so much more positive as a result of the care and attention that we received from everyone. I cannot believe how many amazing and talented people one hospital has been able to employ. It's an absolute credit to the hospital and of course the amazing staff that do, what I now believe to be, the most important job in the world!"*

Throughout your pregnancy journey, you will be supported by a dedicated team of doctors, midwives, mothercraft nurses, and other health professionals committed to promoting your health and recovery.

*"Gosford Private Maternity within Gosford Private Hospital was amazing! The staff are so caring and helpful, nothing is ever a problem and they are always there to support you no matter what time of the day. I've had both my sons at this Hospital, and I highly recommend it."*

This booklet contains information that will help you prepare for your stay, along with details on our range of antenatal and postnatal education programs, and the services offered by Gosford Private.

We look forward to meeting you and caring for you throughout this special time.



# BOOKING IN

## Returning your Admission Forms

At your initial consultation with your Obstetrician, you will receive a letter with a QR code where you can access a copy of our Admission Form. Please complete this form as follows:

**Page 1:** To be completed with your Doctor.

**Pages 3 - 10:** Completed as best you can.

Please note: if you are unsure about completing any of the sections on the form, this can be discussed further with our Midwives at your Booking In appointment.

Once you have completed the Admission Form, please return it to us in person at your Booking In appointment.

### **By mail to:**

Gosford Private Hospital  
Locked Bag 7, Gosford 2250

### **In person:**

Gosford Private Maternity  
Services Level 2, Gosford Private  
Hospital Burrabil Ave, North  
Gosford NSW 2250

## Additional Forms

You will have also received links to the following forms, which will need to be completed and returned to the hospital or brought with you to your Booking In appointment:

- Admission and Health Cover form
- Edinburgh Post Natal Depression Scale
- Consent for Vitamin K and Hepatitis B (baby)

## Maternity 'Booking In' Appointment

A face to face Booking In appointment will need to be made by telephoning 4304 3260.

If you need to cancel or reschedule this booking, it is important to contact us as soon as possible.

This appointment will assist in making sure all your paperwork is correctly filled in, and provide you with an opportunity to ask any questions you have about the birth of your baby and the service we provide. Partners are welcome to attend.

### **When are appointments available?**

Booking In appointments are available on Thursdays and usually take 45 mins and are conducted between the hours of 07.30am and 3.30pm.

### **When should I book in?**

The Booking In appointment is usually done at around 20 weeks; however we welcome mothers-to-be any time from 12 weeks of pregnancy. We strongly recommend that you make your Booking In appointment as soon as possible, so that we can be fully prepared to support you with the birth of your baby.



# PARENT INFORMATION CLASSES

## Antenatal Education

We offer a wide range of interactive, informative and social Antenatal Education sessions to support you and your partner as you prepare for birth and parenthood. These sessions are facilitated by our childbirth educators and midwives and help build trust and faith in yourself, your body and your individual birthing choices.

## Specialty sessions include:

**Birth & Beyond Parenting Program** – Our comprehensive antenatal sessions cover a wide range of topics including pregnancy, labour, baby care and parenting. These sessions are offered as a full day 'crash course' on Saturdays.

**Breastfeeding Basics** – Everything you need to know to prepare you for breastfeeding your baby, including tips, myths and a Q&A session with our experienced lactation specialists.

## Inpatient Education

Our dedicated midwife team is available to support you during your stay with us. They will provide one-to-one support and have a wealth of experience in all aspects of postnatal care including bathing, feeding and settling your baby, and caring for yourself. Our experienced physiotherapists are also available to offer advice and help you to speed up your recovery.

A range of fact cards is available for you to access from next to the Maternity Reception desk, with information on feeding, baby cues, jaundice and more.

## Postnatal Education

Our postnatal program is designed to provide support for you and your baby after you are discharged. our education includes an introduction to baby massage, along with parenting support and postnatal advice from our team.

To view the full list of upcoming courses, and book in, visit our Facebook page **@GosfordPrivate**



# PREPARING FOR YOUR STAY

## What should I bring to hospital?

With a lot to consider in the preparation for a new baby, the **'What do I bring?'** checklist provides a guide to some of the items you may want to bring with you to the hospital when giving birth.

## When to come in

Please contact the birthing suite immediately before coming to hospital for the birth of your baby. The Birthing Suite can be contacted directly on (02) 4323 8169.

In the case of an emergency, contact 000 and tell them you are booked in at Gosford Private Hospital.



# YOUR HOSPITAL STAY

## Our Staff

Our midwifery and specialist team which includes obstetricians, neonatologists and paediatricians are highly skilled and experienced. They are specially trained to look after you and your baby's needs throughout your hospital stay. We encourage you to speak to them regarding any concerns you may have.

During your stay, you will also meet other hospital employees, including hospitality and housekeeping staff, student Midwives, volunteers and allied health staff.

