

Carmen Antenatal Ward

Patient Information

Welcome to Carmen Antenatal Ward

During your admission on the ward, you will be cared for by a named midwife with the support of multi-disciplinary team members.

Your midwife will be caring for approximately 6-8 women during your admission. Some women may need more support or medical care than others, please be patient with our team as they prioritise their workloads.

During your admission you will be reviewed by the ward doctor during the daily ward rounds. At this time the doctor will answer any questions you may have and ensure your plan of care is clear and up to date. Your midwife will complete a full antenatal check which may include blood test, monitoring of your baby's heart rate. The doctors are not always present on the antenatal ward however if you require a doctor review, they will be informed by the midwife caring for you.

Facilities

Carmen antenatal Ward consists of 12 beds which are shared across three bays, there are no side rooms on the ward.

Each bedside has a call bell if you require assistance.

Bathrooms and toilets are located at the entrance to the ward.

A range of food is available to meet any special dietary requirements, please speak to your midwife or the ward hostess.

On the ward you will find a hot drinks trolley with a selection of fruit and biscuits. Please help yourself.

There is a fridge and microwave that are available for your use should you wish to bring food from home. The fridge is located next the hot drinks trolley, and the Microwave is located in the **Parent's Room** on the Gwillim postnatal ward (directly opposite to Carmen Ward) near the entrance.

The birth centre is also situated at the end of antenatal ward. Please note the birth centre visiting times and number of visitors are separate to the Antenatal Ward.

Visiting Times

During your stay on the Antenatal ward one support person can stay to with you throughout your admission. Please be aware for security reasons, if they leave the ward, they will not be allowed back in between the hours of 10pm and 8am.

For health and safety, the bed is for patients use only. No sharing of beds and support partners should always remain dressed. Your support person or visitors should only use the chair in your bed space, please do not move or use any other beds or chairs from other patient areas.

Visiting times for other visitors are 1pm-7pm. During this time, you can have two nominated visitors plus you Support partner. We will ask you tell us the name of the visitor you are expecting.

Two people can be at the bedside during visiting times, your birth partner or support person counts as one person.

Your children or siblings to the baby under the age of 16 (no other relative eg. cousins) can visit when accompanied by the birth partner during visiting hours.

Children should be supervised by the support partner and always remain accompanied.

If a Support partner, Visitors or Siblings are unwell they should not visit the ward.

Carmen Antenatal Ward Timeline

Below is an approximate timeline of daily events on Carmen Ward.

6am	Medication round
7:30-8am	Handover from night staff to day staff
8am	Medication Round
8:30am 8:30am - 12pm	Breakfast Service Doctor Ward Round

12pm	Lunch Service/Medication Round
1pm	Visiting hours begin
2pm	Medication Round
5pm	Dinner Service
6pm	Medication Round
7pm	Visiting times end
7:30-8pm	Handover to night staff from day staff
10pm	Medication Round

Should you require medication, food or support outside of these times please speak to a member of the team or use your call bell if you are not mobile.

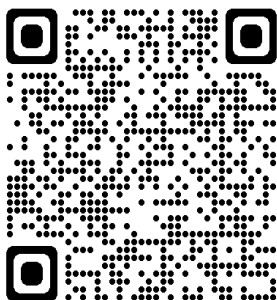
Bedrails

The bedrails on your hospital bed should always be down during your stay unless you are being transferred between wards. Having your bedrails up when they are not clinically necessary can increase your risk of injury or falls.

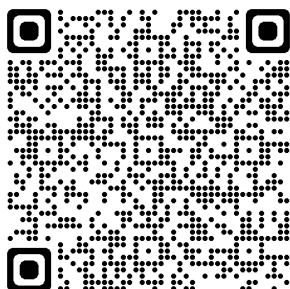
Please ask a member of staff for support if you need help to put your bedrails down.

Please see the QR codes below for more information on following

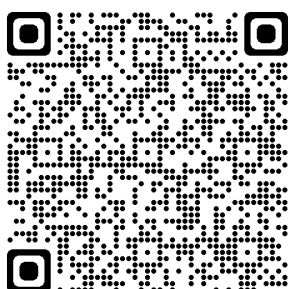
[Pain Relief in Labour](#)



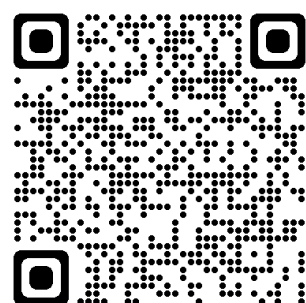
Induction of Labour



Fetal Monitoring



Iron Transfusion



Safety

You will be given an identity name band to wear whilst in hospital. We kindly request you do not remove them until you get home.

When you or your Support Partner are walking around the ward, please wear shoes or slippers to protect your feet.

Colostrum Harvesting during Pregnancy

Please speak to member of staff about expressing your colostrum during pregnancy. They will be able to provide you with information, advice and support you to hand express while on the ward and when you go home.

Feedback about your care

We welcome your feedback. If your experience during your admission has been positive, please email- maternity.experience@stgeorges.nhs.uk

However, if you are concerned about your care and experience, please speak to the Ward Manager Charlene Bramble or Matron for the ward Karen Ramdass or email at Charlene.Daniel@stgeorges.nhs.uk or Karen.Ramdass@stgeorges.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

George's Hospital Charity

If you would like to support our ward, or department, you can make a charitable contribution using this QR code.

Thank you for your support of our NHS service.



Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines

and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

Reference: MAT_CAW_02 **Published:** September 2025 **Review date:** September 2027

