



Epworth

Epworth Freemasons

# Your Epworth Maternity *experience* awaits





In that  
*moment*  
that you discover  
you're pregnant,  
your whole  
world shifts.



The dedicated team at Epworth Freemasons is here to support and guide you through this incredible journey.

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## The Epworth difference

Our professional team had the privilege of welcoming over 2,500 babies into the world last year and is committed to a supportive and caring environment for you and your family to enjoy.

Purpose built facilities, state of the art equipment and a highly trained team is behind our commitment to world's best practice in maternity care, and is second to none.

Our recently refurbished and spacious birth suites provide the latest in technology, blended discreetly into the décor of the room to create a safe, yet harmonious environment.

For that extra measure of safety, our birthing suites are located in close proximity of fully-equipped operating theatres. We also have an Intensive Care Unit (ICU) within our Albert Street building and Special Care Nursery, if required.





We take care  
of the big things,  
so you can focus  
on the *tiny* ones



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## Private room guarantee

We know how important those early days with your newborn are.

Getting to know each other, surrounded by the support and privacy that you need. Our maternity accommodation has been designed to deliver you a premium experience. Your private room is complete with ensuite, television, telephone and free wi-fi during your stay.

Your partner or support person is more than welcome to stay with you in hospital to provide support, bond with your baby and learn all about their new role. All of our maternity suites can cater for partners with double bed or sofa bed options available.

Your baby will also stay with you in the comfort of your room, unless they need to be admitted to our Special Care Nursery. Having them with you helps promote bonding and gives you the time to get to know their cues and needs.

## Postnatal care

We have postnatal wards within our Victoria Parade and Albert Street campuses, delivering the same level of Epworth care and experience that we are renowned for. Our midwives are here to support you in your recovery and to help with early parenting skills including

feeding, settling, swaddling, nappy changing and bathing.

Midwives carry portable phones so that you can reach them for support or advice, any time of the day or night. Maternity rooms are also equipped with a call bell.

We have breast pumps available and our lactation consultants are here to answer any questions and support your feeding choice. Our experienced lactation consultants are available to help with breastfeeding questions, issues and information. They can also organise a follow-up consultation with you, if you need more support after you go home.

During your stay, a women's health physiotherapist will visit your room to provide tips and guidance for post birth recovery.

## In room settling

Our team of midwives provide individual settling in patient rooms overnight and are always available to offer advice and education throughout your stay.

Rooming in aids in mother-baby bonding, increased confidence in caring for the baby and the ability to recognize early feeding cues which in turn promotes and supports breastfeeding.

Staff are dedicated to providing in room settling, advice and education to the patients throughout their stay.





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## Special Care Nursery

Newborns needing additional medical support are cared for in our Special Care Nursery. Our level 4 nursery is capable of caring from premature babies that are born from 32 weeks onward. Our specialist team is trained to provide the highest level of clinical and emotional support during your baby's stay and often care for multiple births and babies who require complex care. We have CPAPs and high-flow oxygen available, if required.

## A La Carte dining

We are proud of our sumptuous maternity menu, which is designed to reflect the seasons. Our qualified chefs are based on-site to ensure meals are prepared to the highest standard and partners are welcome to order. It has an emphasis on healthy and nutritional dishes and we pride ourselves on sourcing Australian products to ensure that our meals are of the highest standard. We cater for a range of special dietary requirements including vegetarian, intolerances, allergies and religious restrictions.

Partners don't miss out either, with complimentary breakfast if you stay overnight with us and a wide-range of meals to choose from.



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When you choose Epworth Freemasons, you're choosing a team of trusted experts who are with you every step of the way.

Just one number will put you in touch with the expert you need, to answer your questions and support you on this incredible journey.

**03 9418 8300**



### Maternity Concierge (option 1)

Experience a truly personal approach with one on one phone calls, tailored information packs and everything you need to know about having an Epworth baby. We know every family is unique, but each one shares a desire to give their baby the best start in life. We are here to help that happen.

From the moment you think about having a baby, through to the day you arrive to meet your little one, your Maternity Concierge is here to help with no question too big or too small.



### Pre admissions midwife (option 3)

During your pregnancy, we know how important it is to take care of your physical and mental wellbeing. That's why Epworth Maternity has a dedicated midwife who you can speak directly with regarding any concerns you may have.

In addition to your regular obstetric appointments, our midwife is also available for personal consultations which you may find helpful if you have concerns or something else that you may not feel comfortable discussing in a class setting.



## Share each precious milestone with those you love.

Epworth Maternity milestone cards are in each welcome to the world box, to capture each precious stage with your bundle of joy.

### Epworth x Park Hyatt Melbourne

We are proud to partner with Park Hyatt Melbourne to offer our maternity families the opportunity to enjoy a five-star transition from hospital to home. This experience is subject to availability, clearance from your doctor and private health insurance coverage.



Scan this QR code to discover what awaits our eligible families at [Park Hyatt Melbourne](#).