## Birthing Suites

Our exquisitely appointed birthing suites feature luxurious deep baths to facilitate water immersion births and include en-suite, bed, TV and all other required amenities.

## Partner accommodation

We provide complimentary partner accommodation to give you physical and emotional support, including during the birth itself.

Our postnatal suites include their own spaciouly designed ensuite and pull down Murphy beds for partners, offering the ideal nurturing and calming setting for parents to start their journey as a new family.



## Postnatal Care

Research has shown that sleeping in the same room as your baby provides a number of benefits, including:

- Promoting bonding
- Building confidence in your parenting skills
- Increasing your knowledge of your baby's behaviour and routine
- Encouraging lactation
- Allowing for breastfeeding on demand

## Special Care Nursery (SCN)

Gosford Private Maternity Services has a dedicated Special Care Nursery. The Nursery cares for newborns that may need extra attention due to any of the following reasons:

- Prematurity or low birth weight
- Feeding difficulties or Jaundice
- Difficult birth or breathing difficulties

You are encouraged to participate in the care of your baby while in the Special Care Nursery. You are welcome to visit at any time and the staff will keep you informed of your baby's progress. Limited visiting exists within the Special Care Nursery to protect our most vulnerable babies. Please discuss access with our nursing staff.



## Meals

We are pleased to offer you a range of dining options throughout your stay, including a selection of meals from a daily menu, prepared by our on-site catering staff.

If you have any special dietary needs that you would like to discuss prior to your admission, please inform our booking in Midwife.

## Guest meals

Meals will be available throughout your stay. Partners are also welcome to complimentary meals throughout your stay by noting that an additional meal is required on your daily menu.

## Take-out dining

You may order meals from a selection of local restaurants for delivery to your room. The hospital does not cover the cost of any external dining orders.

## Coffee and tea

Coffee, tea and light snacks are available in the kitchenette within the Maternity Ward. Alternatively, the hospital's on-site café offers a selection of hot and cold drinks and food. The café is located on the Ground Floor, next to the hospital's Main Reception.

## Rest Periods

New mothers and babies need plenty of rest. A "Resting or Awake" sign is provided in each room, we also have designated rest times and ask that friends and relatives are mindful of these times, to assist your rest, recovery and recuperation.

## Maternity Lounge

The Burrabil Lounge is available to all patients and their guests. This is a comfortable place to meet, relax and socialise with your guests.

## Contact during your stay

Bedside telephones are located in each room. Local calls are free.

## Family and friends contacting the Hospital

In your interest, no phone calls will be put through to the birthing suite. In the interest of patient privacy; staff also cannot give out details about the progress of labour or about the baby. It is best to arrange for your partner or support person to contact the people you wish to be kept informed.

If you have a large family and/or a large group of concerned friends we encourage you to organise a spokesperson. Your partner or support person is encouraged to contact your spokesperson rather than have family and friends ring the hospital. This allows our staff to concentrate on caring for you, at the same time, keeping your family and friends informed of your progress.

## Discharge

Our general length of stay is four nights for vaginal birth and five nights for caesarean birth. 'Days' are counted from midnight and your day of admission is 'Day one'. That is, if you have a vaginal birth it is expected that discharge will be the morning of Day five; for a caesarean birth it is expected that discharge will be the morning of Day six.

The discharge time is between 8.30am-10.00am, and we ask that you vacate your room during this time to allow us to prepare for the next admission.

## Leaving the hospital

When leaving the hospital you will need to provide your own clothes for your baby and have an approved capsule or child restraint installed in your car to transport the baby home.

A list of authorised child restraint fitting stations is available at [service.nsw.gov.au/transaction/find-authorized-child-restraint-fitting-station](https://service.nsw.gov.au/transaction/find-authorized-child-restraint-fitting-station)

# SUPPORT SERVICES

## Hearing Screening

As part of NSW State Wide Infant Screening Hearing Program (SWISH), babies born at Gosford Private will be offered a hearing screening test. All babies not receiving their hearing screening test in hospital will be offered the screening as an outpatient in the community.

## Paediatrician Visit

Your stay will include daily visits from one or more of our Paediatric Consultants who are part of the Gosford Private Paediatric Specialist Network (GPPSN). These consultations will occur bedside and allow you to ask any questions, while you receive advice from some of the best Paediatricians and Neonatologists in the country.

## How much does this cost?

The out of pocket expense for this service will be \$100, however your bill will outline all visits which will be claimable back from Medicare. The invoice will arrive in the mail after your discharge and come from Drs Billing Agency.

In the event your baby is unwell and admitted to our Special Care Nursery, this cost is claimable from your health fund.

Please claim your rebates from Medicare or your Health Insurance after you have registered your baby's birth.

## Counselling

Social Workers are available to patients and their carers. They provide counselling as well as information on stress management and coping strategies. Our Social Workers also have a wide knowledge of community contacts and resources.



