



ST VINCENT'S
PRIVATE HOSPITAL
FITZROY



You're in
good hands

St Vincent's Private Maternity





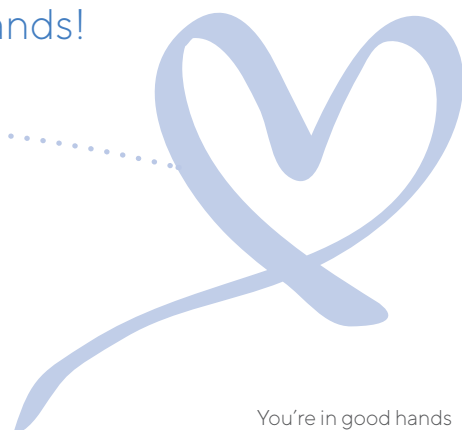
Welcome to St Vincent's Private Hospital Fitzroy

Thank you for considering St Vincent's Private Hospital to share in this most important time in your life. We understand how special pregnancy, childbirth, and the time that follows are for women and their families. You may feel a mixture of excitement and nerves as you embark on your parenthood journey. You can rely on St Vincent's Private Hospital, one of Melbourne's leading maternity hospitals, who for over 80 years have provided high-quality care to our patients and their babies.

Our highly skilled, experienced and compassionate team of obstetricians, midwives, allied health professionals and support staff are dedicated to providing you and your baby with the best care. We will listen, support and guide you through your pregnancy, childbirth and into parenthood. We have a comprehensive range of specialist services, including a Breastfeeding Clinic, Perinatal Emotional Wellbeing Service and Childbirth Education Program to inform and empower you.

Comfort and luxury are a hallmark of St Vincent's Private Hospital, together with state-of-the-art technology and modern facilities. You will have peace of mind knowing a Special Care Nursery (for babies born after 32 weeks), a Fetal Monitoring Service and an around-the-clock Intensive Care Unit are on hand should they be needed.

You will be in good hands!



Best in Maternity Care

At St Vincent's Private Hospital, we understand pregnancy, birthing and parenthood. We are committed to you and your baby's well-being, to empower and support you to enjoy this special time and make choices that best suit you. As one of Melbourne's leading maternity services for over 80 years, successfully supporting the birth of over 2,000 babies a year, you can feel confident in our team, facilities and services.



Comfortable Private Rooms

Your comfort is our priority. All our maternity rooms are private with an ensuite bathroom, a fridge, free Wi-Fi access, digital TV, tea and coffee and infant bathing facilities. Your support person is welcome to stay too, with many of our rooms featuring a double size bed and if not, a sofa bed. And, if you and baby are recovering well, you may have the opportunity to finish your stay at the luxurious Park Hyatt Melbourne whilst still under the care of our midwives.

Passionate, Skilled & Experienced Staff

Our incredible team makes a difference to the lives of their patients every day. In fact, our most common feedback from patients and doctors alike is the quality of care provided by our maternity team. From our compassionate and knowledgeable midwives and nurses to our highly trained specialist Lactation Consultants and Maternity Physiotherapists, you and your baby will be in good hands.

Adult Intensive Care Unit

St Vincent's Private Hospital is a full-service hospital with an Adult Intensive Care Unit. In the unlikely event that you need additional medical attention, this means you and your baby will be cared for within our hospital.

Special Care Nursery

Sometimes babies need a little extra care and attention to help them achieve optimal growth and development. Our Special Care Nursery has the advanced technology and a highly experienced and skilled team to look after babies with complex needs, such as babies born prematurely (from 32 weeks), have low birth weight or health issues.

Babies can spend from a few hours to days being closely monitored until staff are confident they can thrive in the outside world.

Park Hyatt Retreat

We are thrilled to offer you and your baby the opportunity to complete your maternity stay in our Park Hyatt Retreat at the luxurious Park Hyatt Melbourne. See page 13 for more details.

Perinatal Emotional Wellbeing Service

Perinatal health refers to the health and well-being of mothers during pregnancy and their baby's first year. We are dedicated to fully supporting you throughout this time and offer all our patients access to our unique and highly regarded Perinatal Emotional Wellbeing Service. It is a testament to our commitment to care for not only your physical health but also care for the mental and emotional well-being of our families. No referral is necessary to book a one-on-one session with our Perinatal Emotional Wellbeing Midwife. Group sessions are also available for our mothers and their partners before and after baby is born. To find out more or to book, please email michelle.cambrey@svha.org.au

Breastfeeding Clinic

You will receive personal attention from our experienced midwives who will teach you to breastfeed, optimising your care and your baby's feeding technique. In addition, you will be supported by our specialist Lactation Consultants both during your hospital stay and after.



