

little Life



boys

&



girls



Neonatal Intensive Care Unit (NICU)





Congratulations on the birth of your baby! Welcome to our Neonatal Intensive Care Unit (NICU).

General Information

- ★ Please ask a NICU staff member to swop your parking ticket, as you are not required to pay for parking while your baby is with us.
- ★ You are welcome to visit your baby at any time. However, you will be asked to leave the unit during nursing handover between 06h30 – 07h00 and 18h30 – 19h00, due to patient confidentiality. You may also be asked to leave the unit during certain procedures, on your baby or another baby. This is in order for staff to perform their tasks unhindered.
- ★ Skin to skin care (Kangaroo Care) is highly encouraged. As soon as your baby is stable enough, both mother and father can hold their baby.
- ★ Staffs are not allowed to discuss other babies' conditions with you. Please respect the privacy of other babies and their parents and limit your visit to your own baby. Do not touch another baby or its belongings, this includes patient files.
- ★ If you are not able to visit your baby please contact the unit telephonically, day or night, at 021 506 5164 to enquire about your baby. No information will be given telephonically to family members or friends. Staff will refer them to you.
- ★ You may take photographs or video recordings of your baby provided the flash is turned off.
- ★ Please ensure that your cell phone is on "silent" at all times while you are in the unit. We try to keep the noise levels to a minimum therefore no talking on cell phones is allowed.



Infection control

- ★ The NICU has a very strict visiting policy due to the high risk of infection in our patients as they have very little resistance to fight germs and bacteria.
- ★ Please be mindful of washing your hands every time you enter the unit, and use alcohol hand spray before and after touching your baby.
- ★ If you are sick please discuss with the shift leader whether it is advisable for you to visit your baby and / or if there are any other special precautions to be taken i.e. wearing a mask or gown.

Visitors

- ★ Grandparents are allowed to visit once a day for 20 minutes. Siblings are allowed to visit once a week for 20 minutes provided that they are healthy and prior arrangements with the unit manager is made.
- ★ One person of religion is allowed into the unit for a prayer / blessing (once-off only).
- ★ For the safety of your baby and the other babies in our unit, no extended family or friends are allowed, no exceptions will be made.

Visitors during COVID

- ★ One parent will be allowed to sleep in with an admitted paediatric patient.
- ★ The other parent will be permitted to visit during visiting hours.
- ★ No other visitors will be permitted.



Doctors / nursing staff

- ★ Please discuss your baby's progress with the doctor or sister looking after your baby.
- ★ If there is anything you would like to ask your baby's doctor please ask the sister and she will arrange for the doctor to see or call you. Alternatively you can make an appointment at their practice.
- ★ Please ensure that you keep the unit up to date with your correct contact details and that you are always available on your cell phone. The doctor might need to contact you urgently to keep you informed of your baby's condition or to obtain consent for a procedure.
- ★ Nursing staff work shifts therefore a number of staff members might be looking after your baby during the course of your baby's stay in NICU.

Breast milk and the expressing of milk

- ★ Breast milk gives your baby immunity and appropriate nutrition. Mothers will therefore be encouraged to express breast milk. If your baby is unable to breastfeed it is of the utmost importance that you start expressing as soon as possible after delivery and continue to do so at least 3-4 hourly in order to establish breast milk production. Discuss this with the sister looking after your baby.
- ★ It is essential that the expressing and handling of breast milk is done correctly in order to avoid any infections to your baby. Please ask for help if you are unsure about what to do.
- ★ When expressing at home, ensure that you wash and sterilize your equipment properly. Wash equipment with dishwashing liquid after use, and then sterilize it using a microwave sterilizer or liquid sterilizer (be sure to read the instructions carefully). When expressing, merely shake the excess water/sterilizer off and use as is. Do not rinse prior to use.



- ★ The NICU will supply you with the appropriate containers for storage of breast milk. They need to be labelled with your baby's name as well as the date and time milk was expressed. Containers should be kept refrigerated or frozen, and transported to the unit in a cooler bag.

Medical aid

- ★ Inform your medical aid about the birth of your baby within 24 hours. If you encounter any problems please discuss them with the NICU Manager.

