



**Helping
women
become
mothers
since 1903**



**San
Maternity**

Updated March 2023



Our long-standing reputation of excellent maternity care is the reason why so many mums choose to have a 'San Baby'.



You're having a baby!

CONGRATULATIONS ON YOUR PREGNANCY, THIS IS AN EXCITING TIME FOR YOU AND YOUR FAMILY. HAVING A BABY IS ONE OF LIFE'S MOST JOYOUS AND MOMENTOUS OCCASIONS, WHICH IS WHY CHOOSING WHERE TO HAVE YOUR BABY IS SUCH AN IMPORTANT DECISION.

Sydney Adventist Hospital, fondly known as the San, has been delivering babies since 1903 and to us, having your baby isn't just about the birth; it's about supporting you as a mother.

This information pack covers everything you will need to know about our special brand of care, and is designed to make everything a little less overwhelming.

Why choose Sydney Adventist Hospital?



CHOOSING A PRIVATE HOSPITAL MATERNITY EXPERIENCE PROVIDES YOU WITH INDIVIDUALISED CARE, TAILORED TO WHAT YOU AND YOUR BABY NEED.

The advantage of having your baby in a private hospital is that you are provided with the opportunity to select the obstetrician you want to deliver your baby, and have time in hospital after delivery to learn about mothercraft and be well equipped for when you return home.

San Maternity is widely recognised for outstanding patient care, with a long-standing reputation built on over 100 years of providing quality, holistic, individualised and compassionate care to mums and babies in our community.

To ensure we provide the highest level of maternity care, we offer state-of-the-art birthing and postnatal facilities combined with a multidisciplinary team of obstetricians, midwives, mothercraft nurses and paediatricians working together to provide the very best environment for new mums, their babies and their families.

Our experienced, caring staff will be with you every step of the way.



Our Obstetricians

Having an obstetrician to assist you during your pregnancy and labour can provide peace of mind. Their broad and extensive experience ensures they can guide you through this exciting period and manage and monitor how you and your baby are progressing. Should you experience any difficulties, then you can feel confident in the knowledge that your obstetrician is specifically trained to deal with any problems that may occur. After all, you want to feel sure that you and your baby are in the best possible hands.

During your pregnancy you will have regular check-ups with your obstetrician to ensure both yourself and your baby are doing well.

Many women have visits every 4-6 weeks until 28 weeks of pregnancy, then visits every 2-3 weeks until 36 weeks of pregnancy. After this, you'll probably have weekly or fortnightly visits until birth. As every pregnancy is different, your obstetrician may ask to see you more or less than this.

We currently have around 30 accredited obstetric specialists, chosen for their ability to provide patients with the best possible level of care and for their knowledge and skill in their field.

To see the profiles of our remarkable specialists visit our list of obstetricians [here](#).

As the largest private hospital in NSW, the San continues to attract some of the State's best Obstetricians to assist in the delivery of around 1,700 babies per year.





Our Midwives and Nursing Staff

OUR EXPERIENCED AND SKILLED MIDWIVES AND NURSING STAFF ARE DEDICATED TO ENSURING YOUR FIRST FEW DAYS OF MOTHERHOOD ARE SUPPORTED, YOUR NEEDS MET AND THAT YOU FEEL WELL EQUIPPED TO CONTINUE YOUR PARENTHOOD JOURNEY AT HOME.

San midwives are known for their special kind of care, warmth, attention to detail, knowledge and support. You can be sure that they will provide a nurturing and supportive environment during your stay.

Our midwives are available at any time during your pregnancy to answer any questions you may have. Prior to your stay with us you will also have the opportunity to book a midwife consultation.

During your stay, our midwives are available around the clock to help you. We have specialist lactation consultants available, should you require extra assistance breastfeeding, as well as a range of on-ward education classes conducted by our midwives.

San Maternity in detail

WELCOMING AROUND 1,700 BABIES A YEAR, OUR MULTIDISCIPLINARY MATERNITY TEAM MADE UP OF OBSTETRICIANS, PAEDIATRICIANS, MIDWIVES, MOTHERCRAFT NURSES AND LACTATION EXPERTS ENSURES THAT YOU HAVE A SUPPORTED AND SPECIAL MATERNITY EXPERIENCE.

Our modern birthing unit and maternity ward boast breathtaking views of Sydney's leafy upper North Shore, which you can enjoy from your private room.



Birthing Unit

WE HAVE NINE DEDICATED BIRTHING ROOMS WITH FACILITIES TO ACCOMMODATE INDIVIDUAL LABOUR AND BIRTHING PREFERENCES WITH TWO ROOMS SPECIFICALLY DESIGNED WITH BIRTHING POOLS FOR WATER BIRTHS.

Our birthing rooms have easy to use electronic beds to provide support for different positions during labour and birth, ensuites with baths and showers, daybeds, flat screen TVs, along with Foxtel and complimentary wireless internet. To assist you with your preferred birthing experience, we also have birth chairs, birth balls,

electric aromatherapy burners, microwaves and a hot water dispenser available.