Fetal Monitoring and Day Stay Unit

Most pregnancies proceed without complications but occasionally issues that require attention arise. Our highly regarded Fetal Monitoring and Day Stay Unit offers you and your obstetrician peace of mind, providing you with access to state-of-the-art technology in a comfortable environment staffed by expert midwives. Our Day Stay provides services such as IV fluid replacement for hyperemesis, assessment for pre-eclampsia and iron infusions. As the name suggests, our Fetal Monitoring service uses Cardiotocography (CTG) technology to monitor your baby's heartbeat if there is concern about their movement, diabetes management and multiple pregnancies. Open Monday to Friday in a purpose-built area and on the weekend via Birth Suite, you can rest assured your and your baby's health is in good hands.

Childbirth Education

We offer a comprehensive range of childbirth and parenting education to enhance your pregnancy, labour, birth and early parenting experience. Our online childbirth education classes cover labour, caesareans, the postnatal period and breastfeeding in an easy-to-access format, including a live Q&A session with an obstetrician and midwife.

Pre-admission Visit

We offer all expectant mothers the opportunity to meet with one of our midwives at 32 weeks. This one-on-one consultation will give you a chance to discuss any personal concerns about pregnancy and birth. You can ask all your questions to help ensure you are well-prepared, supported and ready for your baby's birth.

Room Service Menu

We offer all patients on demand room service giving you flexibility to order meals and snacks when it suits you. Each meal is cooked to order and delivered fresh to your room. Your support person can also order from the menu for a nominal fee. Breakfast is included for support people staying in a double room.

Embrace Program

Our Embrace Program offers you the opportunity to choose your one of our participating obstetricians, enjoy our world-class maternity services and be cared for by a dedicated team of midwives with a more affordable out-of-pocket fee. See page 14 for more details.

Gidget Foundation Australia

In addition to our own Perinatal Emotional Wellbeing Midwife, we are proud to be partnered with the Gidget Foundation, a non-profit organization that provides programs to support the emotional wellbeing of expectant and new parents. This partnership entitles all our family's access to this service. Their experienced perinatal specialists support expectant and new parents with up to 10 Medicare bulk-billed counselling sessions. A GP referral and a Mental Health Care Plan is required. For more information, please call 1300 851 758 or visit their website www.gidgetfoundation.org.au.

Planning for a Baby!

Planning for a baby is an exciting time whether it's your first or you are a seasoned parent. Once you have confirmed your pregnancy, we recommend the following steps:

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1. Private health insurance or self-funded?

We welcome insured and uninsured families into our care. If you have private health insurance, contact your provider to confirm you have obstetric cover. If you do not have private health insurance or are not covered for obstetrics, call Maternity Bookings on **(03) 9411 7634** to learn about the costs involved.
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2. Choose an Obstetrician

Choosing an obstetrician is an important step in your pregnancy journey. You may opt for the obstetrician recommended by your GP or explore the experienced obstetricians who birth at St Vincent's Private Hospital. Refer to the list of our accredited obstetricians on page 6 and review their profiles on our website www.svph.org.au/services/maternity/fitzroy
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3. GP Referral

You will need a referral for your chosen obstetrician from a GP. Your GP may also arrange preliminary tests.
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4. Book into your Obstetrician

Contact your obstetrician's rooms to book your first appointment and discuss their care plan for your pregnancy. To ensure you secure the services of your preferred doctor, we recommend you do this between 6-8 weeks pregnant.
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5. Book your Maternity Stay

Let the receptionist in your obstetrician's rooms know that you have chosen St Vincent's Private Hospital and ask them to secure your hospital booking. If you have any queries contact our Maternity Booking Officer on **(03) 9411 7376**, SVPM.MaternityBookings@svha.org.au or follow the QR code to our website.
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6. Confirmation of Maternity Stay

Our Maternity Booking Officer will send you an email to confirm your booking which will include a link to the online registration form. Once you have completed your registration form, you will receive a confirmation email for your stay. This important email will also include links for you to book your complimentary Midwives Appointment and the details of how to access our comprehensive Childbirth Education Classes.



Your Choice

St Vincent's Private Hospital Obstetricians

Dr Marcia Bonazzi	Level 1, 143 Victoria Parade, Fitzroy, 3065 www.drmarciabonazzi.com.au	phone (03) 9419 5601
Dr Tom Cade	Suite 101, 320 Victoria Parade, East Melbourne, 3002 www.drtomcade.com.au	phone (03) 8456 7320
Dr Fiona Cowell	Level 5, Suite 5, 55 Victoria Parade, Fitzroy, 3065 www.sagewomens.com.au	phone (03) 9415 6077
Dr Peter England	Level 1, 59 Victoria Parade, Fitzroy, 3065 www.drpeterengland.com.au	phone (03) 9415 9133
Dr Alex Eskander	Suite 10, 135 Plenty Road, Bundoora, 3083 www.born-group.com.au	phone (03) 9467 7024
Dr Steve Hatzikostas	Suite 10, 135 Plenty Road, Bundoora, 3083 www.drstevenhatzikostas.com.au	phone (03) 946 80522
Dr Sujata Hemrajani	240 Hoppers Lane, Werribee, 3030 www.dr Sujatahemrajani.com	phone (03) 9007 2030
Dr Briohny Hutchinson	Level 5, Suite 5, 55 Victoria Parade, Fitzroy, 3065 www.sagewomens.com.au	phone (03) 9415 6077
Dr Vanessa King	Level 5, Suite 5, 55 Victoria Parade, Fitzroy, 3065 www.sagewomens.com.au	phone (03) 9415 6077
Dr Suzana Kotevska	Suite 117, 320 Victoria Parade, East Melbourne, 3002 www.stela.com.au	phone (03) 9419 8333
Dr Thao Le	17 Stanlake Street, Footscray, 3011 www.svph.org.au/specialists/thao-le-obstetrician-gynaecologist	phone (03) 9317 0034
Dr Sze Wey Lee	Suite 108, 320 Victoria Parade, East Melbourne, 3002 www.drseweylee.com.au	phone (03) 9419 9766
Dr Amber Moore	Level 1, 59 Victoria Parade, Fitzroy, 3065 www.ambermoore.com.au	phone (03) 9417 1156
Dr Karen Paice	145 Victoria Parade, Fitzroy, 3065 www.drkarenpaice.com.au	phone (03) 9419 5757
A/Prof Vinay Rane	325/55 Flemington Road, North Melbourne, 3051 www.melbournemothers.com	phone (03) 9329 0626
Dr Miranda Robinson	Level 5, Suite 5, 55 Victoria Parade, Fitzroy, 3065 www.sagewomens.com.au	phone (03) 9415 6077



Dr Guy Skinner	Level 1, 59 Victoria Parade, Fitzroy, 3065 www.drguyskinner.com.au	phone (03) 9417 0147
Dr Prue Standen	Ground Floor, 59 Victoria Parade, Fitzroy, 3065 www.pruestanden.com.au	phone (03) 9132 4777
Dr Lionel Steinberg	Suite 2, Ground Floor, 59 Victoria Parade, Fitzroy, 3065 www.drionelsteinberg.com.au	phone (03) 9486 0366
Dr Mei Lin Tan	Suite 10, 135 Plenty Road, Bundoora, 3083 www.born-group.com.au	phone (03) 9467 7024
Dr Lloyd Tang	Suite 212, 100 Victoria Parade, East Melbourne, 3002 www.venushealth.com.au	phone (03) 9654 8999
Dr Meredith Tassone	145 Victoria Parade, Fitzroy, 3065 www.drmeredithtassone.com.au	phone (03) 9419 9699
Dr Iniyaval Thevathasan	Suite 4, Level 1, 59 Victoria Parade, Fitzroy, 3065 www.melbournemfm.com.au	phone (03) 9411 7474
Dr Anthony Woodward	Level 1, 59 Victoria Parade, Fitzroy, 3065 www.dranthonywoodward.com.au	phone (03) 9349 1704

Choosing the right Obstetrician can be daunting, here are a few questions to ask during your first meeting:

- What are your philosophies and beliefs about birth?
- How much choice should I have in the decision-making process during pregnancy and labour?
- What are your thoughts on pain management options during labour?
- How do you feel about birth plans?
- What is your induction or caesarean section rate?
- Are you always available to be contacted, and how do I contact you?



< scan for obstetrician profiles

Preparing for your Stay

What to Pack

We recommend you prepare your hospital bag well in advance of your due date. The following is a list of suggestions for you to bring for your stay:

For Mum

- toiletries
- sleepwear, dressing gown, slippers
- casual day wear
- maternity bras/underwear
- maternity pads (2 packs)
- breast pads
- snacks
- mobile phone charger
- all current medications
- blood group card (if you have one)
- health insurance details
- Medicare card
- TENS machine (if you have rented one)
- music and speaker for labour

For Baby

- 6 baby wraps
- 6 night gowns or jump suits
- 6 singlets
- baby bonnet and booties/socks
- an approved newborn child restraint fitted to your car in readiness for discharge

For your support person

- toiletries
- casual clothing and sleepwear
- swimwear in case mum wants to have a shower
- comfortable shoes for walking around the hospital
- button down shirt for skin to skin contact
- water bottle



Coming to Hospital

If you think you are in labour, your membranes have ruptured, you have bleeding, or your obstetrician has told you to come to the hospital, please phone the birth suite on (03) 9411 7634 to alert them.

When you arrive at the hospital, please confirm your details with Reception on the Ground Floor.

The hospital's main entrance doors will be locked from 10 pm till 6 am. You can gain access during this time by using the maternity buzzer at the front entrance, and you will be admitted immediately.

You are welcome to have a support person with you during your birth.

During your Stay

You can look forward to a comfortable and well supported stay at St Vincent's Private Hospital. The length of your stay will be determined by your obstetrician and midwifery staff. For a vaginal birth, you can expect a four-night stay, and for a caesarean birth, a four- or five-night stay.

Private Ensuite Rooms

You are guaranteed a private room and your support person is welcome to join you for your stay. We offer spacious and stylish rooms, many with double beds, and those without double beds have a comfortable fold out sofa-bed. Siblings are welcome to visit but not stay overnight.

Each room has:

- An ensuite bathroom
- Free Wi-Fi
- A small fridge
- Digital television
- A safe for valuables
- Breast pumps
- Tea and coffee facilities
- Infant bathing facilities

Room Service Meals

All our patients enjoy the convenience of room service, which gives you the flexibility to order meals when it suits you. Each meal is cooked fresh to order and delivered within 45 minutes. You can also pre-order a meal and have it delivered at a specified time. Your support person is welcome to order off the room service menu for a nominal fee. Breakfast is included for those support people paying for a double bed.

In Hospital Support Services

During your stay you will be visited by our highly trained and experienced midwives and allied health professionals who will help you recover from your birth and learn to care for your baby. Services include:

- Perinatal Emotional Wellbeing Midwife, who will provide mental and emotional wellbeing support
- Lactation Consultants, who will help you with breastfeeding and your baby's feeding technique, should you need this service
- Physiotherapists, who will help you with your recovery

Other Services

Paediatricians

Paediatricians are on hand should your baby need a little extra attention

Baby Photography

Professional photographers are available to take photos of your baby if required. You'll receive a special card with details when you arrive in your room.

Pharmacy

Slade Pharmacy operates on our Ground Floor, offering a range of toiletries, medications medical supplies.

Café

Zouki Café is located on the Ground Floor, offering espresso coffee, drinks, hot and cold meals and snacks. Open Monday to Sunday, 6.30 am to 9 pm.

Hair and Massage Service

Mama's Angels is a speciality hair and massage service who will come to your room or the Park Hyatt for a blow wave, massage or luxe treatment. To arrange, call Jane on 0408 103 525.







Park Hyatt

Retreat Program

The Retreat Program at Park Hyatt Melbourne is a luxury post-natal stay available to new mothers birthing at St Vincent's Private Hospital. You and your support person will have the opportunity to spend precious time together in the elegant surrounds of your private room located in a dedicated wing of the hotel, all the while supported by one of our experienced midwives 24/7 to provide you with ongoing care and support. Your support person is also welcome to stay, and siblings, family and friends are welcome to visit during visiting hours.

Chauffeur Driven Transfer

Your luxurious stay will begin in comfort with a chauffeur driven luxury vehicle to transfer you to Park Hyatt Melbourne equipped with an Australian Standards-approved baby capsule.