Immunisation

- ★ At Life Vincent Pallotti Hospital, with parental consent, we do a Bacillus Calmette– Guérin (BCG) Vaccine BCG vaccine to provide early protection against diseases such as Tuberculosis.
- ★ Please note only one dose of the vaccine is given at birth.
- ★ The best time to administer this is soon after birth. Delays could have a slightly higher complication rate. The BCG vaccine is given as an injection, on the upper right arm. A thin needle is used to inject the baby, just under the skin. At first this will leave a small blister which looks like a mosquito bite. The small blister may grow bigger for a few weeks into a pimple.
- ★ The pimple which forms after the BCG vaccine, tells you that the vaccine is working. You can expect the pimple to increase in size, so that it looks like a small boil. A whitish discharge may come out of it. When the pimple dries out, a scab will form. This scab will scale off by itself once the pimple has healed. There may be a small scar left behind.
- ★ Do not apply any medicines, ointments or creams onto the pimple. Avoid touching, pinching or squeezing it. Usually it takes about 3 months for the pimple to heal.



- ★ The BCG Vaccine is given every Friday in the Maternity / Nursery between 10:00 & 14:00.
- ★ Please ensure that you bring your baby's clinic book. No book – No vaccine will be given.
- ★ Please call before you come, to ensure that we have sufficient amount of stock. TEL: 021 506 5165 / 5166 / 5166 as from time to time the vaccine goes out of stock (country wide) and that we wait for our stock to arrive from the state supply.
- ★ Please commence the vaccine programme at your local or private clinic or paediatrician. Please discuss the vaccination process and options at your 6 week check in with your paediatrician.
- ★ Our hospital does not administer the live oral Polio vaccine, but recommends the safer "killed" intramuscular vaccine at 6-8 weeks. (Given by clinics and paediatricians)

Birth registration

The Department of Home Affairs visit the hospital on Fridays between 10h00-14h00. To register your baby while in hospital, please ensure you have your marriage certificate as well as identification documents of yourself and spouse. Your child's birth certificate will be available for collection at the maternity ward.

Clinic & Paediatric Follow Up

All State facilities will only follow up babies at 6 weeks for a weight check and vaccination, however we recommend a visit at 5-10 days post discharge with your local pharmacy, private clinic or midwife. This will ensure baby and mother are in good health, that feeding and weight (re)gain is adequate.

A 6 week, review by your paediatrician is recommended to check your baby's growth, development, skin, bowel habit, feeding will be measured.



Basic Care

- ★ The umbilical cord usually falls off between days 5-7. The cord needs to be cleaned with surgical spirits / alcohol frequently with the addition of a drying / antiseptic powder as necessary.
- ★ Babies scratch themselves! Keep nails short....filing or biting are safer, as snipping can cut the end of the finger
- ★ Meconium black / green “tar like” poos will change once the milk comes in on days 3-5. The colour and consistency change to loose “French mustard” initially with almost every feed. The frequency will slow and a good barrier cream is essential. Use of wet wipes is fine, but often cotton rounds dropped in cooled Rooibos tea is a better wipe, especially for sensitive skins.
- ★ Babies do not maintain NOR lose heat easily, hence their environment and clothing is critical in regulating their temperature. Covering the head is important to maintain a good environmental temperature between 19.5 – 22.5 ideal.
- ★ Breast is the best milk and usually “arrives” around days 3-4, often accompanied with tears. Follow a routine or on-demand schedule as suits you and your baby, but ensure the baby is offered milk 3-4 hourly during the first few weeks. Loss of weight of up to 10% of birth weight is expected, but it is important to have the weight reviewed at 7-10 days post-delivery and then as indicated thereafter.
- ★ Urine output increases over the first 2-4 days and peaks at 6-8 wet nappies / 24 hours. Pink discolouration on the nappy in the first few days are either coated by urate crystals or withdrawal from maternal hormones in girls. Both are normal.
- ★ A secure baby seat is essential for safe transport.



Expect the Following

- ★ All babies break down Red blood cells after birth, resulting in an elevation in Bilirubin levels. This will manifest in a yellow complexion (Jaundice). If baby is VERY yellow, lethargic / feeding poorly then arrange for a blood test ASAP.
- ★ 2 weeks of a quiet-ish baby (the honeymoon), after that they wake up and squawk a little more.
- ★ A stuffy nose as they adjust from breathing amniotic fluid to breathing air (breast - milk or a gentle saline solution usually rectifies this).
- ★ The eye(s) may tear or have a discharge for a few days. Cleaning with a saline solution is important. If the eye develops a pussy discharge discuss with Clinic / Doctor.
- ★ Baby's skin is very sensitive and may develop papules / pustules and red marks that appear and disappear in the first few days / weeks. It is best to not interfere - rather bath and moisturise with something un-fragranced and gentle. If it persists – seek medical advice.
- ★ Noisy sleep: Infants (4-6 months) be prepared for moving and moaning when the baby sleeps.

