

Maternity Services





Peninsula Private Hospital is one of over sixty five hospitals owned and operated by the Ramsay Health Care group. Twenty three of these hospitals provide maternity services. So, what does this mean for you? It means we know our business – Health Care. It means we swap and share ideas and innovations. It means we strive for a high standard in all aspects of our business. It means we share a common philosophy – a high standard of care with strong staff support and commitment to your choice during labour, birth and post-natally within a family centred caring environment.



Our commitment to you & your baby

At Peninsula Private Hospital, we understand the importance of family support. The staff of our Maternity Unit are committed to the philosophy of family centred care, which allows a greater involvement of all family members in the birth and care of the new baby. Flexibility and choice are also important approaches at our hospital. Our dedicated midwives encourage all families to choose the birthing and post-natal options that best suit their needs. We welcome all couples to discuss these options with us and their doctor prior to and on admission.

The Maternity Unit is staffed by an experienced and caring team of midwives, who will support you during your birth experience.

Education & support for you & your baby

When labour commences advise staff on the Midwifery Direct Line 9788 3468 and for after hours admission please use the audio visual intercom system located at the south side of the hospital.

Parenting skills are individually demonstrated and practised. Family involvement is encouraged with patient choice in infant care. You will be supported and assisted in all aspects of infant and parent craft skills.

For Midwifery tours or bookings please ring our Clerical Co-ordinator during office hours on 9788 3468.

Breastfeeding support and education commences in the antenatal period with presentations and discussions by the Midwifery Childbirth Educators. This education and support continues through your post natal time and includes handouts and videos.

During the antenatal time we also offer a comprehensive Child Birth Education Program that provides you with research based best practice information to best prepare you for childbirth and the ongoing care of yourself and your new baby. A Physiotherapist also provides an antenatal education session to further prepare you for labour and childbirth.

During the postnatal time a Physiotherapist provides post-natal exercise instruction twice a week.

Prenatal Grandparent Evenings are informational sessions held once a month for approximately 2 hours. To book please phone 9788 3468.

The ultimate maternity experience

The birth suites

Peninsula Private Hospital has 3 well appointed Birth Suites which provide a safe and relaxed environment. Each suite contains all the necessary safety equipment for the birth of your baby. Your partner and one support person are welcome to be present during labour and birth.

If required sophisticated medical equipment, theatre facilities, anaesthetists and paediatricians are available.

Your accommodation

We are pleased to offer you a room, with ensuite facilities, television, refrigerator and telephone. Most of the private rooms have double beds and all have direct access to a garden courtyard. Partners are welcome to stay overnight (charges apply).

Catering services

Our Catering Services Department takes pride in the nutritious meals that we serve. We offer you the choice of wine or beer to accompany your meals. Specialised dietary requirements are catered for on request as are the services of a dietitian.

We are also able to provide partners with a meal for an additional cost.

Photographer

A private photographer visits twice weekly to photograph you and your baby and the local paper attends once a week.

Special Care Nursery

To ensure the health of premature and ill babies, our nursery is equipped with the latest medical facilities. Our midwives are trained to provide the care and support needed. Paediatricians are on call 24 hours a day. We are a low level 2 nursery equipped to care for newborns greater than 36 weeks gestation.

Post natal

You may expect to be in hospital for 4 nights following a normal birth and 5 nights following a caesarean section. A comprehensive post natal education program is conducted during your stay which covers topics such as feeding your baby, parenting skills, coping at home and community resources.

During this time we encourage you to room in with your baby whether it be your first or the latest addition to your family. Rooming in has many benefits including establishing breast feeding, learning the behaviours and personality of this unique baby and many more. We are staffed to support you in this role. Please ask your midwife for more information.

Midwives are available 24hrs a day in the immediate post discharge period on our direct Midwifery line 9788 3465 or 9788 3468.

Guidelines for partners staying overnight

- For overnight stays and meals, please check with the hospital for current charges.
- Suitable night attire to be worn.

- Peninsula Private is a hospital and certain routines are necessary. It would be appreciated if partners could vacate bed by approximately 8am to allow for patient care to be attended.
- Partners are welcome to stay overnight providing they are there to assist and support their partner. It is not a “hotel” stay but an opportunity to provide support and practical assistance.

Baby seat

For your baby’s safety, please have your car fitted correctly with a seat prior to going home. This is a requirement by law.

Administration

Peninsula Private Hospital has ‘Preferred Provider Agreements’ with all health funds, which means minimum or no out-of-pocket costs.

Your Health Fund Excess, Copayments and Hospital Incidental Fee (For access to Phone, Foxtel and Internet) are payable prior to admission and no later than your 32nd week of pregnancy. Correspondence will be sent to you regarding the payment owing. We do ask that you settle the remainder of your hospital account on discharge. Hospital Reception staff will be happy to discuss any current fees with you on request.

Please keep in mind that in addition to the hospital account, your doctor’s account and any expenses incurred as a result of X-Ray, Pathology or Pharmacy services will be billed to you separately.

Staff are also happy to discuss out-of-pocket expenses if you are considering having your baby at Peninsula Private Hospital and do not contribute to a Private Health Fund (Self-insured). For those prospective patients who are not insured, a Pre-Payment Plan is available. An initial deposit is required to confirm your booking and subsequent payments may, if you wish, be made monthly and the balance paid one month prior to admission.

For further information and specifics phone our Hospital Reception on 9788 3466.

Facilities

Peninsula Private Hospital is a fully accredited major acute medical, surgical and maternity hospital providing:

- Modern Operating Theatres, available 24 hours a day
- On-site X-ray services, including Ultrasound and CT scanner
- On-site Pathology services
- Consulting Suites
- Day Surgery Unit
- Diabetic Consultation
- Physiotherapy

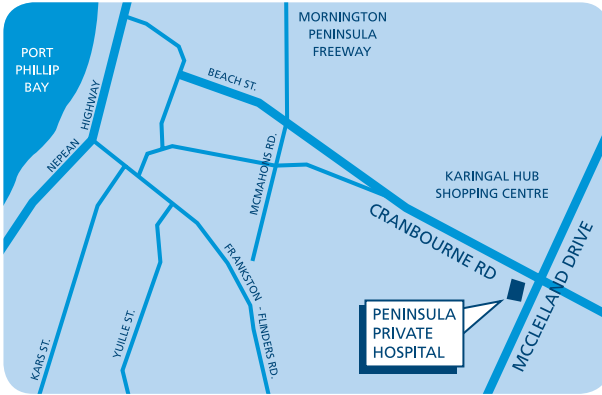
Visiting hours

To ensure that our new mothers and babies receive adequate rest, we restrict maternity visiting hours to: 2pm – 4pm and 6pm – 8pm daily. During a rest period between 12.30 – 2pm no telephone calls will be put through to rooms. Messages will be taken and NO VISITORS will be permitted to visit so that all our mothers are able to gain essential rest and quiet time.

Valuables

We recommend you leave all valuable personal items at home including money and jewellery. We cannot accept responsibility for the loss or damage of any item brought into the hospital. We have provided access to locked cupboards in your room where a deposit is required. Your midwife will assist you with this.





**For more information & access
to a range of informative booklets
please visit our website:**

www.peninsulaph.com.au



People caring for people

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