

Welcome to the Neonatal Intensive Care Unit

Abbotsford Regional Hospital
and Cancer Centre



Your baby: _____

Your baby's doctor: _____

NICU Direct Line: 604-851-4981



We understand this is a stressful time for you and your family. We are dedicated to giving the best care to you and your baby.

We welcome you in the Neonatal Intensive Care Unit (NICU) anytime. However, there are times when we prefer you not to visit or call the unit.

We ask you not to visit or call during our shift change times:

- between **7:00 to 8:00AM**
- between **7:00 to 8:00PM**

Please let family and friends know that we only give information about your baby's condition to parents.

We ask that one parent be present with visitors. Because of the size of our unit, we might need to limit the number of visitors at times.

Your care team

You are a valuable member of your baby's care team. Talk to your nurse about how you can best care for your baby. This could be holding your baby 'skin-to-skin', bathing your baby, and/or feeding your baby.



In addition to nurses and doctors, your care team might also include a social worker, a dietitian, child life specialist, audiologist, pharmacist, and occupational therapist. Once at home, a public health nurse checks on you and your baby.

Your baby's doctor is not always in the hospital. The doctor comes in at least once a day to check on your baby.

The best time to talk to your baby's doctor in person or by phone is from 8:00 to 10:00AM.

Baby's brothers and sisters as visitors

We know it is not always easy to be with your baby when your baby has brothers and sisters at home. It is good for them to spend some time with their new baby. To protect your baby, your other children should have their childhood immunizations up to date.



A volunteer might have time to spend with your other children. To arrange for a volunteer take your other children for short periods, speak to your nurse.

Parent Room

We have Parent Rooms for parents to share and use from 9:00AM to 9:00PM. You can bring in food and use the microwave, fridge, and kettle. Please label your food and take it home at the end of each day.

You can reserve a Parent Room to sleep in at night by speaking to your nurse. We give first choice to the following:

- mothers who are only breastfeeding
- parents who are from out of town
- parents who are preparing to take their baby home
- parents who have trouble travelling to and from the hospital

Hospital Parking

Depending on how long your baby is expected to stay in the hospital, it can cost less to buy a week or month pass. For example, a week's pass costs less than paying for 3 days of parking. To buy a pass, choose the 'Other' option on the parking machine. Leave your receipt on the dash of your vehicle. You do not have to park in the same parking stall each time.

Planning to take your baby home

Babies are usually ready to go home when they:

- ✓ can feed completely from the breast or bottle
- ✓ are gaining the right amount of weight
- ✓ no longer need 'caffeine' medicine (if needed initially) and have no breathing or heartbeat events on the monitor for 5 days

All babies who were born at less than 37 weeks of pregnancy must have a 'car seat challenge'. The baby must be able to stay in a car seat for 90 minutes without any changes to breathing or blood levels of oxygen. We do this to make sure the baby is ready for the first car ride home.



To help you prepare to care for your baby at home, we suggest parents stay with their baby in the hospital for 24 to 48 hours before the planned day to go home. This gives you the opportunity to feed and care for your baby before you are on your own at home.

Babies who are close to going home might be moved to our Pediatric Unit. Here, parents can stay in the same room as the baby. This allows you to do all the care for your baby with help close by if you need it.

Have questions or concerns?

Talk to anyone on your care team.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca