

OBSTETRICS

The San has cared for mothers and babies for over 110 years. We are dedicated to making our mothers welcome and comfortable, and providing the very best of care from conception to birth and beyond.

Facilities

- Stunning new maternity unit with purpose-built, state-of-the-art architecturally designed private rooms with ensuites and day beds for partners or family members to stay overnight
- Designer décor and spectacular views from the Hospital's bushland setting creating a warm and inviting ambiance for mothers, babies, children, family and friends
- A birthing unit with 9 dedicated birthing rooms, ensuites with baths and facilities to suit individual labour and birthing preferences
- 2 of the dedicated birthing rooms are specifically designed with birthing pools for water births
- An antenatal / postnatal unit offering private rooms with ensuites, purpose-built baby bath facilities, day beds, refrigerators, flat screen TVs, along with complimentary Foxtel and wireless internet access in each room
- Stylish lounge area with a beverage bay and stunning views
- 24 hour baby nursery
- A special care nursery providing care for babies requiring specialised care for prematurity, low birth weight or illness. Our special care nursery is an accredited high dependency neonatal unit staffed with highly trained personnel

Birthing and Midwife Support

- Lactation consultants available for pre and post-natal consultation
- 'Baby Friendly Caesarean Section' keeping the mother, baby and partner together throughout the journey

Diagnostic Services

San Ultrasound for Women

- Pregnancy Ultrasound (3D and 4D scanning)
- Non-invasive prenatal testing with cellfree fetal DNA
- Pregnancy related genetic counselling
- Growth and wellbeing

San Pathology *(operated by Douglass Hanly Moir)*

Provides a comprehensive range of pathology services on-site

San Radiology

Support Services

Education

- 'Choices in Childbirth' prenatal education classes
- 'Calmbirth' classes provided on-site
- Baby care and breastfeeding classes
- Postnatal education classes during stay on ward and a range of information flyers available to new mums
- Grandparent classes

Pre and post natal fitness *(by San Physiotherapy)*

- Prenatal Aqua Classes
- Prenatal Pilates Classes
- Postnatal Fitness Classes
- Expert advice on a range of issues from physiotherapists
- Individual consultations available on the maternity ward with doctors referral

Nutrition

- Individual dietary counselling and support, providing dietary strategies to assist patients to better understand their nutritional needs with the aim to ensure optimal nutrition for mother and baby
- Practical dietary ideas to reduce symptoms related to pregnancy, ensuring adequate vitamins and minerals, and optimal health throughout pregnancy

- Helping new mothers get back into shape post pregnancy
- Monthly 'Introducing Solids to Babies' Seminar

Social Workers

- Provide emotional and social support along with practical information related to life changes, illnesses and treatment
- Group programs to meet specific needs

Clinical Psychologist

Specialising in Women's Health and Perinatal Care

Chaplains

Professionally trained chaplains and trained spiritual care volunteers

Please see www.sah.org.au for further information on our services.

For SAH accredited specialists contact Medical Administration on 02 9487 9400 or find a San specialist at www.sah.org.au/find-a-specialist

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