

Welcome





One of our birthing pools

A warm welcome to the Princess Anne Wing at the Royal United Hospitals Bath NHS Foundation Trust.

We hope your stay here will be a positive and memorable one. We are here to help create a safe, private and secure birth environment.

Please let us know if there is anything we can do to improve our care.

Your Birth Room

We have flexible visiting on our Birth Suite and welcome birth partners to support women in labour. The midwife caring for you will be happy to discuss any queries or concerns you might have during your stay with us.

We have two lovely birth pools for you to use in labour. Immersing yourself in warm water can encourage relaxation; promote the hormones of birth and ease discomfort during your labour. You can choose to just use it for labour or remain in the pool and give birth to your baby in water. If you wish, your partner can get in the pool with you. If your birth partner does get in, please can they wear appropriate clothing. We also have a bath and toilet in each of our rooms.

You are very welcome to use your own birth ball for use in labour to help you keep as upright and active as possible. We currently do not provide birth balls. You are able to adapt your birth room to encourage a feeling of privacy and confidence, and encourage mobility, for example your birth partner may wish to move the bed or change the lighting.

Music can help create a calm and relaxing birth environment, so we have provided a CD player in each room for you to use during your stay. If there is not one in your room then please let your midwife know and she will get one for you.

Hormones play a key role in the progress of labour so we have fitted dimmer switches and put blinds in all our rooms to encourage soft lighting and a cosy environment.

We appreciate the importance of bringing in some of your own comfort measures from home to help you feel more relaxed during your stay. However, as you will see, space is limited so you might like to consider keeping your belongings not needed for birth in your car. We advise you to avoid bringing in any valuables, as you will be responsible for your belongings during your stay with us.

The 'cleanyourhands' campaign is a national initiative aiming to improve hand hygiene compliance by all NHS staff, consequently reducing the level of health care associated infections. If you observe staff that have not washed their hands or used the alcohol gel before examining you or undertaking a procedure, please politely remind them to do so. They will not be offended.

Please speak to the Midwife in Charge if you have any concerns about cleaning standards, both in our Birth Suite or on Mary Ward.

Relax in a private space



Relaxation Room

On our Birth Suite we have a relaxation room designed to provide privacy and space for women to relax in early labour. The room has beanbags and chairs, and soft lighting to help promote the hormones for labour and encourage relaxation. Although this room also has facilities for making refreshments, we would appreciate you not using it as a waiting area and leave as soon as you have made your drinks so that you do not disturb this quiet space while women are using it.

Tea, coffee and cold water are available for you in the relaxation room with some vending machines offering drinks and snacks just inside the main entrance of the Princess Anne Wing. Hot meals and snacks can be eaten or taken away from the Lansdown restaurant (7.30am-2.30pm) or the Atrium Café (9am-8pm). Please ask members of our staff for directions to both.

The visitor toilet for birth partners is located next to the Relaxation Room. If you have any questions regards the facilities available, please speak to one of our members of staff.

Going home

If all is well after the birth of your baby and you are keen to go home, we are happy to support parents to leave the Birth Suite three to four hours after birth. However, some mothers and babies stay on the postnatal ward for at least one night before going home. We can support you with feeding and caring for you and your baby. We also have postnatal beds at our Birth Centres in Chippenham and Paulton if you require additional support. Please discuss with your midwife if you wish to transfer back to one of these. Please ensure you have an infant car seat and your own transport to return home or to a Birth Centre. Your length and place of stay can be discussed and evaluated on an individual basis. Please ask your midwife for more details and ensure you have the relevant telephone numbers before going home.

A midwife will visit or contact you the day after you have gone home. If you have not heard or had a visit by 3pm, please call your local unit.

Parking

The hospital car parks are either pay and display or take a ticket at the barrier and pay on your departure. For the Princess Anne Wing the payment machine is just inside the entrance by the toilet facilities. There is a cash dispenser in the main entrance to the Royal United Hospital as well as a shop selling essentials. If you require a 5-day car parking pass, these are available from the main entrance of the Royal United Hospital in the Atrium Reception.

