

NICU

ABBOTSFORD REGIONAL HOSPITAL

ADDRESS: 32900 Marshall Rd | Abbotsford, BC V2S 0C2

TELEPHONE: (604) 851-4700

WEBSITE: www.fraserhealth.ca



At ARH 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.

At ARH NICU we provide care to babies that are 32 weeks and older.
We are located on the 4th floor of the hospital.

Parking

Pay parking is available on site. Parking meters are at the front door of the hospital. The Pay-By-Phone lot code is - 1525.

A bus stop is located in front of the hospital on Marshall Road.

The NICU Social Worker can provide more information about parking pass options.

Places to Rest or Stay

We have two care-by-parent rooms in the NICU that are available on a first come first serve basis. The NICU Patient Care Coordinator can provide you with more information on availability of the the care-by-parent rooms.

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

On the main floor you will find:

- **Artichokes Café:**
Open M-F, 6:30am - 7pm
Weekends & holidays, 8am - 6pm
- **Starbucks:**
Open M-F, 6:30am - 8pm
Weekends, 7am - 5pm.
- **Pharmasave & Hospital Gift Shop**
See posted hours

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**
- ✓ **PHYSIOTHERAPISTS**
- ✓ **OCCUPATIONAL THERAPISTS**
- ✓ **DIETITIANS**
- ✓ **SPIRITUAL CARE**
- ✓ **CHILD LIFE SPECIALIST** (can help with other children while you are visiting your baby)

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.



Amenities

There is a family lounge in the NICU with a couch, coffee maker, TV and microwave. There is also a bathroom with a shower you are welcome to use.

We also have a quiet room with some toys, siblings are welcome to play in there under adult supervision.

Our Child Life Specialist can help with activities or play time for siblings while you are visiting. Please ask your baby's care team for more information.

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.

Support for Families

Additional resources for families:

- ✓ CLASSES FOR FAMILIES
- ✓ TRANSLATION SERVICES
- ✓ HOSPITAL VOLUNTEERS

Notes:

