

## Primary Maternity Units

These units provide a home away from home environment and are a good option for women with uncomplicated pregnancies. Like home birth, women who choose a Primary Maternity Unit are more likely to have a normal birth and are less likely to require medical interventions.

Your care in labour and birth will be from your LMC midwife, supported by the maternity unit staff. You are entitled to up to 48 hours of postnatal care following birth and will receive care from the maternity unit staff during your stay. If you develop a complication during labour or after you have your baby, you will transfer to one of the base hospitals for medical care. Staff are well trained to assist with establishing breastfeeding and to deal with complications and transfers to base hospital.

Use the links provided for each Primary Maternity Unit to find out more and visit: <https://www.southernhealth.nz/publications/maternity-quality-and-safety-annual-report-2017> to look at outcomes for each unit.

## Home

Home birth is a safe choice for many women. Women who have home births use less pain relief and are more likely to have a normal vaginal birth than women who give birth in hospital. If you want to know more about this choice talk to your midwife and/or doctor. You can find out more on the Home Birth Aotearoa website.

At a home birth your midwife will have another midwife there to support you and her during and after the birth. Your midwife will stay with you for at least 2 hours after the birth. Postnatal care at a Primary Maternity Unit is also an option.



**Oamaru Maternity**  
*Serving the Waitaki community*

Two birth rooms and three postnatal rooms.

[www.oamaruhospital.co.nz/services](http://www.oamaruhospital.co.nz/services)



**Balclutha**  
*Serving the Clutha community*

One birth room and three postnatal rooms.

[www.cluthahealth.co.nz/pages/maternity-centre](http://www.cluthahealth.co.nz/pages/maternity-centre)



**Charlotte Jean Maternity Hospital, Alexandra**  
*Serving the Wanaka/Central Otago region*

One birth room and three queen-size postnatal rooms. Partners are encouraged to stay.  
[www.charlottejean.co.nz](http://www.charlottejean.co.nz)



**Lakes Maternity**  
*Serving the Queenstown Lakes region*

One birth room and five postnatal rooms.



**Gore Maternity**  
*Serving the Southland region*

One birth room and two twin postnatal rooms.

[www.gorehealth.co.nz/maternity](http://www.gorehealth.co.nz/maternity)



**Winton Maternity**  
*Serving the Southland region*

Two birth rooms and four queen-size postnatal rooms. Partners are encouraged to stay.  
[www.winton.co.nz/listing/58/Winton-Maternity-Centre](http://www.winton.co.nz/listing/58/Winton-Maternity-Centre)

## Hospital Maternity Care

If you have medical complications in pregnancy it will be recommended that you birth in hospital where you can receive input from the specialist and/or neonatal team in addition to your LMC midwife. If you have an uncomplicated pregnancy you can also birth at a base hospital under the care of your LMC midwife and supported by the staff midwives.

Southland Hospital Maternity Service is part of Southland Hospital in Invercargill. Queen Mary Maternity Centre is located on Level 2 of Dunedin Hospital. Both hospitals have specialist antenatal clinics Monday to Friday. Certified lactation consultants are on staff to help women establish breastfeeding. After giving birth women can choose to stay at the base hospital or transfer to a primary maternity unit close to home for post-partum recovery.

Southland Hospital has a Neonatal Intensive Care Unit (NICU) providing level two neonatal and intensive care to babies born prematurely (from 30 weeks gestation) and for newborn babies to three months of age who require intensive care.

Dunedin Hospital's Neonatal Intensive Care Unit (NICU) provides tertiary level (highly specialised) care to babies born prematurely (from 23 weeks gestation) and for newborn babies to three months of age who require intensive care.



[www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/where-give-birth](http://www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/where-give-birth)

[www.maternity.org.nz](http://www.maternity.org.nz)

**Talk to your midwife  
about what's right for  
you**

Talk to your midwife about what's right for you. If you need input from a specialist doctor, they will give you advice about where to plan to have your baby.

Birth outside of hospital is a safe option for healthy women having straight-forward pregnancies. Women who plan to birth at home or in a local Primary Maternity unit are more likely to have a normal vaginal birth and are less likely to need pain relief.

If you need specialist care during labour and birth, most likely you will be advised to birth at a base hospital. Common reasons this is recommended include: carrying more than one baby, going into labour early, or having a medical condition such as high blood pressure or diabetes.

If you birth in hospital, you may wish to plan for a postnatal stay at a Primary Maternity unit close to home.

**Contact Us:**

southernhealth.nz  
contactus@southernhdb.govt.nz  
03 474 0999

*We aim to uphold these values  
when providing care to you:*

**Kind  
Manaakitanga**

**Open  
Pono**

**Community  
Whanaungatanga**

**Positive  
Whaiwhakaaro**

**Your options  
for place of birth and  
postnatal stay in  
Otago & Southland**

You can decide where you want to give birth – at home, in a local primary maternity unit, or at a base hospital.

