



Physicians' visits

Your gynaecologist will visit you every day, answer your questions and discuss your further care with the nursing team. The visits are not scheduled for fixed times, but are arranged by your physician at short notice.

The paediatrician examines your baby after the birth – and at other times if necessary. He is happy to answer your questions and determines your baby's further care together with the nursing team.

Hip ultrasound and hearing test
On request, whilst still at the clinic, your baby will undergo an ultrasound hip examination so that any hip problems can be recognised and treated in good time, and a hearing test so that your baby's later language development ability can be tested. Please ask your nurse for the registration forms.

What we offer during the first days and weeks

- Individual care of mother and baby
- Rooming-in
- Breastfeeding counselling on the ward or as an outpatient
- Nutrition consultancy
- Care / examination of the baby by the paediatrician
- Hip ultrasound on request
- Hearing test on request

- Meal or cocktail reception to celebrate the birth
- Outpatient midwife care on request
- Postnatal exercise courses run by midwives following the 8th week after giving birth

Discharge

The day before your discharge, the nurse responsible for your care will talk to you about returning to everyday life. Your discharge date will be determined in agreement with your attending physician and the nursing staff. Please vacate your room by 10 am at the latest so that we can get it ready for a new patient.

Upon your discharge, please register your departure with your nurse and at Reception.

Follow-up care

Any follow-up care should be discussed and organised in good time with your physician. Please talk to the nursing staff about questions regarding help at home, breastfeeding counselling or technical aids.

For further information about the clinic please visit www.hirslandenbaby.ch where you also find useful information and checklists.

Hirslanden Klinik Aarau

Klinik Beau-Site, Bern

Klinik Permanence, Bern

Salem-Spital, Bern

AndreasKlinik Cham Zug

Klinik Am Rosenberg, Heiden

Clinique Bois-Cerf, Lausanne

Clinique Cecil, Lausanne

Klinik St. Anna, Luzern

Klinik Birshof, Münchenstein Basel

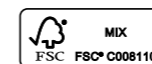
Klinik Belair, Schaffhausen

Klinik Hirslanden, Zürich

Klinik Im Park, Zürich

WHEN IT MATTERS MOST HIRSLANDEN PRIVATE HOSPITAL GROUP

Advice and information –
Hirslanden Healthline T +41 848 333 999



INFORMATION FOR EXPECTANT PARENTS



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www.hirslandenbaby.ch
www.hirslanden.ch



DEAR PARENTS,

You have chosen our clinic to have your baby. This chapter is specially prepared to give you the specific information about the maternity ward at the AndreasKlinik Cham Zug.

Before the birth

Antenatal courses

Our antenatal courses accompany you through the final months of your pregnancy, help you dispel fears and uncertainties, and provide ideal preparation for the impending birth. With a thorough, easy-to-understand introduction to all the important topics, we aim to help make this unique and emotional event a completely positive experience for you. We recommend that you start attending the course around the 28th week of your pregnancy. The courses are given by our experienced and creative midwives. The course leaders will be delighted to answer your questions and to provide you with information on everything you need to know surrounding the birth:

- Information about pregnancy, birth, the first days and weeks, and breastfeeding
- Breathing and relaxation exercises and massage
- Movement, pelvic floor exercises and physical exercises
- Various alternative methods

- How your partner can support you and what his duties are during pregnancy, birth and the first days and weeks
- Exchanging thoughts and experiences

Our birth philosophy is focussed on personal, affectionate and holistic care.

Before the birth, all expectant parents think through the impending event in great detail because good preparation creates security and trust. We are happy to support you in this process. We have put together a programme that will help you every step of the way.

Tour of the Labour Ward

The midwives invite expectant parents to come and have a look at our Labour Ward. An individual tour provides you with the opportunity to familiarise yourself with the delivery rooms, our philosophy, and the Maternity Ward. You can use this opportunity to make initial contact with our multi-lingual midwives. You are welcome to visit us. We would request that you let the midwives know in advance and make an appointment beforehand **(T +41 41 784 03 40)**.

Discussion with a midwife

About four weeks before the birth, you have the opportunity to discuss possible ways of giving birth, and all your concerns and questions with a midwife. Your needs

are important to us and we respect your wishes.

What we offer before the birth

- Information events for expectant parents
- Antenatal courses
- Individual tour of the Labour Ward
- Advice from our team of multilingual midwives / discussion with a midwife
- Advice on the use of alternative methods
- Moxa therapy
- Acupuncture surrounding the birth
- Informative website

The admission

Informing the clinic

As soon as your contractions are regular, your waters have broken, or you are feeling uncertain or unwell, please telephone our Labour Ward **(T +41 41 784 03 40)**. A midwife will speak to you on the phone about what you can do next and whether you need to come to the clinic already.

Personal effects and medical documents

It is best to leave valuables, jewellery, etc. at home. The cupboard in your room contains a locker or a safe for your personal items or small amounts of cash. You can also deposit items at Reception. The clinic assumes no liability for valuables not deposited at Reception.

The exciting wait for the big event is an extremely special, indescribable time. And then it is time to give birth! Our competent and experienced team is waiting for you. The calm atmosphere in our Labour Ward will help you to feel at ease. You can relax whilst the midwife deals specifically with what you want. You can trust her completely and concentrate fully on the birth. Your gynaecologist, who is responsible for the overall management of the birth, will work closely with the midwife looking after you.

As long as you and your baby are fine, you can eat, move around, and give birth in the most suitable position for you. We will support you in this process. If you so desire, we will use various alternative methods before, during and after the birth. In the case of a Caesarean section, the anaesthesia team will monitor your cardiac activity and circulation. We normally use spinal anaesthesia. This means that you are fully conscious to experience the birth of your baby.

It goes without saying that your partner or another person may be with you the whole time.

What we offer during the birth

- Competent and sensitive midwives
- Holistic and personal care
- Homeopathy
- Aromatherapy
- Phytotherapy
- Massages
- Acupuncture
- Water birth
- Birthing stool, mat
- Rope, birthing ball and other aids

After the birth

The initial intensive period following the birth belongs to the new family and should be used for admiring, resting, and getting to know each other. At this stage, you will remain under the care of the midwife. She will support you as you breastfeed, take on the initial care of your baby, and help your partner or the other person with you give a bath if necessary and establish the important measurements. Depending on how you are feeling, you will be transferred to the room reserved for you on the Maternity Ward after 3-4 hours.

During your stay, our nursing team is here for you and your baby around the clock. In this process, you enjoy individual, holistic care. We focus on your wishes and support you in your new daily routine.

Rooming-in

We recommend that you have your baby in your room around the clock to get to know its needs. Parents can change nappies and bath or wash their new baby in the Nursery at any time with the support of the nursing team.

Breastfeeding

Expectant mothers, or those who have recently delivered, who wish to breastfeed their baby are supported and encouraged in this in our breastfeeding-friendly clinic. Breast milk is the best possible nutrition for your baby. Modern research has been able to show convincingly the particular advantages of breast milk. Breastfeeding aids such as breast shells, bottles and dummies are only used on your request and with accompanying information, as these aids can influence the suckling behaviour of your baby.

It goes without saying that mothers who cannot or do not wish to breastfeed can count on sensitive and competent advice and support in a breastfeeding-friendly clinic. Your baby will be well nourished and receive our unlimited attention.

Safety for you and your baby

Your baby will be ideally cared for both in medical and nursing terms on the Maternity Ward. We would ask you not to leave the ward with your newborn baby.