



# Birth Partners & Visitors

Maternity Unit, University Hospital of Wales

You can decide if you want someone to accompany you when you give birth. A **Birth Partner** can be the baby's parent, a friend, a partner or a relative; anyone you wish.

## Antenatal

A Birth Partner is welcome to join you for all antenatal appointments, scans and visits to the Obstetric Assessment Unit. Please note that **children may not be permitted** into scan rooms and may have to remain in the waiting room with your Birth Partner.

## Induction of Labour

During in-patient Induction of Labour care we welcome **1 Birth Partner** (24hours). We kindly request Birth Partners do not swap during this time.

## Labour

During labour we welcome **2 Birth Partners** on Labour Ward and the Midwifery Led Unit (24hours). We kindly request Birth Partners do not swap during this time.

If you have a planned or unplanned Caesarean birth **1 Birth Partner** may join you in theatre.

After your baby is born, see **Visiting Hours** below. Outside these times your Birth Partners may stay for maximum 2 hours or until you are transferred to a postnatal area. Birth Partners cannot accompany you to a postnatal area after 9pm.

## Visiting Hours

The Obstetric Assessment Unit, Postnatal Wards, T2 Recovery Ward, T2 Postnatal Ward and Midwifery Led Unit welcome **1 Birth Partner** during **09:00 - 21:00**.

We welcome a maximum of **2 Visitors** per bed between **14:00 - 16:00** and **18:00 - 20:00** (this will include your Birth Partner) in all areas except **T2 Recovery**.

## Children

The Obstetric Assessment Unit, Postnatal Wards, Midwifery Led Unit and T2 Postnatal welcome siblings of the new baby during Visiting Hours. **Children are not permitted in Recovery.**

Some people will require their primary Birth Partner to stay with them outside of the times above. This could be for physical disability support, complex mental health needs or other social reasons. If you believe that this is right for you, speak to your Community Midwife.

## Parking

Hospital patient/visitor car parks allow for **4 hours** of free parking between 0800 - 17:00, Monday to Friday. This restriction is not enforced outside of these hours. There is **no dedicated car park** for Maternity.

If you are going to exceed 4 hours, please speak to the Midwife caring for you who will direct you to the nearest parking terminal to register for a longer stay.

## Birth Partner Preparation

Only you can consent to your treatment. Your birth partner cannot give consent for you. However, they may be able to help you to make your wishes known

- Talk to your birth partners about what is right for you
- Share your **birth plan** or **birth preferences** with them
- How can they help support your decisions?

It is a good idea to show your birth partner where everything is in your hospital bag. This is because they are usually the person looking for things you need, as you are labouring, having a well-earned rest or cuddling your new baby!

## Role of a Birth Partner

- Keep you company and help pass the time
- Massage your back and shoulders, help you change position
- Hold your hand, comfort and support you
- Remind you how to use relaxation and breathing techniques
- Help you explain to the midwife or doctor what you need

## Birth Partner Packing

You should ask your birth partners to pack a bag for themselves

- Food and drink - we cannot provide food for Birth Partners, so please bring some non-perishable snacks
- A change of clothes and underwear - if your labour and birth take some time, your Birth Partner may appreciate being able to change their clothes
- Any medications for medical needs of their own. If your birth partner takes regular medication (for example an inhaler for asthma, or insulin for diabetes) they should bring these in. We cannot provide medications for people who are not under our care.
- Toiletries - deodorant and a toothbrush so they can freshen up if they want to
- A phone charger is always a good idea!

On First Floor Postnatal and the Midwifery Led Unit, we have a kitchen where anyone is able to make themselves a hot drink and a slice of toast. If you're able, we ask for a small donation for this. There is strictly no eating on T2 Recovery Ward (a visitor rest room is available nearby for refreshments).

## Hospital Facilities

There is free WiFi for patients and visitors. Join '**\_BTWi-Fi**' to connect your devices.

There are Aroma Cafes in the hospital that are open during the day. You may have seen one in the main Antenatal Clinic on the ground floor. There are also shops selling food in the main hospital concourse. Please note these are closed in the evenings and overnight.

The hospital restaurant 'Y Gegin' offers hot meals for breakfast, lunch and dinner. It is located in A Block on the Upper Ground Floor.

At the University Hospital of Wales there is a chapel. This is a large space accessible to all, from any faith or none, where you can gather for quiet reflection or prayer.



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