Well baby clinics

- ★ Most Clicks / Dischem and local pharmacies have well baby clinics. You can attend local public clinic for vaccines and advice from 6 weeks.
- ★ Check that you have your local ER and GP's emergency numbers.
- ★ Should you require breastfeeding assistance speak to your midwife, clinic sister or doctor about a local support group or advisor.



Hospital Contact Details

Emergency Contact

Free Advance Life Support Paramedic Service:

0860 123 367

Life Vincent Pallotti Hospital:

021 506 5111

Our Specialised Paediatric Specialists

General Paediatricians

★ Dr Leon Jedeikin

021 531 7317

★ Dr Carl Wicht

021 531 1222

Super-specialised Paediatricians

Paediatrician and Nephrologist

★ Dr Paul Sinclair

021 531 3082

Paediatrician and Allergologists

★ Prof Claudia Gray

021 510 0336

★ Dr Candice Royal

021 510 0336

Paediatrician and Endocrinologist

★ Dr Lindsey Levin

021 224 0816/ 0817

Paediatrician and Neonatologist

★ Dr Lize Boshoff Coyles

021 224 0816/ 0817

Paediatrician and Pulmonologist

★ Dr Aruna Lakhan

021 531 1197



Super-specialised Specialists

Paediatric Dermatologist

★ Prof Carol Hlebe

079 930 6366

021 045 1554

Paediatric Surgeons

★ Prof Rob Brown

021 531 0584

★ Dr Babalwa Nondela

067 780 2377

★ Prof Alister Millar

021 531 0584

Ear, Nose and Throat Surgeons (ENTs)

