



Maternity Information Sheet

Pre-booking

Moms-to-be: please book at the hospital reception when you are approximately thirty weeks pregnant. Your treating doctor will provide you with the necessary documents. This service ensures prompt and efficient entry into the hospital on the day of your delivery.

What to bring to Hospital

For the Mother's Care:

Please bring the following items for your stay with us. Where possible, please leave valuables at home.

- Nighties
- Underwear
- Dressing gown
- Slippers
- Toiletries
- 2 Packs Dr Whites Polyshield Maternity Pads/Carriwell
- Clothes for going home
- Cell phone charger and adaptor

For the Baby's Care:

Please bring the following items for your baby's care while in the maternity unit.

- Disposable nappies (24)
- Surgical spirits (100ml)
- Baby shampoo
- 4 Baby blankets/shawls
- 4 Sets of baby clothes
- Baby powder
- Baby oil
- Bum cream
- Cotton wool
- Baby soap
- Wet wipes
- 1 Baby bottle and formula

Visiting times

11:00 – 11:30 15:00 – 16:00 19:00 – 20:00

Fathers are encouraged to be present throughout the birth of their children and their presence is not restricted to visiting hours during the day.

Regrettably, no children under 12 years of age may visit the maternity unit.

However Special permission may be granted for siblings.

Upon being discharged from KPH, the mother will be issued with (the) Notification of Birth document and Road-to-Health card.

Please register your baby within seven days at the Department of Home Affairs as well as with your medical aid.

KPH will walk this exciting road to parenthood with you and assist you each step of the way. We strive to ensure that our new moms leave us happy and confident.

Important Information to all Pregnant Mothers

Please COME IN TO THE HOSPITAL:

- If you have vaginal bleeding
- If you have decreased or excessive foetal movements
- If you have a “show” (mucous discharge) with labour pains
- If your water breaks
- If you have regular contractions and lower backache

