

# Patient Information



**Milton Keynes  
University Hospital**  
NHS Foundation Trust

**Women's and  
Children's Health**

**Postnatal  
Community Care**

## **Important Contact Numbers**

**Emergency 999**

**Labour ward 01908 996471  
(24 hours)**

**Community Midwives' Office  
01908 996484**

This number is not answered 24hours  
however you can leave non urgent messages.

**ADAU 01908 996481**

## **Postnatal Care**

While in hospital the midwives will carry out postnatal checks on you and your baby. They will organise your newborn examination (within 72 hours of baby's birth), hearing screening and, where appropriate, your BCG vaccine. The midwives will provide further information about your BCG.

After you have been discharged from the hospital, the community midwives and maternity support workers will provide postnatal care. The majority of this care will take place in Maternity Clinics. All women will have a visit at home the day after discharge and your pattern of care will be explained to you.

**You will be given printed notes, for you and baby, and your baby's Personal Child Health Record (red book) when you are discharged from hospital please bring these to all contact with maternity services in the postnatal period.**

### **Pattern of Care**

**1<sup>st</sup> visit:** The day after discharge from the hospital a midwife will visit you at home, usually between 9am-3pm, and offer a check for you and your baby. If you have not seen a midwife by 5pm please contact the labour ward. They will discuss your plan of care.

**Feeding Support phone call:** If you are not attending a clinic you will receive a call on the

second day after discharge home. **We** are happy to provide extra support if you need it.

**Day 3 after birth:** You will be given a clinic appointment time for baby to be weighed and a conversation of how your baby is feeding will be undertaken.

**Day 5 after birth:** You will be given a clinic appointment time and offered the Newborn Blood Spot Test (NBBS) test for your baby. Where appropriate some babies will need to be reweighed and a feeding assessment may be carried out. We will also ask about your wellbeing.

Caesarean birth: If you have non-dissolvable stitches, they will be removed on this day.

**Day 10 after birth:** You will be given a clinic appointment time and you and your baby will be offered a full postnatal check. Your baby will be weighed and if all is well with you and your baby we will discharge to the care of the GP and the Health Visitor.

If it is not appropriate to discharge you at this point we will make a plan with you for ongoing care.

Health visitors will make contact with you when your baby is about 14 days old. They will explain the plan for your ongoing care and provide you information on where to attend baby clinics. They will also give you information on local postnatal groups.

## **Baby's Weight**

It is normal for a baby to lose a small amount of weight in the first few days, depending on this weight loss a care plan will be made with you, to ensure your baby feeds well and gains weight.

## **Baby's Feeding**

You will be offered ongoing support feeding your baby to ensure weight gain and development, however you are feeding your baby. If you experience any difficulties please do not hesitate to contact us.

## **The Newborn Blood Spot Test**

We offer a Newborn Blood Spot Test (NBBS) for all babies. Further information about this test can be found in the screening leaflet given to you at your booking appointment.

## **Post Caesarean Section Care**

We advise that while you recover from your operation you take things easy, however we encourage mobilising to reduce the risk of blood clots (deep vein thrombosis). The midwives will check your wound and redress it when necessary. You may have a stitch for removal and this should be explained to you prior to discharge. This is usually removed 5 days after your caesarean section. If you have any concerns about your wound, please contact the labour ward.

## **Important symptoms to look out for**

If you have any concerns about yourself or your baby do not hesitate to contact the labour ward. If you have a temperature, fever, or generally feel unwell or if you pass blood clots or have unusually heavy or offensive smelling bleeding, you should also contact the labour ward immediately.

### **Postnatal Depression**

It is common to feel low following the birth of a baby however if this is ongoing it is important to talk to a midwife, health visitor or GP for support.

### **Useful Numbers/Websites**

- Breastfeeding network: 0300 100 0210  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)
- La Leche League: 00345 120 2918
- National Childbirth Trust: 0300 330 0771
- PANDAS gives support for people coping with Pre and Postnatal Mental illness.  
[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

## Maternity Clinic Appointments

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| Day:<br>Date:<br>Time:<br>Reason: | Day:<br>Date:<br>Time:<br>Reason: |
| Day:<br>Date:<br>Time:<br>Reason: | Day:<br>Date:<br>Time:<br>Reason: |
| Day:<br>Date:<br>Time:<br>Reason: | Day:<br>Date:<br>Time:<br>Reason: |

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   |
|--|--|--|
| Hedgerows Family Centre<br>Playzone<br>Langland Road<br>Netherfield<br>Milton Keynes<br>MK6 4NP                    | Daisychain Family Centre<br>C/o Abbey's Primary School<br>Melrose Avenue<br>West Bletchley<br>Milton Keynes<br>MK3 6PS | Hummingbirds Children's<br>Centre<br>Shackerstone Close<br>Milton Road<br>Broughton<br>Milton Keynes<br>MK10 9LS |
| <b>THURSDAY</b>  | <b>FRIDAY</b>  | <b>WEEKEND</b>   |
| Sunshine Children's Centre<br>Merebrook Infant School<br>Dulverton Crescent<br>Furzton<br>Milton Keynes<br>MK4 1EZ | The Rowans Family Centre<br>13A Moorfoot<br>Fullers Slade<br>Milton Keynes<br>Mk11 2BD                                 | Milton Keynes University<br>Hospital<br>Standing Way<br>Milton Keynes<br>Buckinghamshire<br>MK6 5LD              |

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 2018/GDPR. Further guidance can be found within our privacy notice on our Trust website at [www.mkhospital.nhs.uk](http://www.mkhospital.nhs.uk)

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