At the San, we offer a wide range of childbirth and parenting programs to ensure you are well prepared for your newest arrival. There are also additional prenatal practical sessions on Babycare and Breastfeeding. A flexible timetable supports you and your partner’s attendance at these invaluable classes which run in the evenings as well as on Sundays.

We also offer pre & post natal fitness classes including Pilates & Aqua classes to help you reach your fitness goals both before and after the birth of your baby.

**EDUCATION PROGRAMS**

At the San, we offer a wide range of childbirth and parenting programs to ensure you are well prepared for your newest arrival. There are also additional prenatal practical sessions on Babycare and Breastfeeding. A flexible timetable supports you and your partner’s attendance at these invaluable classes which run in the evenings as well as on Sundays.

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“Calmbirth” prenatal education classes are also on site at the San and can be booked via the “Calmbirth” website www.calmbirth.com.au

**OUR HOSPITAL SERVICES**

In addition to specific Maternity Services, the San offers many diagnostic and other services onsite to support Mums and babies including:

- Pathology
- Radiology
- San Ultrasound for Women (Latest 4-D Ultrasound technology)
- Dieticians
- Physiotherapy
- Paediatrics
- Emergency Care (24 hours / 7 days)
- Clinical Psychologist (specialising in Women’s Health and Perinatal Care)
- Social Workers, Chaplains
- Paediatric Sleep Studies Unit

**CHOOSING AN OBSTETRICIAN**

If you are planning to have your baby at Sydney Adventist Hospital, you’ll need to choose an obstetrician who is accredited to practice at our hospital. Our highly regarded obstetricians have a wealth of experience and provide expert guidance, care and support throughout your pregnancy, baby’s birth and postnatal period.

To find a San Obstetrician please use the ‘Find a Specialist’ facility on our website at www.sah.org.au

**CONTACT DETAILS & MATERNITY BOOKINGS**

For general enquiries, or for further information about our Maternity Unit, Please email MaternityEnquiries@sah.org.au or phone 02 9487 9902.

If you would like to book in for your Maternity stay, please phone the Hospital Bookings Office on 02 9487 9908 to book an appointment for you to meet with our Maternity Booking Midwives.

For Prenatal class bookings or to book a Tour please email MaternityEnquiries@sah.org.au or phone 02 9487 9902.
SYDNEY ADVENTIST HOSPITAL
MATERNITY SERVICES

Having a baby is one of life’s most joyous and momentous occasions which is why choosing where to have your baby is an important decision.

Sydney Adventist Hospital, fondly known as the San, is one of the largest and most comprehensive private hospitals in Australia. The San has assisted in the delivery and care of babies for over 100 years, welcoming about 2000 little Australians into the world each year!

As one of Sydney’s largest and most respected private maternity units, San Maternity is widely recognised for outstanding patient care. We are dedicated to making you feel welcome and comfortable by providing holistic and compassionate care throughout your pregnancy, during the birth of your baby and after you go home.

‘To us, having your baby is more than just the birth – it’s about the complete birth experience.’

OUR FACILITIES

BIRTHING UNIT

Our Birthing Unit is a modern, fully-equipped facility with a home-like atmosphere designed to help you feel more comfortable and at ease. Each birthing suite has a spa bath, shower, easy to use electric aromatherapy, birthing balls, free wireless internet, phone and TV.

Individualised care, information, support and advice will be provided by highly experienced midwives and obstetricians throughout your labour and the birth of your baby. Our team will work to support you and your individual preferences.

ANTENATAL & POSTNATAL UNIT

Our well-appointed private maternity rooms with ensuite bathrooms feature large vanities with a built-in baby bath, flat screen TV with FOXTEL, Maternity education channel, free wireless internet connection, telephone and a small refrigerator (in most rooms). Personalised menus allow you to select your meals and include morning and afternoon teas.

Experienced Midwives and Mothercraft nurses provide a warm caring atmosphere where your choices are supported while you learn to care for your new baby.

Partners are welcome to stay overnight, as facilities and priorities allow. There is no additional charge for partners except meals.

Lactation Consultants

Our Midwives are available to assist you in establishing the feeding method of your choice and will help manage most of your breastfeeding needs. Experienced Lactation Consultants are also available 7 days a week should you require some extra help establishing breast feeding.

Consultations with Lactation Consultants are available before the birth of your baby and for up to six weeks after the birth. There is a nominal fee for this service after you leave hospital.

WELL BABY NURSERY

Although we encourage our mothers to room-in with their new baby, we also recognise that there may be times when you need some extra support. For your convenience, we have a Well Baby Nursery staffed by our experienced and professional Mothercraft Nurses which is open 24 hours 7 days ensuring your baby is well looked after when you need it most.

SPECIAL CARE NURSERY

The San provides a dedicated Level 2 Special Care Nursery where newborn babies are cared for who may need extra attention due to prematurity, low birth weight or illness.

Our Special Care Nursery is staffed with highly trained personnel and equipped with cutting-edge facilities and technology to support the health needs of babies requiring an extra level of care.

Security

To ensure the security of you and your baby, the main doors to the Maternity Unit are locked and entry is by security card access. Surveillance cameras have also been installed throughout the Maternity Unit.

MATERNITY UNIT TOURS

Come join us for a free guided tour of San Maternity to learn more about our doctors, staff, facilities and exceptional care; it’s a fantastic way to see what the San has to offer you.

Our tours are conducted by Maternity Midwives, giving you the chance to discuss and ask any questions that you may have as expectant parents. Each tour includes a visit to the Birthing Unit, Antenatal/Postnatal Wards, Well Baby Nursery and our Special Care Nursery.

We look forward to meeting you on one of our tours. Contact us at MaternityEnquiries@sah.org.au or call us on 02 9487 9902 to book your place on the next available tour.

You may also like to visit our website for a Virtual Tour of the San Maternity Unit or see some of our gorgeous babies by visiting our ‘San Babies Online Nursery’ at www.sah.org.au.

Take a virtual tour of San Maternity at www.sah.org.au for a sneak peek at our private rooms and facilities.