

What our mum's say

"Friendly, consistent, reassuring care by all the midwives ...made me feel as though I had a choice ...overall a very good experience."

"The service was first class. The midwife stayed with us offering almost one to one care for the whole period of my labour and birth. She was fabulous; offering great support and reassurance and explaining everything to allow me to make informed choices."

"The compassion of all your staff was comforting. I had a great labour and experience, mainly driven by facilities, staff and encouragement."

"Supportive and informative during labour, they gave us all the options and double checked that we were happy to make a decision."

"I wouldn't hesitate to return for my second child's birth or to recommend Lister to other expectant mothers."

Consultant Led Unit (CLU)

In the consultant-led unit, care is available to all women and is specifically tailored to those who might have higher risk pregnancies or an underlying medical condition. Our CLU offers:

- 9 birthing rooms with en-suite bathrooms
- 1 birthing pool
- Modern, comfortable purpose built rooms
- One to one care when in established labour
- Individual birthing plan

Whilst in the unit, you will receive care from a midwife in the same high quality environment and have all the consultant-led support you need. Following the birth of your baby you will transfer to the unit's postnatal ward.

Whichever unit you choose, you will be encouraged to use relaxation techniques to help you have the best birth experience possible. Appropriate pain relief is offered in both units, with epidurals available in the CLU.

Why choose Lister?

- New purpose-built facility, "spotless and well thought out"
- Midwifery- and consultant-led units giving choice and reassurance
- Birthing pools, pain relief and support, helping you have the birth you planned
- Local antenatal and outpatient care

The Trust opened its new inpatient maternity service, the Diamond Jubilee Unit in October 2011. The unit brings together our midwifery- and consultant-led units.

Midwifery Led Unit (MLU)

You can choose to have your baby in our MLU and, providing things remain uncomplicated, after the birth of the baby you will be cared for in the same room until you are ready to go home, ideally within hours of the birth. Our MLU offers:

- 7 birthing rooms with en-suite bathrooms
- 2 birthing pools
- Home from home environment
- One to one care when in established labour
- Individual birthing plan

If you choose to use the midwife-led unit you have the reassurance of knowing that the new consultant-led unit is in the same building should you need additional medical care.



We also have brand new dedicated obstetric theatres and recovery areas, as well as a fully refurbished and expanded neonatal unit for babies who need extra care. In the neonatal unit, there are several rooms to help keep families closer together whilst your baby is cared for.

Local Antenatal Care

All antenatal and outpatient care remains local to where you live. We offer appointments at Lister, QEII and Hertford County Hospitals and you will continue to see your community midwife.

Ensuring a safe pregnancy

To help manage your pregnancy, we offer:

- Early pregnancy unit, including ultrasound
- Ambulatory care service
- Day assessment unit



To find out more about choosing the right maternity service for you:

Access our Trust website:

www.enherts-tr.nhs.uk and take a **virtual online tour** of the maternity unit.

Call us on one of the numbers below to learn more about our services, arrange a tour, or self-book your maternal care at Lister.

Office Hours

Maternity Reception: 01438 284533

Antenatal Appointments: 01438 286031

**Lister Hospital, Coreys Mill Lane,
Stevenage, SG1 4AB**

**We look forward to welcoming
you into our care.**

Maternity Services at the Lister, Stevenage



www.enherts-tr.nhs.uk