

NICU

ROYAL COLUMBIAN HOSPITAL

ADDRESS: 330 E Columbia St

New Westminster BC V3L 3W7

TELEPHONE: 604-520-4578

WEBSITE: www.fraserhealth.ca

VIDEO TOUR: Scan the QR code with your smartphone camera



At RCH NICU we believe parents are essential members of their baby's care team. We welcome you as partners in your baby's care, and value your needs, preferences and cultural beliefs.

RCH NICU babies born at any gestation
We are located on the 2nd floor of the hospital, in the Health Care Center.

Parking

Pay parking is available in parking lots around the hospital and on the street. There is limited parking in the surrounding neighborhood, please see restrictions posted.

Extended parking passes are available for certain parking lots. The NICU Social Worker can provide more information on extended parking options.

Getting Here

k#=#
0 0 0
7

<https://www.translink.ca/>



ROYAL COLUMBIAN HOSPITAL

Places to Rest or Stay

There is a family room on the unit, with a TV and fridge for shared use.

The NICU Social Worker can assist families in finding other accommodation options nearby the hospital.

Parents & Visitors

If infection control measures are in effect, visiting may be restricted.

Parents are welcome in the NICU anytime.

We ask all parents and visitors to:

- wash their hands up to their elbows before entering the NICU
- complete the visitor health screening form each day they visit

Visitors:

- under 12 years old are limited to siblings
- are limited to 2 people per baby at a time (including parents).

Parents can identify family and friends that can visit when they are not present. Ask your baby's nurse how.

Places to Eat

In the Health Care Center you will find the:

- Hospital Cafeteria - basement level
- Tim Horton's - basement level
- Hospital Gift Shop - main floor

There are many options within walking distance of the hospital, some options include:

- Save-on-foods
- Take Five and Starbucks
- Subway, Freshii's and Browns Social House

Health Care Team Members:

- ✓ RESPIRATORY THERAPISTS
- ✓ SOCIAL WORKERS
- ✓ PHYSIOTHERAPISTS
- ✓ OCCUPATIONAL THERAPISTS
- ✓ DIETITIANS
- ✓ SPIRITUALCARE
- ✓ LACTATION CONSULTANTS

Routines

Parents are not considered visitors in the NICU. You are part of your baby's care team and we hope you will spend as much time as possible with your baby.

Your baby's nurse can show you all the ways you can provide care for your baby. This may include holding your baby skin-to-skin, changing their diaper, taking their temperature, taking part in daily rounds and more.



Breastfeeding Support

Please discuss your feeding goals with your baby's health care team. We are here to support you and your baby to meet your feeding goals.

Your baby's nurse will help you get started with hand expression and pumping. We have electric breast pumps and pump kits for use when you are in the NICU and will give you storage containers for pumping at home. We also have Lactation Consultants to help with your breastfeeding goals if needed.

Support for Families

The following support and resources are available for you and your family:

- CLASSES FOR FAMILIES
- COUNSELLING SERVICES
- TRANSLATION SERVICES

Amenities

There is a family lounge with a fridge and TV, a pump room, and a chapel.

Notes:

