

catering facilities

Our catering department takes pleasure in providing you with nutritious meals with special diets available on request. We recommend that the catering department be advised of any special dietary needs at the time of booking. We offer a choice of wine or beer to accompany your meals.

Due to health regulations, meals need to be consumed within 45 minutes of serving or placed in your fridge. Any meals left when trays are collected will be discarded. Partners' meals are available for an additional cost.

what to bring in

for mum

- Night attire and dressing gown
- Comfortable day clothes (for post-natal period)
- Toiletries
- Pen

other requirements

- Nursing pads
- Maternity sanitary pads
- Tissues

for baby

- Baby bath solution
- Baby skincare wipes, large packet
- A hat to wear for the first 24 hours
- Your choice of clothes to dress your baby in on discharge e.g. jumpsuit, singlet, two nappies, bunny rug, baby shawl and bonnet.

You may choose to dress your baby in their own clothes during your stay with us. Otherwise we do provide clothing for your baby, but you must provide clothing for going home.

baby seat

For your baby's safety, please have your car correctly fitted with an approved baby capsule prior to going home. This is a requirement by law.

discharge

Discharge time is 10.00am and all accounts should be settled with administration before going home.

obstetricians

Dr Andrew Griffiths
Suite 7, The Bays Consulting Suites
262-268 Main Street, Mornington
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Dr Keith How
Suite 8, The Bays Consulting Suites
262-268 Main Street, Mornington
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Dr David Luiz
Suite 8, The Bays Consulting Suites
262 – 268 Main Street, Mornington
t: 5975 8877

Dr Petra Porter
Suite 6, The Bays Consulting Suites
262-268 Main Street, Mornington
t: 5976 5266

paediatricians

Dr Anne O'Neill
The Bays Hospital Consulting Suites
262-268 Main Street, Mornington
t: 03 5976 4650

Dr Karl Hoekstra
The Bays Hospital Consulting Suites
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enquiries

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somers maternity unit



the bays hospital

your community owned hospital

welcome

The Bays is an accredited "Baby Friendly Hospital".

The Somers Unit is staffed by an experienced and caring team of midwives and mothercraft nurses who will support you during your birth experience. Post natal support includes a 24 hour help line, home visits if required, feeding and settling workshops, physiotherapy sessions and monthly coffee mornings.

childbirth classes

Our experienced midwives facilitate childbirth education for expectant parents to help them prepare for the birth and in the care of their baby.

grandparent evenings

Informal sessions are held regularly lasting approximately two hours.

sibling sessions

For children over three years to help prepare them for the event of a new baby in the family.

pre natal physiotherapy

Sessions are available in the hospital.

breast feeding/settling

Following discharge, advice and consultation is available from our lactation consultants/midwives.

your birthing experience

birthing suites

The Bays Hospital has three well equipped birthing suites which provide you with a safe and relaxed environment for your baby's birth.

If required, sophisticated medical equipment, theatre facilities, anaesthetists and paediatricians are available.

special care nursery

To provide care for premature (from 36 weeks) or unwell babies our Level II nursery is equipped with the latest medical facilities. Our midwives are trained to provide care to your baby. Paediatricians are on call 24hrs a day.

post natal

Your stay in hospital will normally be four nights following a normal birth and five nights following a caesarean section birth. A comprehensive post natal education program is offered during your stay which covers feeding your baby, parenting skills, taking your baby home and resources available in the community.



accommodation

Our rooms have en-suite facilities, television, refrigerator and telephone. Most of our rooms have double beds. Partners are welcome to stay overnight giving them an opportunity to support, learn and provide practical assistance. We request that suitable night attire be worn.

A courtyard and café is available for mothers and their visitors to use.

expenses

Our administration staff will be happy to advise you of the costs of packages which are available to those without health insurance. Please be aware that extra charges may apply such as STD, ISD and mobile phone calls, visitor's meals, take-home pharmacy and health fund excess.

Admissions to Special Care Nursery and services provided by anaesthetists, paediatricians, and other specialists will incur charges which may not be fully covered by Medicare or your health fund. There may be a 'gap' payment required. Further details are available from your doctor and health fund.

visiting hours

The birth of a new baby is an exciting time for the parents and their extended family and friends.

All new parents need time with their babies and mums, in particular, need adequate rest. Receiving visitors outside visiting hours can be disruptive to other parents within the unit.

It is important, prior to your stay with us, to ask your family and friends to observe the correct visiting hours so that we can be supportive of you and enable you to gain the most from your time with us.

Visiting hours for the Maternity patients are strictly:

2.30pm - 4.00pm

7.00pm - 8.00pm

If for some reason, you have a difficulty with this arrangement, please speak to your midwife.