# INSURANCE AND ACCOUNTS

## **Privately Insured Patients**

Please check with your private health insurer that your insurance is up to date. The hospital will check on your behalf whether you have an excess or co-payment to pay, or if your level of cover or waiting period excludes you from receiving benefits for some conditions.

It is important that you also check with your private health insurer as co-payments and costs for excluded procedures are your responsibility. Waiting periods apply to maternity care for all health funds. Please remember to notify your fund when your baby is born.

## **Self-Funded/Uninsured Patients**

If you do not have health insurance, you will be required to pay the full estimate of your account on or before the day of your admission. Fees for additional or unplanned services are payable on the day of discharge.

## Payment Plans

Gosford Private Hospital is pleased to offer prepayment plans for uninsured patients. For more information and an indication of costs, please refer to the Maternity Patient Prepayment form, available at your Booking In appointment.

## Doctors' Accounts

Accounts from your treating doctor are separate and not usually fully covered by your health fund or Medicare. Please contact your treating doctor directly for estimates and/or to settle these accounts.

If you require an anaesthetist for an epidural or for theatre, the anaesthetist will bill you privately which you can claim through Medicare then your health fund. There will be a gap to pay for any amount above the scheduled fee.

Please note: For some particular procedures and specialists, the Medicare benefits schedule falls well short of the relative value of the procedure as determined by the specialist colleges. You should therefore be aware that there might be a significant difference between your doctor's fee and the combined Medicare/health fund rebates.

Unless otherwise agreed with your doctor, payment of this gap (out of pocket costs) is your responsibility. You should seek an estimate of your out of pocket costs from your treating doctor (and anaesthetist if applicable) prior to receiving care.



“We are the Central Coast’s only premier private Maternity Service and are committed to supporting you throughout your pregnancy journey.”

## **IMPORTANT CONTACTS**

### **Gosford Private Maternity Bookings**

4304 3260

Gosford Private Birthing Suite  
4323 8169

### **Australian Breastfeeding Association Helpline**

1800 686 268

### **Beyond Blue**

1300 224 636

### **Child & Family Health Nurse**

4328 7900

### **Mensline**

1300 789 978

### **Mothersafe – Medication in Pregnancy and Lactation**

1800 647 848

### **Parentline**

1300 130 052

### **Safe Travel Solutions – Car Seat Installations**

4323 4449

### **Tresillian Parent Helpline**

1800 637 357



# FAQs

## When to contact the Birthing Suite

If you are 20 weeks or more you should contact us immediately (day or night) if any of the following occur:

- Ruptured membranes (waters have broken)
- Bright bleeding
- Dizziness, visual disturbances associated with nausea and/or severe headache
- Noticeable decrease in, or lack of foetal movements
- Regular contractions
- Premature labour
- Feeling unwell or fever

The midwife will advise if it is necessary to come to hospital. If you have any concerns prior to 20 weeks, do not hesitate to contact your obstetrician or your GP immediately. Alternatively, visit a hospital Emergency Department, or call us on 4304 3260 to receive individualised advice.

## Car parking

For drop off and collection of patients, there is a 15 minute parking area designated as the patient pick-up area. Long stay parking is also available on-site.

## Where to go

Maternity is located via the new Day Surgery Unit on Level two of the hospital. Access to the hospital's lifts is through the day Surgery Unit Reception area.

## After Hours access

The main hospital doors are locked between 9pm and 6am. If you arrive during these times, a Security Guard will be present and will assist you in entering the building.

## Vaccinations

You are encouraged to have your free whooping cough vaccine from 20-32 weeks, available from your GP. It is also a good idea for your partner and other close relatives to visit their GP for a vaccination too.

Influenza vaccine is also recommended for all pregnant women and can be given at any time during pregnancy. Please refer to the brochures included in your Welcome Pack for more information.



Congratulations once again and thank you for choosing Gosford Private Maternity Services.

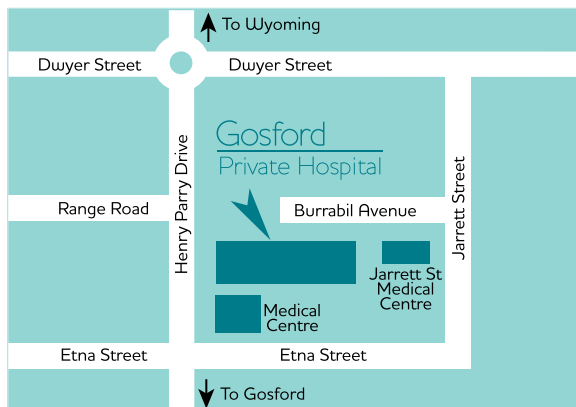
We look forward to supporting you throughout your pregnancy journey and with the birth of your new baby!

SHARE YOUR PHOTOS WITH US



@GosfordPrivate

#BeginYourNewLifeWithUs



Burrabil Avenue, North Gosford NSW 2250  
T: 02 4304 3260 / [gosfordprivatematernity.com.au](http://gosfordprivatematernity.com.au)