

If your baby needs to be moved to another hospital in an emergency, it can feel scary and overwhelming. This handout answers some common questions and explains what to expect. Please talk with your nurse or call the phone number on the back of this handout if you have questions.

Who will transport my baby?

- Your baby may travel by ambulance, STARS helicopter or air ambulance to the Neonatal Intensive Care Unit (NICU) at the Regina General Hospital (RGH), located on the 2nd floor (Unit 2E).
- A NICU Nurse and a Respiratory Therapist will care for your baby during the transfer. Both team members have special training to care for sick or fragile babies during transport. They will stay in contact with the neonatal doctor throughout the trip.
- Space is limited during transport. The team will decide if a parent can travel with the baby. You may need to make your own travel plans to Regina.

How will I know how my baby is doing?

- If you are travelling to Regina on your own, please let the NICU know when you will arrive at the hospital.
- If you will not be going directly to the hospital, please call and leave a phone number where you can be reached. **NICU Nursing Desk: 306-766-6161**

Can the birth mother be admitted to the hospital in Regina?

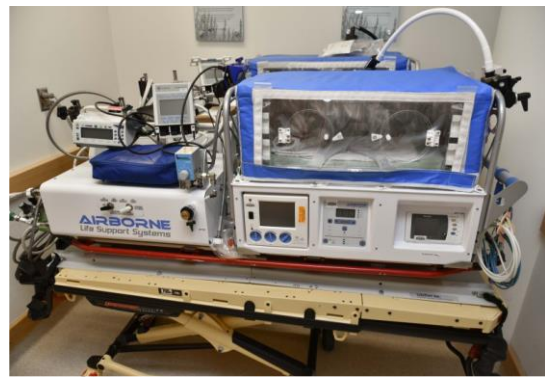
- If your doctor feels you need hospital care for your own health, you may be transferred to the Mother Baby Unit in Regina. Your doctor will arrange this if needed.

Where can I stay?

- Reasonable-rate accommodations near the hospital are available. Ask the NICU nurses for help.
- You may also choose to stay with family or friends. Please share their contact information with the NICU team.
- For more information, see [CS-PIER-0352 Finding Accommodations When Your Baby needs to stay in Hospital.](#)



Saskatchewan Health Authority Communications. (n.d.). *Regina General Hospital main entrance.*



Saskatchewan Health Authority Medical Communications. (n.d.). *Neonatal monitoring equipment, Regina General Hospital*

When can I visit my baby?

- We know how important it is to be close to your baby. The NICU has special visiting rules, but you are welcome anytime.
- Only parents and up to 4 other designated support people may visit your baby. These 4 people will be put on an approved list and their ID will be checked at the door. We ask that the same support people stay on the list for the whole NICU stay. If changes need to be made, please talk with your nurse.
- Siblings must be over the age of 5 to visit and must be accompanied by an adult.
- You are welcome to take pictures of your baby. We also have cameras available so you can view your baby 24 hours a day. If you are interested, please ask your nurse.

What about feeding my baby?

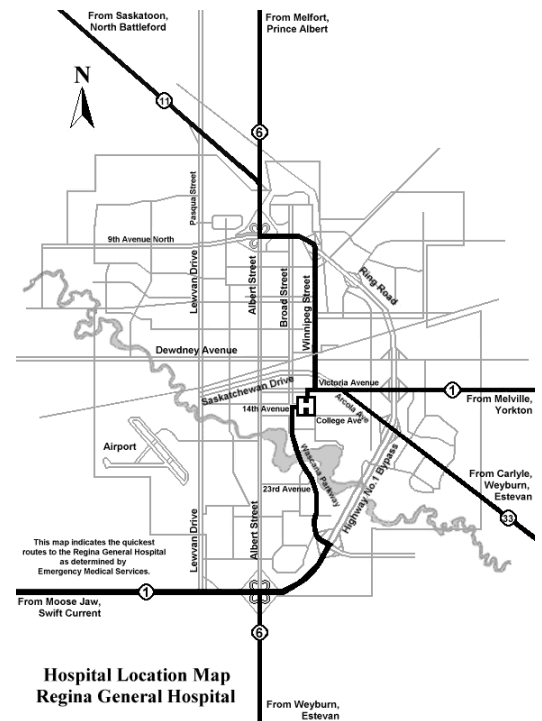
- If your baby is not able to breastfeed but you would like to provide your breastmilk, you will need to express/pump your milk regularly to keep up your supply. Ask your NICU nurse about breast pumps and how to safely store breastmilk.
- If you have already expressed/pumped breastmilk or colostrum, please send it with the transport team or bring it with you to the NICU.

Cost considerations

- You are responsible for the cost of your food, parking, transportation and lodging.
- Some transport costs to the hospital (air, road ambulance, and STARS) are not fully covered by Saskatchewan Health. You will receive a bill. Extra health insurance may help cover this cost.
- If you need assistance, please talk with our social worker.

Parking

- Parking is available near the 15th avenue entrance and the main entrance of the Regina General Hospital.
- Parking must be paid at pay stations located in the parkade and at the entrances, or may be paid for on the parking app.
- Free street parking is available near the hospital but is limited to 2 hours.



Saskatchewan Health Authority Communications (n.d.).
Hospital Location Map Regina General Hospital.

Neonatal Intensive Care Unit (NICU) (306) 766-6161	Special Care Nursery (SCN) (306) 766-6657
Regina General Hospital: 1440 14th Avenue, Regina, Saskatchewan	