Seamless Arrival Experience

Upon arrival at the hotel, you will be met by the Park Hyatt Guest Services team who will greet you and escort you straight to the privacy of your room. You will not be required to check-in and your luggage will be delivered for a seamless and contact-free arrival experience.

Park Club Health & Day Spa

Whilst at the Park Hyatt, you will enjoy their full range of five-star services, including three room-service meals per day for mum that can be ordered and delivered at your convenience. Your support person can order food but this will be billed to your room. You can access the Park Club Health & Day Spa to enjoy a post-partum mani-pedi, facials, spa treatments and hair styling in the comfort of your own room without having to leave your baby.

Luxurious King Rooms

You will enjoy a large king room with a plush king bed, walk-in wardrobe, Italian marble ensuite with double vanity, separate shower and deep soaking tub complete with inset television and luxurious Le Labo bathroom amenities. Other services include complimentary Wi-Fi, wireless Bluetooth with Chromecast, Mini-bar, a Nespresso machine, tea-making facilities, room service and in-room safe.

Please note, transfers to the Park Hyatt Melbourne are not guaranteed and subject to your health fund. Mother and baby are required to meet the medical criteria with Obstetrician approval and is subject to room availability.

Embrace Program

St Vincent's Private's Hospital's unique Embrace Program has been designed to give you the opportunity to choose your obstetrician, enjoy our world-class maternity services and be cared for by a dedicated team of experienced and knowledgeable midwives with a more affordable out-of-pocket fee.

Comprehensive, Personalised Care

Your obstetrician and midwife will provide you and your baby with comprehensive, personalised care. You will have regular check-ups with your midwife throughout your pregnancy and typically five appointments with your obstetrician, who, with our team in the birthing suite, will take care of you during your labour and birth.

Private Ensuite Room

During your hospital stay, you will enjoy:

- a well-appointed private ensuite room featuring room service meals, tea/coffee and baby bathing facilities, free Wi-Fi and a digital TV
- your support person is welcome to join you to relish this most special time in your life

Specialised Maternity Services

You will have access to all of St Vincent's Private Hospital's Maternity services like our:

- specialised Lactation Consultants who will help you learn to breastfeed and provide ongoing support through our Breastfeeding Clinic for twelve months
- Maternity Physiotherapist who will provide advice on optimal recovery after delivering your baby. They will give you information on back care, pelvic floor exercises, general exercise and postural advice.
- Night Settling Service, Intensive Care, Special Care Nursery and Maternal Wellness Midwife.

Park Hyatt Family Retreat

The Embrace Program includes the Park Hyatt Family Retreat option for mothers and babies who qualify. See program details on page 13.



Your Hospital Stay

With the support of our highly skilled and experienced midwives, the Embrace Program is focused on getting you home within three days for vaginal delivery and four days following a caesarean.

Access Embrace

To access the program, visit your GP and request a referral for one of our Embrace Program Obstetricians (list to right). The program is designed for healthy, low-risk pregnancies. Your obstetrician will confirm your eligibility, and should complications arise during your pregnancy, they will determine if it is best for you to remain in the program.

To find out more about our Embrace Program, please call 03 9411 7441.

Embrace
Choice, Care, Affordability

Participating Obstetricians

The following obstetricians currently offer the Embrace Program. To learn more about their services, review their website and contact their rooms.

Dr Tom Cade	www.drtomcade.com.au
Dr Vanessa King	www.sagewomens.com.au
Dr Suzana Kotevzka	www.stela.com.au
Dr Amber Moore	www.ambermoore.com.au
Dr Prue Standen	www.drpruestanden.com.au
Dr Lionel Steinberg	www.drionelsteinberg.com.au
Dr Meredith Tassone	www.drmeredithtassone.com.au

Indicative visit schedule		
10 weeks	Midwife	Phone Discussion
10-12 weeks	Obstetrician	Initial Assessment
16 weeks	Midwife	Routine Check
20 weeks	Obstetrician	Routine Check
22 weeks	Midwife	Routine Check
24 weeks	Midwife	Routine Check
28 weeks	Midwife	Routine Check
30 weeks	Obstetrician	Routine Check
32 weeks	Midwife	Routine Check
34 weeks	Midwife	Routine Check
36 weeks	Obstetrician	Routine Check
38 weeks	Midwife	Routine Check
39 weeks	Midwife	Routine Check
40+ weeks	Obstetrician	Routine Check

International Maternity Patients

St Vincent's Private Hospital is a popular choice for patients from outside of Australia to have the birth of their baby in Melbourne. Whether you are an expatriate, student or visitor.

