



What to expect during your stay in hospital

Breastfeeding

The lactation consultant and midwives will help support your breastfeeding journey. It is important to feed or express regularly to help build and maintain milk supply.

Weight loss

It is common for babies to lose up to 10% of their birthweight initially. They will regain their birthweight within the first 2 weeks. A feeding plan will be discussed with you if your baby has lost more than 10% or continues to lose weight and is showing signs of dehydration.

Jaundice

Jaundice (yellow skin) is common in newborn babies. The jaundice level will be checked regularly during your stay. If the level is high, it will be confirmed with a blood test and baby will be treated with phototherapy (ultraviolet light).

Admission to Special Care Nursery (SCN)

Your baby may be admitted to SCN for a medical reason such as prematurity (born before 37 weeks), low birth weight (< 2.5 kg), low blood sugar, blood sugar monitoring due to gestational diabetes, suspected infection or if your baby required resuscitation at birth and requires monitoring or ongoing support.

Newborn screening test (NST)

All newborns will be offered this test at 36 hours to screen for conditions such as cystic fibrosis, adrenal insufficiency, underactive thyroid and rare metabolic diseases.

The Victorian Infant Hearing Screening Program (VIHSP)

The program evaluates the hearing of newborns shortly after birth. Detecting hearing issues early significantly enhances outcomes for infants with hearing loss. The screening procedure is conducted by trained hearing screeners and is performed at your bedside while the baby is asleep (in the hospital) or during an outpatient visit (if you missed the screening due to early discharge).