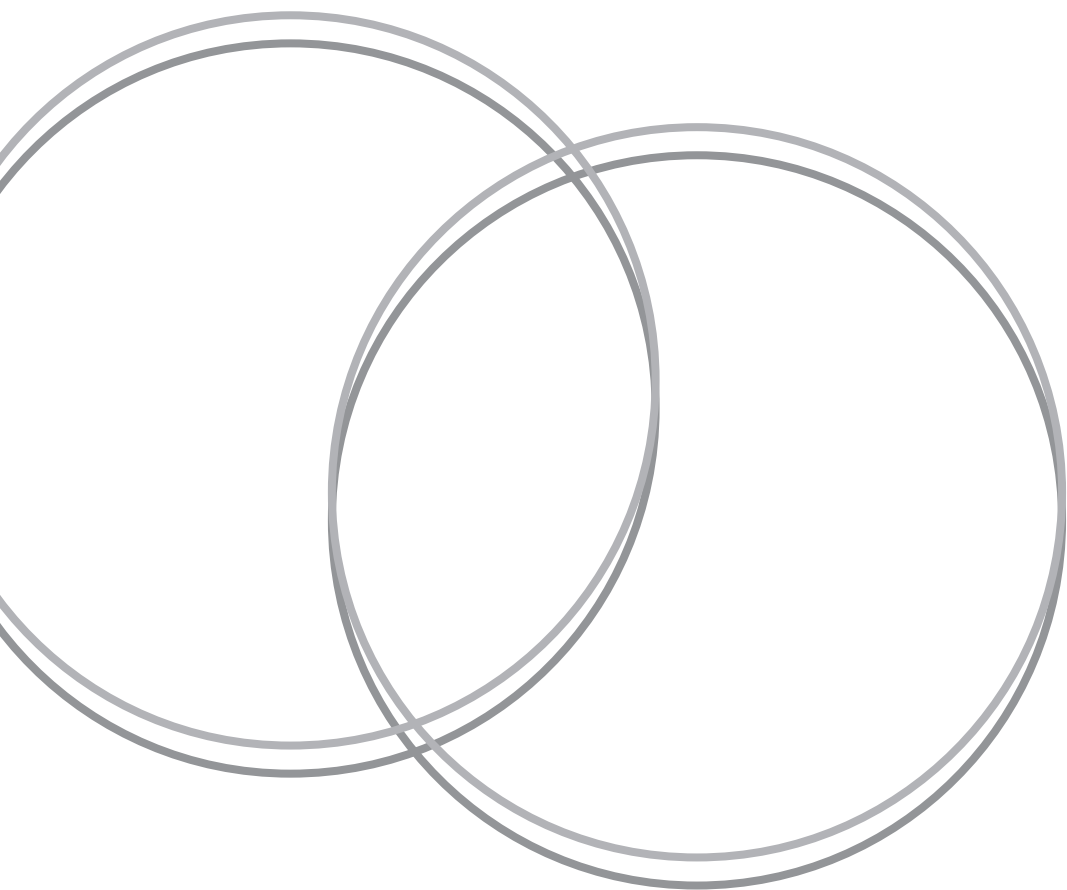




**Oxford University Hospitals**  
NHS Foundation Trust

# **Welcome to Level 5**

**Information for parents with  
babies staying on the  
Neonatal (newborn) Unit**



This information leaflet has been given to you as you are a parent with a baby on the Neonatal (newborn) Unit. We appreciate this is a difficult time for you and that you may want to be with your baby as much as possible.

This leaflet explains the Level 5 routine so that you know what happens when and also how we can work flexibly to ensure your needs are met.

## **Approximate timings for a day on level 5**

A handover of care for both day and night shift occurs at 7.30 (am/pm) and 8.00 (am/pm). Following this the midwife or nurse looking after you will discuss a plan of care for the day with you. If you are off the ward around this time and do not see the midwife or nurse, please ring the call bell when you are back from the Neonatal Unit to have this discussion.

If you need to be seen by the doctor for a medical review, we aim for this to happen early in the morning so you are able to come and go from the ward freely in the afternoon. If this is not possible or you would like to go to the Neonatal Unit before your medical review, please let your named midwife or nurse know. This will mean they can call down to the Neonatal Unit when the doctor is ready to see you and limit your waiting time on the ward.

Infant feeding support is available 24 hours a day. The infant feeding team are also available to offer help and support both on level 5 and on the Neonatal Unit.

## Medication Rounds

A medication round is when a midwife or nurse visits you at the bedside to give you any regular medications you are due to have for the day. The usual times of the medication rounds are:

**6am 10am 2pm 6pm 10pm**

These times may vary depending on the level of ward activity.

If you need medication outside of these times, please ring your call bell. If you are on routine medication outside of these times, your midwife or nurse will let you know when we would like you to come back to the ward.

## Meal times

7am to 8.30am - Breakfast. The catering staff will bring the breakfast trolley round in the morning. Your water jug will be changed following breakfast.

10am to 11am – Hot drinks round

12pm to 1pm – Lunch

3pm to 4pm – Hot drinks round

5.30pm to 6.30pm – Dinner

Unfortunately for health and safety reasons we cannot leave uneaten food by your bedside. If you are not on the ward at meal times don't worry! We have a light bite and snack box menu you can order from so you don't go hungry.

Special dietary requirements can also be catered for.

There is a water machine and hot drinks trolley located near the front desk for you to help yourself from at any time.

If you are medically fit for discharge two days after you have given birth and your baby is on the Neonatal Unit, you will be discharged home. This is when your care is transferred to your community midwife. However if you wish to have your postnatal checks on level 5 whilst you are at the hospital with your baby, this can be facilitated. Please discuss this with your midwife or nurse at the time of discharge.

**Please don't hesitate to speak to a member of staff if you have any concerns or need any extra support.**

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

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