



## Maternity Department

### City Center Branch

### Information for the Expectant Mother and Her Family

**מחלקות יולדות - שלוחת מרכז העיר**

**מידע ליולדת ומשפחתה**

#### Dear Expectant Mother,

Congratulations on your upcoming birth. In order to make your stay in the department easier, we have summarized some general information about department procedures and daily schedule. The Mother and Newborn Wing staff would like to help with any questions you may have.

#### About the department:

Your room is arranged for a pleasant and comfortable stay: it has an adjoining bathroom and shower, and a closet for your clothing. For your convenience, we recommend leaving only the things you need most in the night table.

Please do not bring valuables such as money, jewelry, and electronic devices.

If you do bring valuables, we will ask you to deposit them with a family member/friend to keep them until your discharge from the hospital.

Alternatively, you can deposit your valuables with the hospital security department.

The attending nurse will summon a security officer at your request in order to arrange for the deposit of valuables.

The hospital is not responsible for loss/damage to valuables.

#### Department Staff

The department has a multi-disciplinary staff that includes doctors, nurses, secretary, paramedical staff, social worker, physiotherapist, dietitian, auxiliary staff, and National Service women.

Position	Maternity F and High-Risk Pregnancy	Maternity G
Department Director	Dr. Ephraim Gedansky	Dr. Ephraim Gedansky
Department Head Nurse	Ms. Minna Yakobian	Ms. Esti Yosefov
Department Secretary	Ms. Yael Almodai	Ms. Galit Shaavi
Social Worker	Ms. Yael Levi	Ms. Moriah Kopolevich-Divon

**You can contact department personnel through the department secretary.**



### Important!

#### **Do not get off the bed by yourself for the first time following birth.**

There is a nurse pager installed next to your bed. Page the nurse to get out of bed for the first time following birth. Pagers are also installed in the showers and bathrooms. If you feel unwell, or experience stronger bleeding or pain than normal, please immediately page the nurse.

#### **You also have access to:**

- **Gowns, sheets, and blankets** – stored in the linen closet (opposite room 1 in Maternity F, opposite room 3 in Maternity G).
- **Towels and pads** – can be received from the nurses' desk.
- **Kitchenette** (opposite room 6 in Maternity F, at the end of the department in Maternity G) containing: water cooler, hot drink station (you can get cups at the nurses' desk), and refrigerator where you can store personal food and drink.
- **Frozen pads** for pain relief of stitched wounds - available in the kitchenette freezer.
- A detailed **guide booklet** regarding care of you and your baby – ask the nurse.

#### **Physician visits**

The daily physician visit begins at 09:00 and usually ends by 11:00.

The neonatologists are available for personal consultations with parents every day after 10:00. This is the chance for parents to ask the doctors any question they may have and to receive information about their baby and the baby's health. We recommend writing down any question that may bother you, so you don't forget, and making an appointment in advance with the Neonatology Department secretary.

#### **Neonatology Department**

Your baby is located in the Neonatology Department on the ground floor. The baby receives round-the-clock care from nurses and doctors until discharge from the hospital. **Entry is permitted to parents only!**

In accordance with Ministry of Health guidelines: your baby will be given a hepatitis B vaccination, an injection of vitamin K which is vital for proper functioning of the blood clotting system, and to prevent bleeding, as well as eye drops to prevent eye infections that may result from the process of birth. You received a sheet to be signed by you specifying all these treatments when you arrived at the delivery room.

Every infant undergoes a daily examination, including a clinical jaundice examination and physician's examination; if necessary, blood tests are also performed.

Over the course of hospitalization, your baby will have an additional medical examination and blood tests.

An infant requiring additional care and supervision will be transferred to the Neonatal Special Care Unit.



## **Nursing**

Mother's milk is the best food for infants. The recommendation is full-time nursing from birth through the age of six months. Any nurse in the department will be happy to assist you in nursing at all hours of the day.

