

PACKING LIST

Mother:

- 2 Nighties (open front)
- 2 Dusters
- 6 Underwear
- 2 Bras
- 1 Wash cloth
- 1 Bath Towel
- Comb and/or Brush
- Toothpaste
- Bathing soap
- 2 packs of Maternity Pads
- Non-skid slippers
- Plastic bag for used clothing

Baby:

- 2 Sleeveless vests
- 2 Vests with sleeves
- 2 All-in-ones (one zees)
- 2 Cazacs or Chemises
- Baby hair brush
- 1 Pack of disposable diapers
- Wet wipes
- 2 Pair Booties/Socks
- 2 Blankets
- 1 Towel
- Bonnet/Hat
- 1 Wash Cloth

Optional

- 1 Jar of unscented Vaseline
- Baby Lotion
- Baby Bath Soap
- Baby Hair/Body Shampoo

NOTE:

For the safety of your infant, you should have an Infant Car Seat ready for the discharge of your baby.

PRE-REGISTRATION

Firstly, we recommend that you register with us by your 34th week of gestation. This meeting serves several purposes:

1. It will provide an opportunity to become familiar with our facility and birthing rooms.
2. Meeting with a Mid-wife will open the window for free and candid discussion on any issues or concerns you may have about the birthing process.
3. At the time of delivery most women may not be able to provide vital and important information.
e.g. Allergy background and history of diatrician choices.

Secondly, in addition to the maternity admission process, mothers will be required to also complete our Admission and Consent Forms.

Maternity Packages

At West Shore Medical Private Hospital we strive to provide quality patient care at a reasonable cost. Clients find our pricing structure competitive and affordable.

In order to arrive at an estimate of the cost of delivery, several factors will need to be addressed.
e.g. normal or caesarean delivery, cost of room, operating theatre costs and abnormal consumables.

The deposit for:

Normal (vaginal delivery) \$2,000
Elective Caesarian Section \$6,500.00

Accepted forms of payment:

Visa/MasterCard, Linx, Cash, or Manager's Cheque.

You can enquire further about the maternity package with one of our Customer Service Representatives at the Front Office (24 hours) at extension 311.



Maternity Guide

West Shore Medical Private Hospital
#239 Western Main Road, Cocorite,
Trinidad West Indies
(868) 285-5019

Email: wsm@westshorett.com
Website: www.westshoreprivatehospital.com

Thank you for choosing West Shore Medical



Congratulations!

A few months ago you found out that you are expecting, and the decision is now where to deliver? West Shore Medical is the perfect place for you to share this momentous occasion. Our team of experienced mid-wives, friendly staff and panoramic views of sunsets create the best ambiance for your delivery. If you are considering a caesarean section instead of a normal (vaginal) delivery, you can put your mind at ease as our theatres are of the best in the region. Heavy investments are made to update technologies and continue our staff education.

We also understand that loved ones want to be present from admission to discharge, therefore we allow one person into the birthing room, or in theatre with you. If you choose a private room, a loved one can stay overnight. You can visit us at anytime to speak further with a midwife, and tour our facility.

What to expect after delivery

You will probably be excited, exhausted, amazed and even overwhelmed after delivery. Do not worry. The midwives and nursing assistants are here to make sure that you and your baby are comfortable and well taken care of. Your midwife is the liaison between you, your Ob/Gyn and the Paediatrician. Once there are no complications, your son or daughter will room-in with you for the duration of your time with us.

Breastfeeding

To further the bonding between mother and baby our institution encourages breastfeeding. Your midwife and the baby's Paediatrician do their best to assist the baby to latch on and suckle.

Security

The security of your newborn is very important to us. On those occasions when your infant is not at your bedside, he/she will be kept in our nursery under the care of our Nursing personnel. Entry to our nursery is restricted with a locked codetronic door. This code is only known to a few employees and physicians. The second entrance is through our Nursing Station which is monitored by a camera.

Monitoring

At birth, your baby is given a full medical check-up by the Paediatrician of your choice. If no Paediatrician is selected prior to delivery, one will be selected from our list of approved rostered practitioners. It is our hospital's policy that no infant can be discharged from our hospital without being reviewed by a Paediatrician.

Important Information

- Please be on time for Clinic Appointments.
- When washing vulva area always use running water.
- Do not use antiseptic i.e. Dettol or Savlon.
- Soap and water is recommended.
- Always dry from front to back.
- Come to the hospital immediately if:
 - 1) Your membrane ruptures (water bag bursts) or there is any bleeding.
 - 2) You have intense headaches, abdominal pain or vision disturbances.
- Always have your bags packed and ready to come to the hospital should any emergency occur.
- Have baby's items packed on your 36th week of pregnancy.
- Wash your baby's clothing before packing.
- Do not put camphor balls in clothes.
- Be prepared to breast feed; the Midwives and Paediatricians recommend and encourage breast feeding. (Formula is available if necessary)