### Welcome to the World box

Every baby born at Epworth receives an exclusive 'Welcome to the World' giftbox, with a selection of beautiful gifts for you and your baby to enjoy. Packed with love by Epworth volunteers, each baby receives:

- > A Purebaby growsuit, designed exclusively for Epworth Babies
- > Franjo's lactation cookies
- > Marquise hypoallergenic nappies and wipes
- > Epworth paediatrician-approved milestone cards
- > PLUS limited edition gifts from local suppliers



What's inside the box? Scan this QR code to see the beautiful gifts waiting for you and your baby.



They say that babies don't come with a handbook,  
but this might just be the next best thing!

Written by your Epworth Maternity team it covers everything you need to know about your pregnancy, baby's development, preparing for hospital, your baby's birth and newborn care.

We also know how important it is to look after yourself as well as your little one, so there's plenty of information about your physical and mental wellbeing.



Get your free copy of *Bump, Birth & Bub* by Epworth Maternity by calling our Maternity Concierge on 03 9418 8300 or use this QR code to request a book online.

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## Comprehensive education options

Our comprehensive suite of education classes have been designed by our midwives who have decades of experience behind them. Each class is specifically tailored to your Epworth experience, guiding you through the birth of your new baby and early parenting.

Classes cover topics including your pregnancy, labour and birth, breastfeeding, early parenting, baby settling, Caesarean sections, partner support and your wellbeing. We also offer information and support for grandparents and families expecting twins.



Scan this QR code with your mobile to learn more about our [childbirth education programs](#).

Nearly every image you see in this booklet features an Epworth Maternity family. Ask our Maternity Concierge about capturing your newborn with our preferred photographer, or visit [www.bellafresh48.com](http://www.bellafresh48.com)

## Early discharge

If you would prefer to continue your recovery at home, we're also here to support you there. Early discharge packages are available, if you would like to go home earlier than planned. This is subject to meeting hospital criteria, and clearance from your doctor for you and your baby.

## Hypnobirthing

Our popular Hypnobirthing classes are available to all Epworth Freemasons patients and places are strictly limited to ensure the best experience and space to learn. Find out more about what's involved and the benefits that many experience here.

Discover what Hypnobirthing is and how it might support your birth experience



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## Breastfeeding support

If you choose to breastfeed your baby, rest assured that our Lactation Consultants are available to help with a personal consultation. We understand how challenging it can be in those early days but our team can help you with breastfeeding throughout your stay, and beyond.

They can help with issues including:

- > Understanding baby cues
- > Positioning and attachment
- > Over or under supply
- > Mastitis
- > Feeding twins

Whether you are an Epworth patient that has gone home, or birthed elsewhere within the last 6 months you are welcome to book in with one of our consultants. For Epworth Maternity patients, your first clinic appointment is complimentary.



Scan this QR code  
to learn more.

Book your  
appointment:  
**03 9418 8310**



# How to have an Epworth baby

We are here to make your Epworth Maternity journey as easy and exciting as possible. We encourage you to book with your maternity service as early as you can, to ensure that you can secure the obstetrician of your choice.

We pride ourselves on having some of the most sought-after doctors in their field, who will form a part of your care team.

You might have family or friends who've recommended an obstetrician and are now researching hospitals, or you might already know that Epworth is the right choice for you, but you haven't yet chosen a doctor.

## I have an obstetrician in mind

That's great. Once you have confirmed your pregnancy with your GP, just ask for a referral to your doctor of choice. When you attend your first appointment, all you need to do is advise your obstetrician that you would like to book in at Epworth. They will organise this for you, in conjunction with our teams. Alternatively, we can send you the necessary forms you need to secure your booking.

## I want to have an Epworth baby, but don't have an obstetrician yet

We can certainly help you find the right Epworth accredited specialist for you.



Scan this QR code to find a list of doctors who work with us

Feel free to call their rooms and their friendly practice staff will be able to answer any of your questions regarding their care or fees. Once you have decided on a doctor, you will then need a referral from your GP and your obstetrician.

## Baby steps checklist

- Call our Maternity Concierge to discuss your options.
- Select an Epworth obstetrician.
- Confirm pregnancy with GP and request a referral to your chosen obstetrician.
- Contact the Epworth obstetrician's room to make your first appointment.
- Complete all of the required Epworth maternity booking forms online via the Patient Portal.
- Select Epworth education classes and book your place.
- Connect with other Epworth parents via our socials:



Epworth Maternity  
Facebook Group



Epworth  
on Facebook



Instagram @  
Epworthbabies

# mobile midwife

Find plenty of information and tips, direct from the maternity ward to you, on our **Mobile Midwife** page. Bursting with information, Mobile Midwife is here with tips on pregnancy, post birth recovery and how to care for your baby.



Scan this QR code with your mobile  
to visit our Mobile Midwife page.

Join the Epworth maternity community, before you join us!

Keep up with the latest in maternity news and  
connect with thousands of current and past families:

 [Facebook.com/groups/epworthmaternity](https://www.facebook.com/groups/epworthmaternity)

 [Instagram.com/epworthbabies/](https://www.instagram.com/epworthbabies/)





Epworth

epworth.org.au

## Contact Us

### Epworth Freemasons

Level 2, 320 Victoria Parade  
East Melbourne Victoria 3002

109 Albert Street

East Melbourne Victoria 3002

Phone 03 9418 8333

Fax 03 9418 8163

### Maternity Concierge

Phone 03 9418 8300

