



How you want to be treated.

# NICU

## ST. PAUL'S HOSPITAL

ADDRESS: 1081 BURRARD STREET

VANCOUVER, BC V6Z 1Y6

TELEPHONE: 604-682-2344 LOCAL 62397



St. Paul's NICU is 9 bed NICU that cares for babies who are 32 weeks gestation and older. Your baby will be cared for by an interdisciplinary team that strive to provide family centered care. The Neonatal Intensive Care Unit is located in the Maternity Centre, on the third floor of the Providence Building.

### Parking

St. Paul's Hospital has an underground parking lot, as well as a small opentair lot off Thurlow and Comox streets. Please note that these lots are often full. Disabled parking places are reserved in the underground parking lot near each bank of elevators. Park in the green or blue coloured stalls. Remember your parking stall number. Pay for parking at any of the parking meters in the lot, follow the instructions in the parking meter screen. You do not have to display the ticket in your car. The parkade is open and patrolled 24 hours, 7 days a week. The gate opens at 5:30am, closes at 6:00pm. After 6:00pm, vehicles must pass the magnetic loop to gain entry while parkers on foot must access the parkade through the door beside the gate. There are several parking lots and metered parking stalls along Burrard Street within walking distance of the hospital. You can talk to the unit social worker if you need help with parking.

#### Dropping-off or Picking-up

Temporary parking is available at the Comox Street entrance and on Burrard Street for dropping off or picking up.

### Getting Here

Transit:

- #1 Burrardt Station/Beach
- #2 Macdonald – 16th Avenue/ Burrard Station
- #22 Knight/Macdonald
- #44 UBC/Downtown

For more information on public transit options, visit Translink: <https://new.translink.ca/>



### Visitors

The number of people welcomed at the bedside will be determined with the parents to meet the needs of the infant, family and NICU. All visitors must be accompanied by a parent of the baby.

- The baby's brothers and sisters are the only children allowed into the nursery.
- Visitors are not to come into the NICU if they have a fever, or symptoms of an acute illness. These include cold, cough, flu, diarrhea, vomiting, earaches, rashes or a cold sore. Exposure to any communicable disease also means you should not visit the NICU.

### Places to Eat

Crest Club Cafeteria is located on the 4th floor of the Providence building. It serves hot entrees, soup, sandwiches, delibar, salad bar, beverages, and a variety of desserts and other treats. The cafeteria is open Monday to Friday from 6.30 am to 7:30 pm and on weekends from 7 am to 7:30 pm. Temptations Coffee Bar located in the main entrance of the Burrard Building, specializes in gourmet coffees, sandwiches and baked goods. It is open Monday to Friday from 6:45 am to 4 pm. There is a small gift shop located in the main level where you can buy snacks. There are also various restaurants a few steps from St. Paul's Hospital along Davie Street.

### Places to Rest or Stay

We understand that this can be a stressful time and there are many things to coordinate in your personal life, in order to make this trip go as smoothly and comfortably as possible. We have created a document listing accommodation within a short drive or walk of our hospital. Please ask the nurse or social worker at St Paul's Hospital for this information.



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### Routines

We encourage parents to stay and help care for their babies. Parents are partners in care and have access to their baby 24 hours a day.



### Amenities

1. Maternity - NICU Lounge is a central space where parents meet their visitors, eat and watch TV.
2. Breast Pumping Room is available to parents if they need a quiet space to pump.
3. Varshney Lounge is a place we encourage parents to stay in between feeds and rest. There are 2 pull out chairs, kitchen sink and a washroom.
4. Ronald McDonald Family Room is available for the family to stay overnight before discharge, and take care of their infant.
5. Small Kitchen in Maternity Unit is available. Parents are welcome to bring food. There is a refrigerator to store food.

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### Breastfeeding Support

Breast Pump, kits and supplies are available to parents. Mothers can pump at the bedside and will be provide a privacy screen. There is a central fridge and freezer where to store expressed breastmilk. Inside the fridge are designated patient bins to store each baby's milk.

### Support for families

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

- TRANSLATION SERVICES
- INDIGENOUS HEALTH
- HOSPITAL VOLUNTEERS

### 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
- SPIRITUAL CARE
- DIETITIANS
- PATIENT/FAMILY LIAISONS

