

# The Virtual Maternity Ward

OCTOBER 2025

## What is the Virtual Maternity Ward?

The Virtual Maternity Ward is a service at the Royal Hospital for Women. It helps women with pregnancy conditions have care **at home** instead of staying in hospital.

## Who can access the Virtual Maternity Ward?

To access the Virtual Maternity Ward, you must:

- Be booked for birth at the Royal Hospital for Women
- Live or have accommodation within South Eastern Sydney Local Health District. *If unsure, refer to [this map](#).*
- Have support at home
- Have a safe home environment
- Give verbal consent to participate

If you have any of the conditions listed below, your doctor may refer you to the Virtual Maternity Ward.

### Conditions commonly treated at home:

- Waters breaking before 37-weeks
- High blood pressure in pregnancy
- Contractions before 37-weeks
- Concerns for baby's growth or wellbeing

### Conditions not suitable for Virtual Maternity Ward:

- Pregnancy before 20-weeks
- Infection (e.g. mastitis, sepsis)
- Bleeding
- Severe nausea or vomiting (hyperemesis gravidarum)

## What care will I receive?

You and your doctor will decide on your individual care plan. However, you can expect:

### Between 7am-3pm daily

- Phone or video calls with a doctor
- Contact with a midwife
- Home visits from a midwife (minimum three per week)

### 24/7 phone support

- **Non-urgent concerns:** call 0429 533 513
- **Urgent concerns:** call 000



## What will I need to do?

Before you leave hospital, your midwife or doctor will explain your care plan and how to:

- Take medications
- Use the loaned equipment (e.g. blood pressure monitor, thermometer)
- Observe / track your blood pressure, heart rate, temperature and weight (if needed)
- Know what symptoms to watch for

You will also need to make sure you are available for calls and home visits from the Virtual Maternity Ward staff.



Date of Review: October 2025 Date of Next Review: October 2027

Consumer Participation National Standards endorsed

South Eastern Sydney Local Health District

Royal Hospital for Women. Barker Street, Randwick, NSW 2031. Telephone: 02 9382 6111

## Will I need to go back to hospital?

There is always a chance you will need to go back to hospital. If you are worried, you can choose to stop care with the Virtual Maternity Ward and return to hospital at any time.

You might need to return if:

- You have bleeding or signs of infection
- You go into labour
- Your blood pressure stays high
- Your vaginal discharge changes in colour or smell

If needed, present to the **Maternity Triage Assessment Service** (located in the **Birth Unit**) or call an ambulance.

## How to get help



If your observations are outside of the normal range (given to you by your midwife), or for non-urgent concerns, please get in touch via the phone.

**7am-3pm:** call the Virtual Maternity Ward midwife on **0429 533 513**.

**After hours:** this number will be put through to the Maternity Triage Assessment Service. Always advise the midwife on the call you are admitted to the Virtual Maternity Ward.

**DO NOT SMS** – text messages will not be monitored.

## In case of emergency



For urgent concerns, **call 000 immediately** and ask for an **ambulance**.

Tell them you are admitted to the Royal Hospital for Women Virtual Maternity Ward.

## Questions or notes




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