



Interior Health

# NICU

ROYAL INLAND HOSPITAL

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Our NICU is an eight bed unit on the third floor of the main hospital building.  
We provide care for babies born at 30 weeks and above.

## Parking

Our hospital parking is located in the Clinical Services Building in front of the main hospital. You can pay for parking at a pay station located on each level of the parkade. You can buy hourly, daily, weekly, or monthly parking passes. After you have paid for parking you will have unlimited in and out access to the lot for the time period on your pass. You can access the NICU in the main hospital, from level 2 the parkade and through the breezeway.

## Getting Here

The hospital is located in downtown Kamloops, with bus access on site.

## Places to Eat

The cafeteria is located on the first floor of the main hospital and is open Monday to Friday 7:45am to 6 pm, Saturday and Sunday 11 am to 1 pm and 4 pm to 6 pm. The cafeteria accepts cash, debit, and credit.

Sacred Grounds is a coffee shop which serves coffee, pastries, sandwiches, and salads. There is also a Starbucks across the street from the hospital, and an Ahh YAY cafe in the front of the hospital.

## Visitors

The NICU at RIH are open to visitors 24/7. Siblings are able to come into the NICU after a sibling (health screening) questionnaire is filled out. Other visitors may come to the bedside with a parent or guardian, but due to limited space in the NICU, only two people, including the parent or guardian are allowed at the bedside at any given time.

## Places to Rest or Stay

The unit social worker will see each family transferred from another facility to assess your and your family needs. Hotels are readily available across the street from the hospital, for out of town families.

## Health Care Team Members:

In addition to Nurses and Pediatricians, you and your baby may be supported by other care providers, including:

- RESPIRATORY THERAPISTS
- SOCIAL WORKERS
- DIETICIANS
- LACTATION CONSULTANTS
- SPIRITUAL WORKERS



### Routines

Families are encouraged to provide care to their babies. Rounds happen each day at approximately 9:30 am and change of nursing shifts is at 7:30 am and 7:30 pm.

Parents are encouraged to do skin-to-skin as well as all other direct care of their babies.



### Breastfeeding Support

Mom's have access to breast pumps and kits. There is a fridge and a freezer for storage of breast milk. Upon arrival, parents are given information on safe transportation and storage of breast milk. Nurses provide individualized care and support to moms that are breast feeding and pumping.

### Amenities

Our NICU has a feeding room, equipped with a TV, DVD player and some toys for older siblings. Mom's can pump in this room, or at the baby's bedside.

### Support for families

You, your baby and family, if needed, will be supported by:

- INDIGENOUS HEALTH
- TRANSLATION SERVICES
- COUNSELLING SERVICES

### Notes:

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