



Your First 24-48 Hours in the NICU

What You Should Know

Welcome!

This is where I am

Zone:

A B C

Room # _____



201507654

Neonatal Intensive Care Unit
600 University Avenue, 7th Floor
Toronto, Ontario, Canada M5G 1X5



The Power of Partnership
Perinatal Parents Association
Empowering Patients and Families to Make a Difference



Helpful Information

- As parents, you are encouraged to be with your baby and meet your health-care team. Please let your nurse know if you require help.
- The NICU is a nail polish and fragrance free environment. We encourage you to keep your hands clean and remove jewelry (rings, watches, and bracelets) when in contact with your baby.
- Communication is important to us. Please ask questions/share concerns with the health-care team.
- Please ask your nurse about pumping and providing milk for your baby.
- Your health is very important. Please remember to eat, drink and sleep so that you stay healthy.
- There is support available for you – Social Work, Nurses and Parent Programs. Please ask your health-care provider for more information.

Please ask your baby's nurse for the 'My Baby and Me' binder which includes helpful parent information.

Topics include: Having a baby in the NICU, feeding your baby, places to eat, accommodation.



Important Phone Numbers

NICU Main: 416-586-4800 ext. 5321

Social Work: 416-586-4800 ext. 5201

Lactation Consultant: 416-586-4800 ext. 6373

Parent Resource Nurse: 416-586-4800 ext. 5338

Other Information

Pump Room: Room open 24/7 (see map) Code:5321

Parent Program: Tuesday 6:30 to 8 p.m. *NICU Classroom* (see map)

Breastfeeding Support Group: Thursday 1 to 2 p.m. *Education Classroom, Room 17-029* (see map)

Breast Pumps and Kits: Sterile pump kits are available for through PNAC 17th Floor Room 203, Monday to Sunday 9 a.m. to 4:30 p.m. Please speak to your nurse or lactation consultant about breast pumps or if you have any other questions.

Cafeteria: Monday to Friday 6:30 a.m. to 8:30 p.m. 2nd Floor

Parking: Located on Murray Street across the Hospital. Street parking is also available. Read posted street signs for details.

Pharmacy: Located on the main floor of the hospital. Monday to Friday 8 a.m. to 8 p.m. Saturday 10 a.m. to 6 p.m. Sunday 11 a.m. to 6 p.m.

Parents are encouraged to be with their baby anytime 24/7. Visitors 16 years or older (two years or older if a sibling) are welcome, but must be accompanied by a parent with a baby in the NICU.

Electronic Devices: Welcome in the patient rooms but not used in baby space. All phone calls must be made outside the NICU or Family Room (Zone C) see map.