

# NICU

## BURNABY HOSPITAL

**ADDRESS:** Burnaby Hospital | 3935 Kincaid St Burnaby, V5G 2X6

**TELEPHONE:** 604 412 6330

**WEBSITE:** [www.fraserhealth.ca](http://www.fraserhealth.ca)

**VIDEO TOUR:** Scan the QR code with your smartphone camera



At BH 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 BH we provide care to babies that are 32 weeks and older. We are located on the 1st floor of the hospital within the Maternity Unit .

### Parking

Pay parking is available in the hospital parkade. To pay for parking you can download the HangTag parking app on your phone or pay at the stations in the parkade.

There is some parking in the surrounding neighbourhoods. Please see restrictions posted.

### Places to Rest or Stay

We have two care-by-parent room where parents can stay to be close to their baby. The Patient Care Coordinator can assist with these requests pending availability.

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

### Getting Here

BH is located near the Gilmore Sky-train Station and on bus routes.

There is a shuttle from Gilmore Station to the hospital M-F from 5:40am to 8:30pm. The pick-up/drop-off locations are located on Gilmore Ave near the station and outside the main hospital entrance on level 1.

For more information on planning your trip via public transit please visit:

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

### 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
- ✓ DIETITIANS
- ✓ SPIRITUAL CARE

### 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.

## 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.

## Places to Eat

On the 3rd floor you will find:

- Cafeteria
- Tim Horton's

## Amenities

There is a shared family room on Maternity with a fridge, microwave, bathroom and shower that families are welcome to use.

## Notes:

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## NICU Level 1

