

# The Bunk Room

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## What is the Bunk Room?

The Bunk Room is a place where you can stay when you need to be close to your baby.

The Bunk Room has a bed, small table and chair. There is a shared bathroom between the Bunk Rooms. Sheets and towels are provided for you.

## Where are the Bunk Rooms?

Bunk Rooms are located in a private hallway near the main reception desk of the Neonatal Nursery.

## How do I use the Bunk Room?

The room is locked with a security card, which only you can access. The Business Clerk at the main reception desk will sign you into the room and give you the security card.

Where there is a shared bathroom between Bunk Rooms you must **lock both** doors when using the bathroom and **unlock both** doors when you leave. Once you are in your own room, lock the washroom door from your side of the room. This allows the parent(s) in the other room to use the washroom, but they cannot come into your room.

If you need access to a shower there is one available on the 3<sup>rd</sup> floor by the pediatric inpatient units 3B & 3C. You can also return home to have a shower.

**Please remember that visitors are only allowed at your baby's bedside, not in the Bunk Room with you.**

## Is there a telephone in the room?

Each room has a phone to call the Nursery (ext. \_\_\_\_\_) or make local calls. To call out of the hospital, push 9 first, then the phone number.

## **Where can I get meals and eat?**

Food is not provided. You can buy food and drinks from the Corner Café on the 2nd floor, or Marketplace on Main (the cafeteria) on the 1st floor. You can eat in your Bunk Room or in the Family Lounge near the entrance to the Neonatal Nursery. The lounge has a dining table and chairs. There is a small refrigerator and microwave in the parent room hallway. Please label any food with your name and the date that you put it in the fridge. Take all your food with you when you leave.

## **Who cleans the room?**

You are responsible for keeping the room tidy. If you spill something dry please use the vacuum available in the cupboard in the small hallway outside the Bunk Rooms. If you spill something wet, please ask for help from housekeeping.

## **Where can I go while I am in the Bunk Room?**

There are several places you could go:

- The Family Lounge at the entrance to the Neonatal Nursery has comfortable chairs, a TV and a dining table for meals.
- The Quiet Lounge at the end of the hallway near the Intermediate Care Nursery (L2N) has comfortable furniture.
- The Ronald McDonald Family Room is available for a break during the day. The room is located on the 3<sup>rd</sup> floor next to the inpatient pediatric units 3B & 3C. It is open daily, from 8:00 a.m. to 11:00 p.m. There is free coffee or tea, snacks, internet access, TV and access to a washer and dryer.

## **What should I do if I hear the fire alarm?**

When you hear the fire alarm go to your baby's bedside right away.

## **How do I check out of the room?**

Please remove your belongings and return the security card to the Business Clerk at the main reception desk.

**Staying in the Bunk Room can help you feel closer to your baby.  
Please let us know if we can help you in any way.  
If you have questions, please speak with your baby's nurse.**