

DELIVERY UNIT (Ward B4)

The unit

George Hospital has a 20 bed delivery ward, which is located on the fourth floor of the hospital. The ward has 6- bed- and 2- bed wards, but no private rooms. The ward is staffed by highly trained and competent registered nurses and midwives. The medical team consists of doctors, supported by gynaecologists and paediatricians.

The delivery rooms are also located in this ward. Expecting mothers are admitted to this ward when in labour, where the delivery will be carried out. There is a specialized neonatal ward and neonatal ICU unit, catering for all neonatal complications that may arise. The ward also caters for Kangaroo care, where premature newborn babies without complications, are carried and nursed skin to skin with the mother, replacing having to be kept in an incubator until such time that the baby doesn't need any more specialized incubatory care. The Kangaroo unit has private bedrooms, with a fully equipped kitchenette and laundry facilities.

George Hospital has been accredited as a baby-friendly initiative hospital, whereas breastfeeding your baby is strongly promoted opposed to bottle feeding. It is therefore recommended that no bottle feeding, dummies or teats are used for your newborn baby.

Prenatal visits

During your pregnancy, you should visit your primary healthcare clinic or GP regularly for prenatal checkups. If any problems are discovered by the PHC or your GP, you will be referred to the high risk pre-natal clinic. It is not necessary to book for your delivery, if you have visited the clinic or your GP regularly and everything is well with you and the baby. As smoking is bad for your unborn baby, you are urged not to smoke during your pregnancy. George Hospital is also a no-smoking facility.

Delivery

Deliveries can be done normally or by caesarean section. No facilities however exist for alternative delivery options, e.g. water births, etc. Epidural anaesthetic is any available option during caesarean sections, but not during normal deliveries. If the father of your baby wishes to attend your caesarean section in theatre, he should request such permission beforehand from the office of the clinical head of the hospital. Only one support person can be allowed with you to support you during your delivery.

What to bring with

When you come to the hospital for your delivery, you are reminded to bring the following with you:

- For yourself:
 - Two sets of pajamas.
 - A night gown and slippers.
 - Toiletries and two facecloths (One for your breasts).
 - Vaginal pads.
 - Your clinic card, as well as any relevant reports from your GP or clinic.
 - Your ID document.
 - You are advised not to bring or keep any valuable items, jewelry, cameras or money with you in the hospital, but rather send it home.
 - Money, to be able to contact your family to fetch you from hospital on discharge.
- For baby:
 - Two sets of clothing for your new baby.
 - Soft blankets for baby.
 - Toiletries for baby, e.g. Vaseline, baby wipes, baby powder, baby shampoo, cotton wool balls, etc.
 - Towels and two facecloths (One for top and one for bottom)
 - Disposable nappies for newborn baby.

- Surgical spirits, to be used on the navel stump.

Costs involved

- According to Financial instruction G65/2007, all deliveries, whether normal or caesarian, is free for persons not belonging to a medical aid, and irrespective of income.
- If you do belong to a medical aid, the fee will be R 8612.00 all incl. (Please note that this fee may change without prior notice.)

Visiting hours:

Please note the visiting hours to the Maternity ward. We wish to request you and loved ones to adhere to the set visiting hours, as failing to do so, may result in disrupting the functioning of the unit, causing you and your baby not receiving the excellent care you deserve.

Mondays to Fridays:

11:00 to 11:30

15:00 to 16:00

19:00 to 20:00

Saturdays, Sundays and and public holidays:

11:00 to 11:30

14:30 to 16:30

19:00 to 20:00

Contact details

Tel: 044-802 4438/4474