

Welcome to our Maternity Services at Regional Hospital Mullingar



Our Location: The Maternity Department is located on Level D is divided into 3 separate ward areas, Antenatal, Labour Ward and Postnatal and consists of a total 40 beds. The Women's Health Unit is situated on Level C in the Willow Unit.

Our Services:

Care of Mother and baby during the ante-natal, labour, and postnatal, and of patients requiring gynaecological care.

The aim of our team is to ensure every woman attending our service receives skilled evidence based care within the resources that are available to meet her individual needs, taking into account her physical, social, educational and spiritual needs

The Obstetrics and Gynaecology team consists of a team of doctors, midwives, clinical midwife specialists, healthcare assistants, multitask attendants and clerical staff who are all dedicated to providing a high level of quality care to patients who use the service.

Our Directorate Structure:

Marie Corbett *Director of Midwifery*

Dr Sam Thomas *Clinical Lead Consultant Obstetrics & Gynaecology*

Vincent Duffy *Business Manager*

Contact Us:

Telephone: (044) 93 40221

Antenatal Care:

You can avail of one of the following options for your antenatal care:

1. Combined care between your **G.P. and Consultant Obstetrician**
2. Combined care between your **G.P., Consultant Obstetrician and Midwives Clinic**
3. Combined care between your **G.P. and a Consultant Obstetrician** of your choice, as a private patient.

Appointments:

Once your pregnancy is confirmed by your G.P. a referral letter is sent on your behalf to the hospital to arrange your first booking visit. A date and time of appointment will then be sent to you.

The Willow Unit:

The Early Pregnancy Unit is open 08.30-10.30; A referral is required for this clinic.

The Fetal Assessment Unit is open 14.00-17.00 Monday, Tuesday, Thursday and Friday; A referral is required for this clinic.

The Antenatal Booking Clinic operates Tuesday 09.00-13.00 Wednesday 13.30 -17.00 and Thursday 09.00-13.00; A GP referral is required for this clinic.

Antenatal Clinics:

Location	Day	Time	Consultant
St Joseph's Longford	Tuesday	Morning	Dr Gannon
	Wednesday	Morning	Dr Thomas
Mullingar OPD	Monday	Afternoon	Dr Gannon
	Wednesday	Morning	Anti D clinic If Rhesus Negative blood type: attend at 28 weeks.
	Wednesday	Afternoon	Dr Thomas & Midwives' Clinic
	Thursday	Afternoon	Dr Ravikumar Diabetic Clinic
	Friday	Morning	Dr Ravikumar & Midwives' Clinic
OPD Regional Hospital Tullamore	Wednesday	Afternoon	Dr Ravikumar

ANTENATAL CLASSES:

Antenatal classes commence at approximately 28 weeks of pregnancy. All Antenatal classes are free of charge.

Please see the options below to find your nearest venue

Athlone Primary Care Centre, Clonbrusk, Athlone	Tel: 0906 424807	Afternoon classes	
Longford Primary Care Centre, Longford	Tel: 043 3339707	Afternoon classes	
Regional Hospital Mullingar, Mullingar	Tel: 044 9394654 Or 044 9340221 Bleep 131 michellel.walsh@hse.ie	Afternoon and evening classes available	
Tullamore Physiotherapy Dept. Midland Regional Hospital Tullamore	Tel: 057 9358721	Evening classes	

BREASTFEEDING INFORMATION CLASS:

There is a 3 hour Breastfeeding Information Class available to every woman planning to breastfeed her baby. Please ask the staff at the antenatal clinics about booking into this class.

This class will also be helpful if you have any questions or concerns about breastfeeding or if you have encountered difficulties while breastfeeding previously.

VISITING TIMES:

Visiting times are restricted to allow mothers receive adequate rest while in Hospital.

1pm - 4pm (Rest Time for mothers)	Strictly no visiting during this time
9am -1pm	Spouses/Partners only allowed to visit
4pm - 6.30pm	Spouses/Partners only allowed to visit
6.30pm - 8.30pm	Partner & Grandparents only allowed to visit
9am-1pm & 4pm - 8.30pm	Only mothers own children are allowed to visit. Those children must be supervised by an adult at all times.

