

Guy's and St Thomas'



NHS Foundation Trust

The Antenatal Day Unit at St Thomas' Hospital

Information for women



showing
we **care**

Welcome to the Antenatal Day Unit (ADU)

The ADU provides emergency and follow-up antenatal (pregnancy) care for women over 18 weeks pregnant. It also provides emergency care for women with postnatal problems (for example raised blood pressure, wound infection or heavy vaginal bleeding) up to four weeks after birth.

We monitor the well-being of you and your baby on an outpatient basis to avoid unnecessary stays in the hospital.

The ADU is led by midwives, with support from obstetricians (specialist pregnancy and childbirth doctors) if needed. You should call your community midwife, the ADU or the Maternity Helpline before arrival to ensure your visit is necessary (see contact details on the back of this leaflet).

The ADU is a walk-in department. Women are seen in order of priority. Women may arrive after you but get seen before you if their clinical need is greater than yours. In some situations, you may have to wait up to four hours before we can see you. If your symptoms change while you are waiting, please tell a member of staff.

Reasons for attending the ADU

You should attend the ADU if:

- your baby is less active than usual
- your blood pressure is raised or there is protein in your urine (the midwife or GP will spot this)

- you are having severe itching during pregnancy
you think your waters may have broken
you have an urgent problem such as vaginal bleeding or abdominal pain
- you are having labour pain (contractions).

When NOT to attend the ADU

Please do **not** attend the ADU:

- for routine antenatal check-ups, missed appointments with your midwife/doctor, or for a membrane sweep
- if you have been in contact with flu, rubella or chicken pox (please call your GP or the ADU before you come)
- if you are less than 18 weeks pregnant (please attend the Early Pregnancy and Acute Gynaecology Unit – EPAGU – 8th floor, North Wing, St Thomas' Hospital).

Who can refer you?

You may be referred to the ADU by your midwife, obstetrician or GP, or by the scanning department. It is also possible to refer yourself to the ADU.

What to bring with you

Always bring your maternity notes and your own medication, in case you need to be admitted to hospital.

Bring something to do or read, in case you need to wait to see a midwife/doctor or for blood/urine results.

Who can accompany you?

You can bring **one** person at a time with you; the space in the ADU is limited and the clinical situations may be sensitive.

Only your own children are allowed to accompany you. If it is necessary to bring a child with you, try to bring another adult to look after them while you are seen. If possible, please arrange for someone to mind the child on the ground floor, where there are coffee shops and other amenities.

Other information

You will always be seen by a midwife; the midwife will refer you to an obstetrician if necessary.

The midwife will:

- take a history
- perform an antenatal or postnatal check
- perform vital observations
- monitor your baby's heart beat if appropriate
- take blood/urine samples if required.

The midwife will advise you if it is necessary to wait for the blood test results. If so, the results can take between one and three hours to be analysed.

The length of your stay will vary depending on the assessment required. You should allow between one and four hours.

How to find us

Turn right at the main Reception and go the lifts near AMT coffee shop. Take the lift to the 7th floor and follow signs to Antenatal Day Unit.

Please sign in at the front reception then take a seat in the waiting area.

Opening hours

8am-8pm every day (closed Christmas Day)
If the ADU is closed, please attend the Hospital Birth Centre (also on the 7th floor, North Wing)

**Wifi is available: WifiSPARK
HotSpot (open)**

Contact us

Maternity Helpline: 020 7188 8760
(Monday to Friday 10am-6pm). Call for advice, blood test results or any pregnancy related concerns.

ADU: 020 7188 1722 / 1723

Delivery suites:

Hospital Birth Centre: 020 7188 2973

Home from Home: 020 7188 2966

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.gstt.nhs.uk/leaflets

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815

e: languagesupport@gstt.nhs.uk

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