Booking In

Make an appointment to see your chosen Obstetrician and they will book you into the hospital. Once we receive the booking we will send you an email with a link to register your birth with us.

Fees for International Patients

If you are a visitor to Australia and do not have a Medicare coverage, you will be required to pay all costs associated with your pregnancy, labour and birth, and postnatal care for you and your baby, prior to the birth of your baby. In many cases, having your baby at St Vincent's Private Hospital will be more affordable than if you went to a public hospital.

International Visitors who hold the appropriate health cover, including obstetrics may seek reimbursement from their fund.

For more information about having your baby at St Vincent's Private Hospital please email us at SVPM.MaternityBookings@svha.org.au or phone our Maternity Bookings Officer on +61 3 9411 7376 during Australian business hours.



< scan for Mandarin Maternity Centre



Frequently Asked Questions

I don't have private health insurance/obstetric cover, can I birth my baby at St Vincent's Private Hospital?

Yes, you can! If you are not insured for pregnancy care and the birth of your baby, you can still have your baby at St Vincent's Private Hospital.

What are the costs of maternity services?

Many factors contribute to the cost of maternity care, such if you are covered by private health insurance, your level of cover, if you opt for our Embrace Program (see details on page 14) and if you have Medicare coverage. To understand your circumstances, contact our Maternity Bookings Office during business hours on (03) 9411 7376.

If I am ineligible for Medicare, can I still get pregnancy care from St Vincent's Private Hospital Melbourne?

Yes! If you are not eligible for Medicare, you can still get pregnancy care and give birth to your baby at St Vincent's Private Hospital, however you will be required to pay for all hospital and medical services. Charges vary depending on whether you are covered by an Australian Health Insurance Policy or have a guarantee of payment from an overseas health insurance fund.

What are the advantages of getting my pregnancy care from a private obstetrician and private hospital?

You will enjoy the best of care and attention, including:

- You will enjoy continuity of care, seeing the same obstetrician of your choice throughout pregnancy, labour and the postnatal period.
- You will have your own private room with ensuite.
- Your hospital stay is typically longer as a private patient.
- Here at St Vincent's Private Hospital Fitzroy, you have the back up of an adult intensive care unit and special care nursery in the rare event you or your baby need extra care.

Can I visit the Maternity Unit before I decide to book?

Yes! We'd like you to feel as familiar as possible with the Maternity Unit before your baby arrives. You can visit the hospital in person by booking a tour online at www.svph.org.au/services/maternity/fitzroy/tours. You'll also find a link to a virtual tour that shows all areas of the Maternity Unit.

When should I be admitted to hospital?

When your labour begin please call Maternity Services on (03) 9411 7634 where you will be directed to the Birth Suite to discuss your situation with one of our midwives. When you arrive, please confirm your details with the reception staff on the ground floor. After 10.30 pm, the front entrance on Victoria Parade is locked. If you arrive after this time, use the intercom to your left as you face the entrance.

How long do I need to stay in hospital?

Length of stay can vary according to your health and that of your baby, however women who have a vaginal birth usually spend four nights in hospital while those having a caesarean may stay five nights.

Will I have to share a room?

No. At St Vincent's Private Hospital mums are guaranteed a private room and their support person is welcome to stay.

When can friends and family visit?

We encourage parents to rest as much as possible during this busy time. We ask that relatives and friends visit between 2-4 pm or 7-8 pm and that they respect the daily rest hours between 11 am-12 noon when the postnatal area is quiet, and lights are dimmed.

Can siblings stay overnight?

We welcome siblings to visit during visiting hours, including at the Park Hyatt Retreat, but they cannot sleep overnight.





Contact Us

St Vincent's Private Maternity

St Vincent's Private Hospital Fitzroy

59 Victoria Parade Fitzroy VIC 3065

Phone (03) 9411 7634

www.svph.org.au/services/maternity/fitzroy



  @StVincentsPrivateBaby

 #StVincentsPrivateBaby #StVincentsPrivateBabies



Developed in consultation with our patients



ST VINCENT'S
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