ADMISSION TO HOSPITAL (From 20 weeks of pregnancy)

Where do you call?	Antenatal Ward, Regional Hospital Mullingar 044 9394422
Where do you go?	Admissions Room on the Antenatal Ward, Maternity Floor, Level D
What do you bring?	Your Antenatal Combined Care Card & your hospital bag

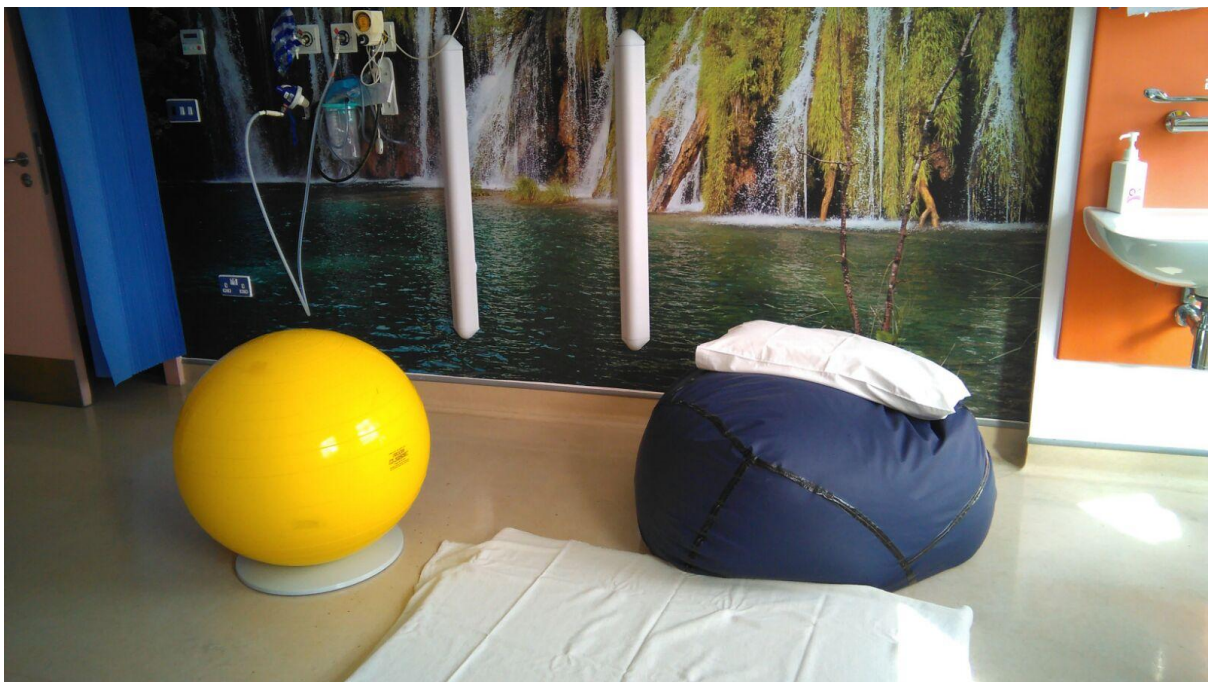


If you have any concerns about your pregnancy please contact the Antenatal Ward on 044 9394422.

If you have any concerns up until 20 weeks of pregnancy, you will be assessed in the Accident & Emergency (Casualty) department.

Birthing choices:

We have redecorated one of our labour rooms to facilitate a more 'home from home' environment called The "Serenity Suite"



This room offers a space that is less clinical and more homely than the standard labour room on the Labour ward. It aims to provide a calm and relaxing environment that will support physiological processes of labour (National Maternity Strategy 2016-2026).

As well as providing a less clinical environment, equipment will be available to support physiological active birth including; Birth ball, floor mats, labour bean bag, heat pads, music and aromatherapy.

The room is available to any woman who chooses to labour and birth physiologically and who is at low-risk of developing complications.

Should the room be occupied when you arrive in labour the equipment can be utilised in one of our other birthing rooms.

We are delighted to be able to offer this as an alternative choice for women regarding their labour and birth, and how they choose to journey through it.

We support and encourage active birth giving you the freedom to move during labour and give birth in a position of your choice.





Link to our information booklet <https://bit.ly/2Fi7R80>

USEFUL WEBSITE LINKS

www.hse.ie Useful website with healthcare content
www.nice.org.uk Obstetric/Maternity care guidelines
www.hse.ie/eng/health/immunisation/pubinfo/ Vaccinations
www.nmh.ie Labour Hopscotch
www.hse.ie/go/vitaminD Vitamin D3 for baby
www.quit.ie Stop Smoking information
www.dentalcareireland.ie Dental Hygiene
www.healthpromotion.ie Smoking/Diabetes/Mental Health/Breastfeeding
www.breastfeeding.ie Breastfeeding support and troubleshooting
www.cuidiu-ict.ie Breastfeeding groups
www.nbc.ca Jack Newman, breastfeeding clips
www.friendsofbreastfeeding.ie Buddy supports in your area
www.breastfeeding-and-medication.co.uk
www.safefood.eu Formula preparation and food safety
www.spinningbabies.com Foetal positioning
www.birthresources.org Foetal positioning
www.babywearingireland.ie Sling library
www.whatsupmum.ie Information for pregnancy & parenthood
www.whatsupmum.ie/diabetes Gestational Diabetes
www.nurturecharity.org Positive Mental Health for women in pregnancy
www.hse.ie/my-child/ Your guide to pregnancy baby and toddler health