You can discuss your preferences for labour and birth with your obstetrician who along with our team of skilled midwives, will ensure your needs are met and are with you every step of the way.

Maternity Unit

Our private maternity rooms offer spectacular views, ensuites, breastfeeding chairs, purpose-built baby bath facilities, double beds or day beds for partners to stay overnight, refrigerators, safes, flat screen TV's, along with complimentary Foxtel and wireless internet access.



The suites are generous in size and the beautiful setting helps to create a warm and inviting ambience for mothers, babies, children, family and friends.

Special Care Nursery

Enjoy the extra peace of mind that comes from knowing we can provide specialised care for babies born prematurely, with a low birth weight or illness in our Special Care Nursery. Staffed with highly trained midwives, our Special Care Nursery is an accredited high dependency neonatal unit.



Cell Care

The San has partnered with Cell Care, Australia's largest family cord blood and tissue bank to offer San families the opportunity to store their baby's umbilical cord blood and tissue. There is only one chance to collect and store your baby's cord blood and tissue stem cells – at birth. The collection process is quick and painless for both mother and baby, and is performed by a trained Cell Care collector, obstetrician or midwife.

For more information about Cell Care visit www.cellcare.com.au or call 1800 071 075.





Please note:

We provide a mix of online video, Zoom and face-to-face education, providing our patients with various options, and the ability to choose what will work best for you.

Lactation Consultants

Our experienced lactation consultants will be available to you throughout your stay, should you require extra assistance with breastfeeding. They are also available for consultations regarding feeding up to six weeks following the birth of your baby.

Classes

San Maternity hosts a range of pre and postnatal education classes to help San mothers to be, partners and families prepare for their new arrival.

Prenatal classes include:

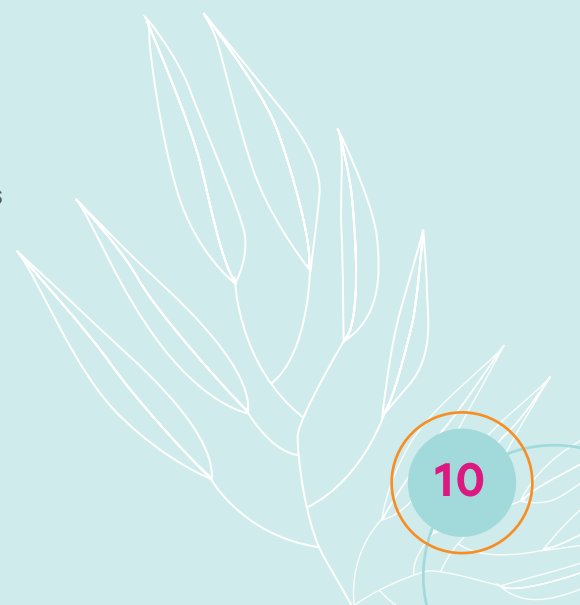
- **Choices in Childbirth**
Programs cover a range of topics including pregnancy, labour, birth, postnatal care during your stay and normal newborn behaviour in the first few days after birth. It also includes a virtual tour of our Maternity unit.
- **Calmbirth®**
Facilitated by Calmbirth® educators, classes are usually held at the San over two consecutive Sundays each month.



- **Baby Care Prenatal Classes**
Facilitated by our experienced midwives and covers newborn behaviour, bathing, settling, safe sleeping, baby equipment and car and home safety.
- **Breastfeeding Prenatal Classes**
Facilitated by our experienced lactation consultants, these classes cover the advantages of breastfeeding, anatomy, skin to skin contact, attachment and positioning, frequency and duration of feeding, common breastfeeding problems, rooming in and common myths.

- **Caesarean Section Classes**
Facilitated by our experienced midwives, this class covers the journey for a baby friendly caesarean section at the San.
- **Nourish Baby**
Throughout 2020 we were fortunate enough to partner with online education platform Nourish Baby, to provide patients with access to online antenatal education during Covid while face-to-face classes were unable to be held.

For those who would like access to additional online education we have continued to partner with Nourish Baby to offer a discount when purchasing their three course education bundle.





Cradle

In preparation for the birth of your baby with us, we are excited to offer our expectant parents' access to our new online antenatal education platform Cradle.

These video modules and resources showcase our Choices in Childbirth education program presented by our expert midwives and physiotherapists, giving expectant parents useful information and tips on what to expect during childbirth and delivery.

The platform will also provide you with pregnancy and parenting resources, a guided tour of the Maternity ward and Birthing Unit and a copy of the San's Choices in Childbirth booklet.

Cradle also offers resources for soon-to-be dads and support persons, with tailored video modules and information on helping your partner during pregnancy, supporting them through childbirth and what to expect during the early

stages of parenthood. It also allows San patients to book into other education classes.

Information on how booked San patients can access Cradle will be emailed to you after your online admission process has been completed.





There is no additional cost for postnatal classes during your stay with us on the ward.



