



Patient Information

Welcome to the neonatology ward

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Preface

Your child is hospitalised at the neonatology ward. Several medical reasons may be at cause. Perhaps you were already somewhat prepared, but it may also have come as a complete surprise. We realise that this is an emotional occurrence for you.

In order to maintain the best possible contacts between you, your child and the ward, we want to inform you by means of this brochure on how our ward operates.

If you still have any questions after reading it, please do not hesitate to contact the attending physician or the nurses.

We are looking forward to an agreeable cooperation.

Visitors

As parents, you are always welcome. We would like you to sign in, in order to prevent just anyone from coming in and out, which might put the babies' safety at risk. The doctor or nurse may exceptionally ask the parents or visitors to wait outside the ward. This may be the case in an acute situation or for certain medical or nursing activities that require careful concentration. You can also call the direct number 014 44 42 39 (24/7).

Other people, such as friends and relatives, can come to visit your child at the ward. This is only allowed in the company of at least one of the parents and with no more than 4 people at the same time (including parents and siblings). Also for twins, no more than 4 people are allowed simultaneously for both children combined. These visits are allowed from 16:00 through 16:30 and in the evenings from 19:00 through 19.30.



Siblings can come and visit during family visiting hours. Other children (under the age of 12) are not allowed.

To prevent infections, the incubators remain closed during this half hour. Your child will not be taken out of bed nor touched, a pacifier may be given by the parents if necessary.

We would like to ask you to focus on your own child(ren) and to respect the other child(ren)'s privacy. Information will only be given to the parents and not to other relatives, not even by telephone.

For children who are staying with us for a long time, there is a possibility for grandparents or other persons who are closely connected to the baby to come and visit in order to hold the baby.

This can be arranged between 16:30 and 17:00, only after prior appointment with the nursing staff, 1x / week / child, the baby's condition allowing.

We would like this to take place in a quiet manner.

Some practical arrangements

- In the ante-room parents and visitors put their coats and bags in the locker provided.
- Do not wear jewellery or watches. Keep your nails short and remove any nail polish.
- If you have a cold, a sore throat or cold sores, please use a mouth-nose mask (just ask for one!).
- Wash your hands in accordance with the instructions posted as soon as you enter the ward.
- Afterwards, rub your hands with alcogel.
- If you have any issues or remarks, it would be nice we hear them directly from you.
- In order to provide proper care, the nursing staff have a handover briefing from 14:00 till 14:30. In case of problems you may break in, though.

Incubator Nursing

Inside the incubator it is nice and warm and the children are easily observed. At the same time it allows us to provide supplementary care, such as respiratory support with additional oxygen, a drip feed, administering medication, tube feeding...

Depending on her overall condition, your baby may be hooked up to a medical monitor. This is used to monitor her breathing and heart rate. A pulse oximeter measures the concentration of oxygen in her blood. One cuddly toy is allowed, but it should definitely be washed by the parents at least once a week.

The paediatrician will visit your baby every morning. Medical examinations such as RX, EEG, CT scan, echoes are also planned at that time of day.

The medical / nursing team keeps the parents informed of the tests and treatments. It is impracticable to always request prior explicit consent. Our medical policy always aims to improve / secure your baby's condition.

For basic treatment and examinations we presume there is implicit consent or acquiescence from the parents.

Nutrition

Depending on the weight of your baby and her general condition, your baby will be fed 6x, 7x or 8x every 24 hours. Below you find the scheduled feeding times.

- 6 feedings: 01:30, 05:30, 09:30, 13:30, 17:30, 21:30
- 7 feedings: 01:00, 05:00, 09:00, 12:00, 15:00, 18:00, 21:00
- 8 feedings: 03:00, 06:00, 09:00, 12:00, 15:00, 18:00, 21:00, 24:00

Types of milk: breastfeeding or bottle feeding

Breastfeeding

When your baby is hospitalised at the neonatology ward, it usually is not possible for medical reasons to latch your baby on to your breast. Therefore it is best to start expressing breast milk as soon as possible after delivery. The midwife at the maternity ward will teach you.

To properly start milk production, it is best to express every 3 to 4 hours. In the beginning you will not be expressing much milk. The first breast milk you express is called colostrum and it is important that your baby gets it. Not until the third or fourth day after delivery, you have sufficient milk for your baby.

The expressed milk is bottled (with mention of the date, time, name and quantity) and stored in the refrigerator or in the freezer. If your baby is not allowed milk yet, the breast milk is provisionally frozen. Defrosting mother's milk is done in the refrigerator. Once defrosted, it may not be frozen again. If you express breast milk at home, it should be brought to the hospital in a cool bag. Then comes the time that your baby is able to drink straight from the breast. The nurse will help you.

Bottle feeding

The paediatrician prescribes the most appropriate formula.

Parent Participation

Her condition allowing, you can take your baby on your lap or kangaroo her (direct skin contact).

You will be increasingly involved in the care, such as diaper changing, taking the temperature, bathing and feeding. First, it is shown to you, then you can try it yourself.



Your child needs attention and cuddles, but rest is important too. So we ask for your understanding and cooperation. Around feeding time is the best time to nurse and cuddle your child, and it allows your child to get all this important rest between feedings.

Discharge

In consultation with you, the doctor will decide on your discharge. The discharge date will be communicated in good time and you will have a discharge meeting with the doctor. For all your inquiries you can also contact the nursing staff on direct number 014 44 42 39. Even if you are at home, you can call on us for information.

Near our entrance, a mailbox is provided where tips, ideas and comments can be deposited, even anonymously if you so desire.

Personal notes / questions

If you have any questions or observations, you can note them here. Thus you always have them on hand when you are talking to the doctor or nurse.

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