### **Mother's milk substitutes:**

Milk supplements and substitutes will be provided as needed. If you are not interested in your baby being fed milk substitutes please ask the nurse to note this in the baby's records.

### **Daily Schedule in the Neonatology Department**

We encourage the baby being with its mother as much as possible over the course of the day. In cases where there is a medical reason preventing the mother from caring for the baby, or in cases where the mother is interested, the baby will remain under the supervision the Neonatology Department.

### **Treatments in Neonatology Department:**

- 7:00-9:30 Morning visit by doctors and nurses
- 12:30-13:30 Afternoon treatment
- 18:00-19:30 Evening treatment
- 01:00-06:00 The infants remain in the Neonatology Department and are cared for by the staff.

If you are interested in nursing your baby over the course of the night, or having your baby stay with you overnight, we request that you notify the staff during the preceding day. It is possible that the baby's weighing and bathing times will be adjusted to accommodate your request.

Over the course of the night, a nurse will monitor any baby staying with its mother, in accordance with procedure.

**We request that you record the quantity and type of feeding received by the baby on the feeding form attached to the bassinet. Ask the nurse for instructions.**

### **Supervision of the baby**

Your baby can stay with you at all hours a day. The department nurse will help you care for the baby and provide guidance for nursing.

If you wish to rest between feedings, you can return the baby to the Neonatology Department until the next feeding.

The baby should always be moved in its bassinet and not while being held in your arms.



### **Dear New Mother, do not leave the baby unattended!**

Do not leave the baby in your room alone. If you need to leave the room for any reason, bring the baby back to the nursery

### **Meal Times:**

Breakfast 7:30-9:00

Lunch 12:30-13:30

Dinner 18:00-19:00

Meals are served in the spacious cafeteria located on the ground floor in the hallway of the Neonatology Department.

### Visiting hours:

#### Sun.-Thurs.

**7:00-16:00** One adult visitor

**16:00-19:00** Open visiting hours, including children

**19:00-21:00** One adult visitor

#### Fridays and Eves of Jewish Holidays:

**7:00-12:00** One adult visitor

**12:00-21:00** Open visiting hours, including children

#### Saturdays and Jewish Holidays:

**7:00-14:00** Open visiting hours

**14:00-17:00** One adult visitor

**17:00-21:00** Open visiting hours, including children

### **Shabbat (Jewish Sabbath)**

The medical center observes Shabbat in accordance with Jewish law, and the systems work in accordance with special arrangements. Before Shabbat each maternity patient will receive candles and two rolls. Kiddush and Havdalah will be made in the department.

### **Synagogue**

Located in the building on the other side of the street, near the X-Ray Department. The synagogue has a women's section. Prayer service times will be posted in the department.

### **Brit Milah (Circumcision)**

The hospital does not have a hall for holding Brit Milah ceremonies. For additional details, please contact the Head of Religious Services.



## Medical Insurance

It is extremely important to arrange medical insurance as soon as possible for the baby with the parents' health fund.

## Birth Grant

A birth grant will be issued (approximately 6 weeks after the birth) by the National Insurance Institute directly into the bank account specified when registering for birth.

## Suggestion Box

The department has a suggestion box. If you would like to make a comment or suggestion, criticize or praise, please do so to help us improve our service.

## Discharge from the Department

Discharge after a regular birth is two days after the birth.

Discharges take place starting from 11:00, and on Saturdays or Jewish festivals approximately one hour after the conclusion of the Sabbath/festival.

The infant will be discharged by a nurse in the presence of its mother in the Neonatology Department. Bring your own letter of discharge in order to get your baby discharged.

## To prepare for discharge you should have the following items for the baby:

- \* A number of diapers to change the baby
- \* Baby wipes
- \* Weather-appropriate clothing for the baby – 2 layers
- \* A blanket
- \* Child safety car seat mandatory!!!

## Phone Numbers

Maternity F	02-646-4252
Maternity G	02-646-4518
Neonatology	02-646-4253
Neonatal Intensive Care	02-646-4331
Switchboard	02-655-5111

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