On-ward postnatal classes include:

- **Postnatal education** is available during your stay on our Maternity ward and may be one-on-one or in a class setting. Optional classes during your stay include:
 - breastfeeding
 - safe sleeping for baby
 - newborn behaviour
 - settling
 - parenting
 - bathing baby
- **Postnatal fitness education** is available through Cradle. Our San Physiotherapist takes you through key exercises to help with abdominal strength, back and pelvic floor muscles, and returning to pre-pregnancy fitness in a video you can use in the comfort of your own home.

Admissions Procedure

We would be honoured to be part of your pregnancy journey and birthing experience. There are four simple steps you will need to take to confirm your admission with us:

**1**

Request a referral from your GP to the obstetrician of your choice at the San. You can view a [list of our obstetricians here](#).

2

Confirm with your private health fund that you are insured for obstetric care.

3

Make an appointment with your chosen obstetrician who will provide you with our pre-admission guide and details on how to confirm your booking with us online.

4

Once your online admission is complete, register for Cradle to gain access to our prenatal education program..

Your Account

When you have your baby, you may receive an account from any treating doctor (eg obstetrician, anaesthetist and paediatrician) and the hospital. Accounts from your treating doctors are separate to your hospital stay and are generally not fully covered by your health fund and Medicare. Accounts can relate to yours or your baby's care.

Prior to your stay it is recommended that you check with your health fund regarding your level of cover and possible out-of-pocket costs.

You may also contact admission enquiries at the San on **(02) 9480 9903**.

Tour Our Facilities

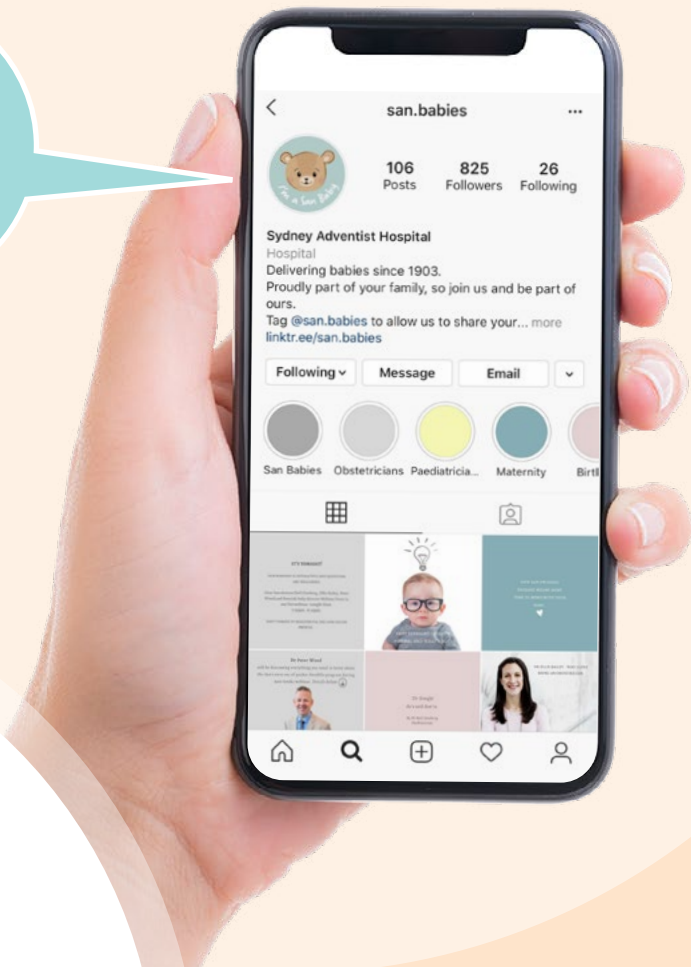
We invite you enjoy a virtual tour video of our facilities and meet some of our San Maternity team.

Visit our San Maternity [website](#) to view the tour and learn more about our facilities, or phone 02 9480 4154 if you have any questions.

Directions to Maternity and Birthing Suites:

- Enter via the Hospital entrance at the traffic lights on Fox Valley Road (Entry 1)
 - Follow signs to P1
 - Collect ticket at boom gate
 - Proceed to Level 2 of the carpark
 - Follow signs to Clark Tower
 - Take Clark Tower lifts to Level 10 or Level 11
- Please use the intercom to gain access after-hours (**Note:** the intercoms are only located on levels 2 and 4 of the car park near the main entry doors).
 - Please enter through Emergency Care if coming to our birthing unit after hours, or follow the instructions of your midwife.





Online Community

Join us on Instagram [@san.babies](https://www.instagram.com/san.babies) to be a part of our online community of mums. It's a source of information from our obstetricians and midwives covering everything from pregnancy, labour and birth, to postnatal care and motherhood..



IMPORTANT CONTACT DETAILS

Sydney Adventist Hospital: 02 9480 9111 (24 hours)

Maternity Enquiries: 02 9480 4154 or email
maternityenquiries@sah.org.au

Birthing Unit: 02 9480 4161 (24 hours)

Maternity Ward: 02 9480 4060 (24 hours)

San Maternity website

San Obstetricians

A teaching hospital of



Australian
National
University

Partner in nursing education



Proudly supported by



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Hospital

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