

Things to Remember When Visiting Buscot Ward

Because of the lack of space on Buscot ward, only two visitors per baby are allowed in the room at any one time. One of these visitors has to be a parent - for security reasons unsupervised visits are not possible.

Please do not try to visit the ward without a parent – security has to remain tight and staff are not allowed to admit visitors who are not supervised by a parent.

Respect the wishes of parents, who may need to spend a lot of quiet time together with their sick baby.

Respect the privacy of other parents by looking at your own baby and not at other babies on the ward.

so please make sure that outdoor clothing and bags are not taken into the ward. A family room with lockers is provided for clothes and bags when entering Buscot and you are encouraged to use these.

Hand washing is essential when entering the ward to help safeguard yours and other babies who remain so vulnerable at this time.

Information can only be given over the phone to parents. Please ask your relatives not to phone the ward.

Remember that the staff are there to help. If there's anything you don't understand: ask them or ask us.

We are always only a phone call away.

Babies in Buscot Support (BIBS) is a charitable organisation run on a volunteer basis by parents who have had children in Buscot Special Care Baby Unit (SCBU).

It exists to support parents and family of premature and sick newborn babies in the Reading area.

Our charity is devoted to:

Supporting and encouraging the parents of premature and sick newborn babies

Raising the awareness of special care babies and their needs

Fundraising to provide the latest technology and equipment for Buscot ward to ensure that every special care baby has the best start in life possible

BIBS



Babies In Buscot Support

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Registered Charity no. 297821

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Finding your way - a Babies in Buscot Support guide to special care

Finding your way



A guide to finding your way around the hospital and ward

Transport

If you do not have your own transport, or if you cannot drive because of a caesarian section, public transport is always a good option as the hospital is served by bus routes 14, 15, 41 and 42 during the day. If public transport is not practical for you, try Readibus (0118 931 0000), who will pick you up from your house and drop you at the hospital until you can make better arrangements.

Parking Permits

If you are using the hospital car parks, you need not pay while your baby is in Special Care. Ask one of the nurses for a parking permit. These are renewable weekly and, to avoid being clamped, they must be displayed at all times.

Refreshments

There's a restaurant on the hospital's ground floor, tea rooms at the main hospital entrance and another behind the maternity reception desk. There's a new mall of shops that you might find interesting too.

You'll find vending machines near the stairwells on most of the floors, and of course there's the shop near the maternity block entrance.

You'll find hot water facilities in the family room. coffee and tea are also provided.

If you are staying in the flat on the ward, please be aware that there are no kitchen facilities but that you are welcome to bring your own food for your over-night stay or to arrange for a take-away.

Public Phones

Mobile phones interfere with some of the medical equipment, so they must be *turned off completely* while you are in the hospital. You'll find public pay phones near the main entrance to the maternity block, and near the stairwells on most floors. Some of them take credit cards as well as coins. There's an additional phone in the Quiet Room on Buscot, which also accepts cards and coins.

Breast Pumps

Breast pumps for expressing breast milk can be borrowed from Buscot while your baby is on the ward. You will need to return it when your baby comes home so it's a good idea to start looking at breast pumps which are for sale or hire.

Small Nappies

Disposable nappies for low birth weight babies are available from Tesco's, Boots and Sainsbury's SavaCentre. They are all the stores' own brands and will fit babies from 4lb – 6lb. If you need smaller nappies, Redland Healthcare Ltd, on Portman Road in Reading, stock nappies in the 1 – 4lb range. They have a mail order service, or you can simply drop in. Catalogues and order forms are in the Family Room on Buscot. Also try www.babies-born.co.uk/LowBirth.html

Small Clothes

Mothercare has Tiny Baby and Early Baby ranges, starting from 3lb – 5lb. It's also worth having a look in the hospital's own maternity shop, which occasionally has small sizes available.

Heelas also carries clothes for 5lb babies, as do branches of Adams. Also try the web site www.babies-born.co.uk

Toilets

Toilets can be found on all floors, near the stairwell. Floor 6 is the only exception.

A Good Night's Sleep

All new mums and dads crave a good night's sleep. When you bring your baby home, this can be even harder to achieve. Sleep monitors, similar to the apnoea monitors used in the hospital, are now readily available from Boots, Mothercare and other large retailers. These monitors make no medical claims and they are significantly more expensive than sound monitors, but they may help you find that extra peace of mind you need to get a decent sleep.

Oxygen Deliveries

For babies coming home on oxygen, collecting the cylinders can be tricky. Some chemists may deliver and collect them for you.

Useful Reading

If you would like to learn more about Special Care, here are some books that our mums and dads have found helpful

“Your Premature Baby” by Nikki Bradford ISBN 0-7112-1614-2

“Baby Watching” by Desmond Morris ISBN 0-224-06011-2

“What To Expect In The First Year” by Eisenberg, Murkhoff and Hathaway ISBN 0-684-81788-8

Alternatively, we run our BIBS library – just ask!