

Fact Sheet

Neonatal Intensive Care Overnight Rooms

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Welcome to our overnight and 'rooming in' rooms

The purpose of these rooms is to:

- encourage and establish feeding and bonding
- a 'practice run' before you go home
- emergency accommodation for rural and interstate families

Due to the high demand and limited number of rooms, priority is given to:

- unstable and Critical babies
- premature babies and first time parents about to go home
- mothers exclusively breastfeeding their baby(s)

On rare occasions, you may be asked to vacate your room. In this instance, we will provide as much notice as we can and apologize for any inconvenience.

Please remember

We are here to support you and your baby until you go home. Please do not be afraid to ask questions - we are here to help!

While staying in the overnight rooms, your baby still has an allocated nurse, who you can see during your stay to ask for help.

Your baby's

Bed number is:

Room extension number is:



These rooms are an opportunity for parents to continue to build on their skills before going home.

Please call on your nurse if you:

- have any questions (there are no such things as silly ones!)
- need a reminder on how to do something
- if you are having any troubles or are unsure (eg, can't settle baby)
- need more feed, nappies etc. There are no fridges in the rooms so please see your nurse for refrigerated milk (EBM or formula)
- need more blankets for both parents and baby as the rooms can suddenly get cold

In an emergency (with the baby or hospital/unit, please return the baby to the nursery in their cot IMMEDIATELY)

For Health & Safety reasons, we ask you to please follow some guidelines:

- only parents in the rooms
- no Smoking or alcohol is permitted in any of the rooms
- do not leave the ward with your baby. If you need to leave to get food etc. please return your baby to the nursery.
- do not leave the baby unattended/alone in the rooms
- older siblings are not permitted to stay overnight

This written information is for guidance only and does not replace consultation and advice by your health care provider.

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- please return your key by 11am on day of discharge as the rooms need to be cleaned for the afternoon
- please see your nurse at least once during the night for an update and baby check
- please respect the rooms and the furniture
- follow SIDS guidelines at all times (see attached brochure)
- if you are unsure of any of these guidelines, please speak to your nurse for clarification

What is in the rooms?

These rooms are equipped with basic essentials for your stay, including:

- bed (Double or Single)
 - ensuite toilet & shower
 - bedside cupboards
 - availability of medical gases and suction if required
 - green Nurse call button
- Please note, it is not always possible for us to attend this call. If you need a nurse, it is best to come and see us, or call our room**
- telephone which can only call in-hospital extension numbers
 - sanitary bins ONLY for sanitary products. Please discard nappy in regular bin or blue bag

We ask that you please supply your own:

- entertainment (books, iPad etc.)
- toiletries
- Food
- Clothes

NICU RECEPTION: 8890 7375

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au