★ Dr Azgher Karjiekker

080 012 9999

★ Dr Eve Samson

063 157 1710

★ Dr Martin Vanlierde

021 532 2156

★ Dr Michele Long

021 531 4282

★ Dr Paul Crosland

021 531 1221/

021 531 1226

Paediatric Dietician

★ Susan Cooley-Maree

021 532 1421

Paediatric Orthopaedic Surgeon

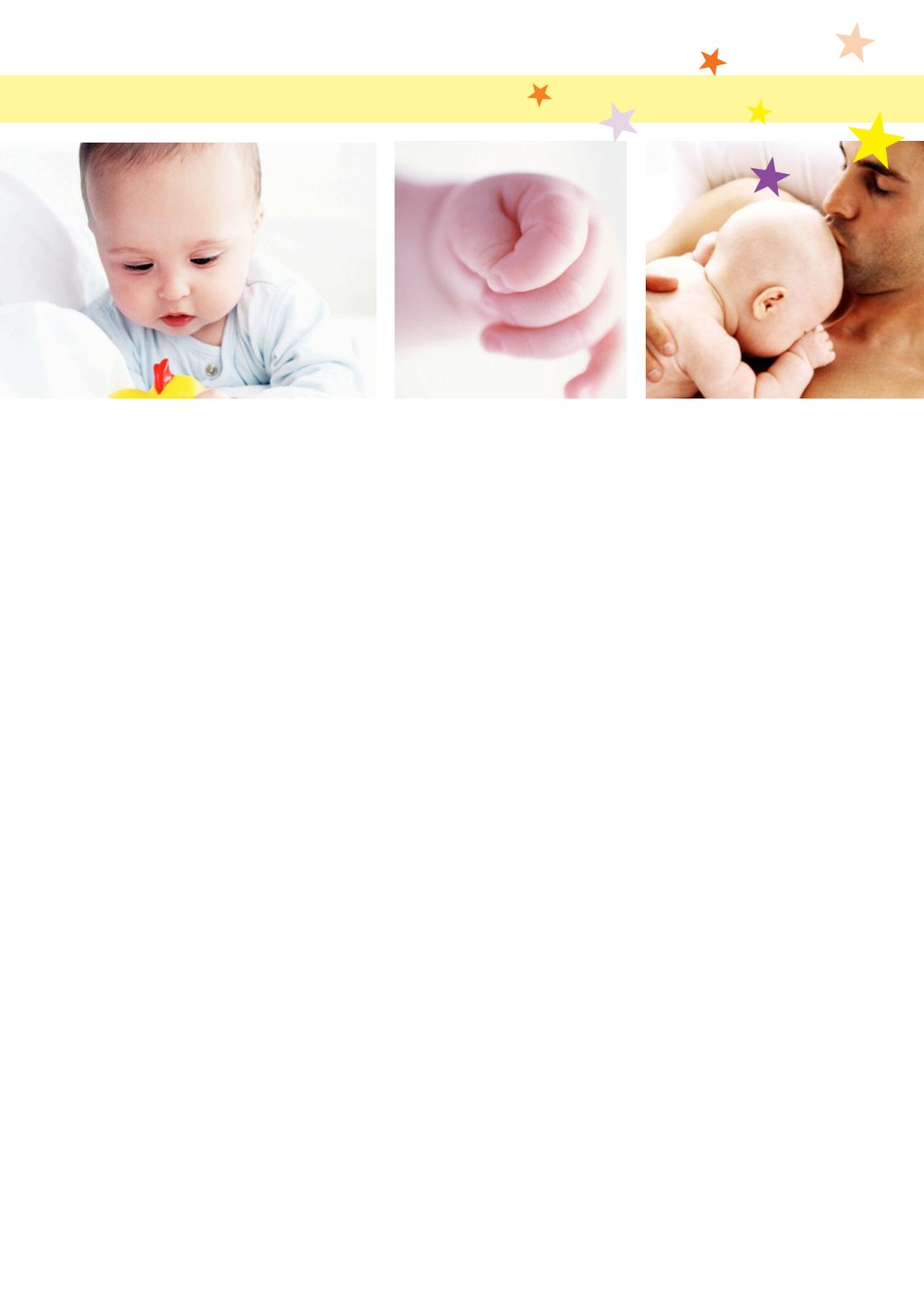
★ Dr Stewert Dix-peek

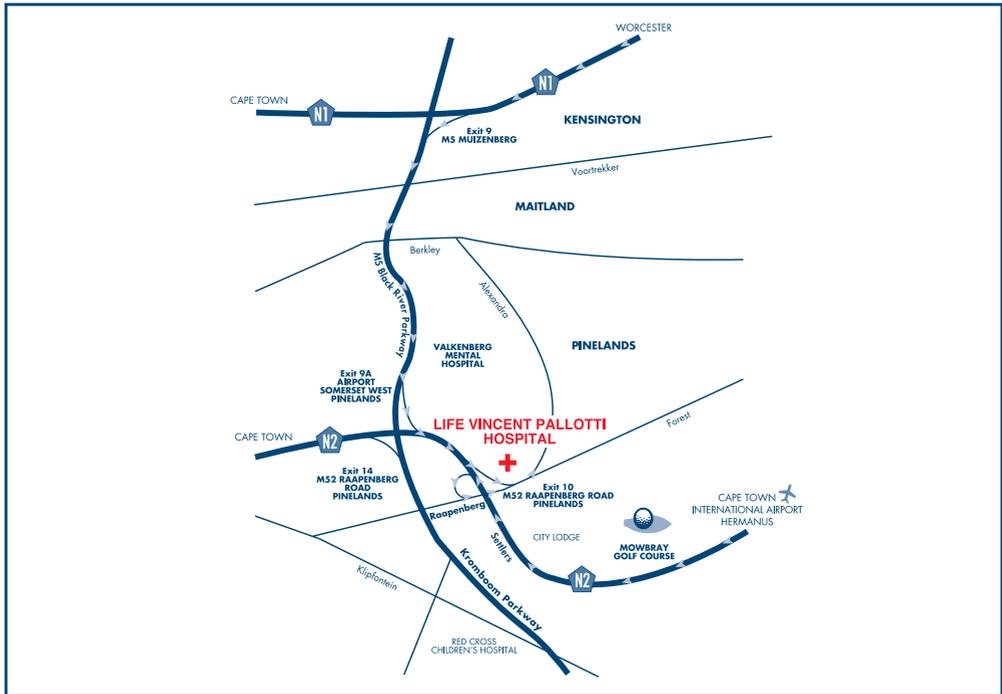
021 506 5580

Wards:

NICU:

021 506 5164/5165





Life Vincent Pallotti Hospital

Life Vincent Pallotti Hospital, Alexandra Road, Pinelands, 7405

Tel: 021 506 5111 Fax: 021 506 4093

GPS co-ordinates

South -33.938359 East 18.49044

(Decimal Degrees)

www.lifehealthcare.co.za