After your birth

Some mothers and babies will transfer to our postnatal ward after birth. Here you will be welcomed by the midwife caring for you and shown around the ward. During your stay on Mary ward, we would like to suggest you open the curtains around your bed as often as you can to encourage you and your baby to have as much natural light as possible. The benefits to babies of natural sunlight are well researched and documented. This will also enable you to chat with other new mothers and share experiences and support during your stay with us.



Drug rounds on the ward are held at 6am, 10am, 2pm, 6pm and 10pm. Your midwife will discuss with you if you have been prescribed any medication and when it is due. Please try and ensure you are at your bedside at this time.

Group discharge meetings are held daily at 11am in the day room. Please try and attend on the day you are going home. At this meeting you will be provided with helpful information for once you are at home. Please speak with your midwife if you would like further information.

Hospedia WiFi is available via 'The Cloud' at a fee. Please ask your midwife if require further information. Please be considerate if using your mobile phone on Mary Ward and do not use your phone on the ward between 10pm and 8am. Phones can be a cause of noise and nuisance to other patients.

Partners

Here in the Princess Anne Wing partners are warmly welcome to stay overnight after the birth of your baby. This initiative was introduced after listening to parent's feedback on how to improve the quality of our care. The RUH League of Friends have kindly donated money for us to buy some reclining chairs for your comfort on the postnatal ward and we hope to be able to raise funds for more in the future. All we ask is that partners respect the privacy of all mothers whilst staying on the postnatal ward. There is a toilet for your use on the ward, although we are unfortunately unable to offer showers or baths for partners during your stay.

We politely ask partners who wish to stay overnight with us, not to leave the ward between 10pm and 8am. The answering of the door takes the staff away from caring for the mothers and babies on the ward and we would appreciate your support with this.

We have some Amenity rooms available on Mary ward for women who wish to pay for the privacy of a single room. Some of these rooms are ensuite. If you are interested in having one of these rooms please ask your midwife or a member of staff for more details.

Food and refreshments

On Mary ward we provide three meals a day for mothers. If you have any special dietary intolerances/needs, cultural or religious meal requirements, please let a member of staff know as soon as possible so we can make the canteen aware. There is a large fridge, microwave and toaster in the kitchen area, with plenty of bread and spreads for you to use during your stay. Please feel free to bring in any of your own food during your stay with us. Unfortunately we do not provide meals for partners, however, you can bring in your own or bring food back from the restaurant. Drinks are available for partners and visitors for a small donation in the boxes provided.

Meals for mothers are available at the following times in the Dining room:

Breakfast 6.30am – 9.30am
Lunch 12.00noon - 12.30pm
Supper 5pm - 5.30pm

Visiting

On our postnatal ward, we have open visiting for partners and your children from 8am until 9pm. Other family members and friends are welcome to visit between 2pm until 4pm and 6.30pm until 7.30pm. We do ask for only two additional visitors to be at the bedside at any one time. However, we are flexible and want to welcome all family members and friends so do please ask if you would like to make some special arrangements for visiting.

To help us keep the unit infection free we would appreciate all visitors using the alcohol hand gel when entering and leaving both the Birth Suite and Mary Ward. If you have had any diarrhoea, vomiting or flu like symptoms, please speak to a member of staff on the phone before visiting.

Security

Your safety and security is very important to us during your stay. We operate an intercom system to monitor all visitors so we can keep mothers and babies safe and secure. We may not be able to answer the intercom immediately if we are very busy so your patience and understanding would be appreciated. We will get to you as soon as we can. Please do not hold the door open for other visitors. These doors are time activated and security will attend when the alarms are triggered.

Our hope is that your stay with us is a happy and positive one and we will do everything we can to achieve this. Please help us to continue to provide good care by letting us know what we did well and if there is anything we can improve on. We would love you to fill in the Friends and Family Feedback Questionnaires that your midwife will have given you during your stay.

Thank you from the Maternity Team