

Parking

Parking passes are available for weekly and monthly rates. Please check the prices with the Parking Office, which is located on Level 1, near Tim Horton's.

Courtesy Room

For mothers whose baby remains in the NICU, we offer the option of a courtesy room so you may stay and sleep at the hospital. The room is a 4-bed room with a washroom, mini fridge, television & telephone. There is a nominal charge for this room.

We kindly ask those who use the room to keep your area tidy, and be conscious of the noise level. Please do not share the key code required to enter the courtesy room with anyone else.

Car Seat Testing

If your infant is premature, small, or needs help with breathing, you will be asked to bring in your car seat prior to discharge. This allows us to measure the car seat and monitor your baby's heart rate and oxygen level while they sit in it.

How to find us:

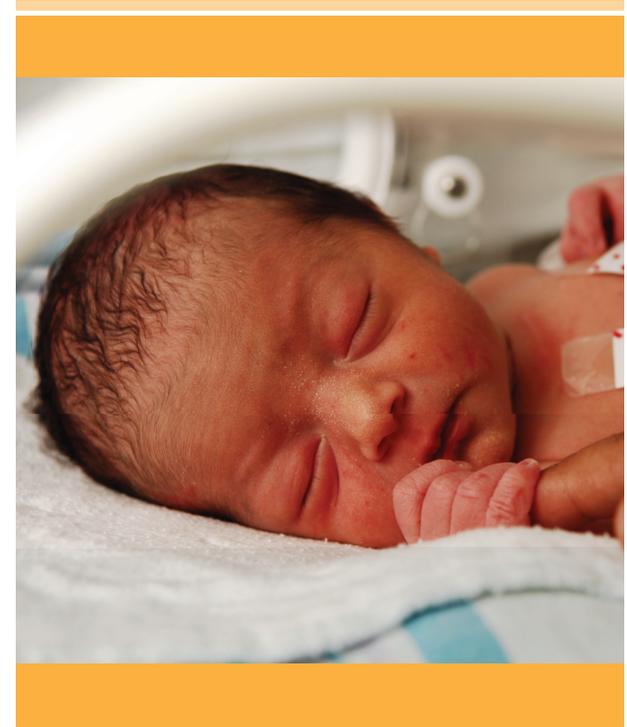


- M** Medical Arts Building, 581 Davis Drive
Southlake Foundation, 581 Davis Drive
- H** Southlake Regional Health Centre
- C** Stronach Regional Cancer Centre
- T** The Tannery Mall, 465 Davis Drive
- P** Parking
Bridge crossing Davis Drive. Accessible from
P3 of the Parking Garage and Level 3
of the Medical Arts Building.

For more information, please contact:

Neonatal Intensive Care Unit
Southlake Regional Health Centre
596 Davis Drive
Newmarket, Ontario L3Y 2P9
Tel: 905-895-4521 ext. 2250
Fax: 905-830-5977
TTY: 905-952-3062
www.southlakeregional.org

Neonatal Intensive Care Unit



Southlake's Neonatal Intensive Care Unit (NICU) functions as a Level 2 Nursery. We stabilize and care for high-risk babies and transfer those requiring a higher level of care to a tertiary centre, such as The Hospital For Sick Children.

Although most of the babies in our NICU are born at Southlake, we accept transfers from other hospitals.

Hand Hygiene

In order to provide a safe environment for your baby, we require that every staff member, physician, parent and visitor practice frequent hand hygiene when in the NICU. This may include washing hands at a sink or using alcohol based rub provided throughout the unit. From time to time, we may remind you to wash your hands. Please feel free to remind staff, physicians and visitors to also wash their hands.

Confidentiality

Your baby's privacy is important to us. We ask that while you are in the NICU, you visit only your baby. Due to confidentiality, information cannot be shared with you regarding other babies in the NICU.

In certain situations, you may be asked to leave the NICU in order to maintain confidentiality. This includes during shift change, and may include the time of admission & stabilization of sick babies.

Visiting Policy

We recognize that having your baby in the NICU is stressful. To ensure the safety of our babies, our visiting policy is limited to one visitor to accompany the parents at any given time. A parent must be present with the visitor at all times.

Parents can visit at any time, except during shift change, 7:15 – 7:45 morning & night. Other visitors are welcome during posted visiting hours, which can be found on our website.

Siblings are the only children under 12 years of age allowed in the NICU. If you believe your child may have been recently exposed to a communicable disease, such as chicken pox, please to do not bring them to the NICU as these illnesses can have a life threatening impact on our babies.

Please wash your hands with soap and water upon entering and exiting the NICU. Each visitor must complete an infection control questionnaire once a day. If you have answered 'yes' to any question, please check with your nurse to make sure it is safe for you to visit at this time.

Parents are important

We encourage parents to be involved their baby's care during their stay in the NICU. This includes diaper changes, bathing and feeding.

We practice cluster care, which means all care is performed at feeding times, so babies can be left to sleep and grow in between feeds.

Please provide diapers and wipes for your baby. You are also welcome to provide sleepers, receiving blankets and other items to personalize your baby's space. To maximize privacy, we ask that parents remain in their baby's bed-space during visits.

Breastfeeding

We will always support your plan to breastfeed your baby. At times, breastfeeding may need to be delayed due to your baby's prematurity or medical condition. In these situations your nurse will discuss other options with you.

Please discuss with your nurse about pumping, collection and storage of your milk, and safe milk handling practices for you and your baby.

Breast pump rentals and purchases are also available. Please speak with your baby's nurse.

Rounds

Every day, the healthcare team meets to discuss the plan of care for your baby. The paediatrician will also visit daily. The visits will usually occur prior to 1:00 p.m., but may vary throughout the day, depending on their other clinical duties.

Please write down any questions or concerns that you have, so that you are prepared to discuss them with the healthcare team. We encourage you to talk directly to your nurse and doctor.