

H.C.U.V. Arrixaca



WELCOME

TO THE
HOSPITAL CLÍNICO UNIVERSITARIO
VIRGEN DE LA ARRIXACA
POSTNATAL UNIT



This information is intended to guide and help you in your child's birth.
If you are concerned about anything during your stay, PLEASE ask for clarification of doubts. If your family requires any medical information, please contact (before 9 a.m.) the Unit nursing station.

ALL THE STAFF ARE AT YOUR SERVICE.

WE GUARANTEE YOU WILL BE GIVEN THE HEALTH CARE AND TREATMENT YOU NEED DURING YOUR STAY.

This and more information about childbirth at La

Arrixaca is available on the website
www.murciasalud.es/partonormal



UNIÓN EUROPEA
FONDO DE ASILO,
MIGRACIÓN E
INTEGRACIÓN
Por una Europa plural



GOBIERNO
DE ESPAÑA

MINISTERIO
DE EMPLEO
Y SEGURIDAD SOCIAL

SECRETARÍA GENERAL
DE INMIGRACIÓN Y
EMIGRACIÓN

DIRECCIÓN GENERAL DE
MIGRACIONES



WHEN ADMITTED TO THE WARD, THE NURSE WILL DO THE FOLLOWING TO YOUR NEWBORN:

- Umbilical cord prophylaxis: We will clean the baby's cord stump with an antiseptic.
- Eye prophylaxis: We will clean the baby's eyes to prevent infections. Erythromycin, an antibiotic ointment, will also be applied.
- Haemorrhagic prophylaxis: Babies are born with little vitamin K, so they are at risk of bleeding. That is why we give them a vitamin K injection to prevent haemorrhagic disease of the newborn.
- Anthropometry: We will check the baby's weight and height, and the circumferences of his/her skull and chest.
- Temperature Control.



FEEDING YOUR NEWBORN:



- Breastfeeding is recommended.
- Frequent sucking stimulates milk production. During the first two days the baby hardly needs to feed, and usually falls asleep when put to the breast.
- Breastfeeding is on demand: whenever the baby wants and however long it wants. Each newborn has a different rhythm.
- Frequent sucking often helps the breasts produce more milk.
- The milk will flow increase with the days. Your milk will come in 48 to 72 hours after delivery.
- Milk production and the frequency of feeds will be progressively regulated. Breastfeeding is recommended.

NEWBORN PECULIARITIES THAT PARENTS SHOULD KNOW



There are a series of normal events the first few days of life, which may draw the attention of parents and even be a source of anxiety and concern if unknown.

- **URINE:** The first urine should appear during the first 24 hours. We may see in the baby's nappy a reddish stain due to the normal concentration of urate crystals.
- **STOOLS:** The first bowel movement (meconium) must occur during the first 48 hours. The colour is dark green, almost black. Over the following days it will change colour, consistency and frequency.
- **WEIGHT:** Weight loss is normal the first few days. A loss of between 7% and 10% of the weight at birth is considered normal (up to about 300 g in a baby weighing 3 kg).
- **COLOUR AND SKIN:** After the first 2 hours of life, it is normal for newborns to have a more pinkish or reddish colour. It is common that their hands and feet are cold and bluish. On the second or third day, reddish rashes often appear.
- **UMBILICAL CORD:** It falls off after 5 or 10 days. It must be kept clean and dry. It may be washed, but after, 70% alcohol should be applied to remove the water and let it dry. Do not cover with a gauze.
- **REST/SLEEP:** It is advisable to lay your baby to sleep on his/her back. He/she spends most of his/her time sleeping, waking up when hungry or feeling any discomfort. The first few nights he/she may be more uncomfortable, because the silence and the position in the cot are unfamiliar to him/her.
- **BODY HEAT REGULATION:** The normal body temperature of a newborn varies between 36.5°C and 37.5°C. Hypothermia occurs when the body temperature falls below 36°C. Hyperthermia is defined as the increase in body temperature above 38°C.

SOME TESTS WE DO TO YOUR BABY DURING YOUR STAY

•METABOLIC TESTS:

Some diseases leave permanent mental retardation if not treated before symptoms occur.

Hypothyroidism (idiotcy) and phenylketonuria (cretinism) have been eradicated with these tests. We make a urine and blood analysis (the heel prick test) during the first week of the baby's life. These tests are also used to detect other diseases before they appear.



•HEARING TEST:

This is a test to detect hearing problems and deafness, and are made before discharge, from Monday to Friday. In the case of holidays and weekends, if it is not performed before discharge, you will be given an information sheet to make an appointment.

