

## Preparation for admission to the maternity ward

We would like to provide you with a short checklist for your hospital stay, which contains the most important preparations for a pleasant stay. If you have any questions or require further information, please contact the midwife on duty on the following telephone number: 043 268 72 72.

### To be completed after registration at the clinic at least 2 weeks before admission:

- Send the personal data sheet that was sent with the information folder to the clinic (with reply envelope).
- In the case of special diets or diets, note this on the personal data sheet.
- Send any findings, X-rays, ECG relating to the birth to the clinic.
- If anesthesia is planned, complete the anesthesia questionnaire and bring it with you on admission.

### To be brought along for admission or when entering the clinic:

- Valid blood group identification card (in your name)
- Bring a sufficient quantity of medication that you take regularly
- The visiting times depend on your needs.
- The clinic accepts no liability for the loss of valuables. You do not need cash at the clinic, you can consume on account.
- Reading material and reading aid
- Comfortable clothes (laundry service is available)
- Toiletries, pyjamas (tops with an opening at the front are an advantage)
- Possibly a nursing bra (ask for advice on this during the midwife consultation. A purchase is only recommended after the birth.)
- Please note that smoking is prohibited in our clinic (rooms incl. balcony, corridors etc.).
- Reception is open from 06:15 to 21:00 on weekdays and from 07:00 to 21:00 on Sundays and public holidays. If you arrive outside these times, please ring the emergency bell at the entrance.

You do not need to bring anything for your child to the maternity ward.

### To be organized or completed upon departure:

- Cotton shirt, romper pants for your child
- Child seat for transportation in the car or a baby carriage
- Depending on the season: cotton cap, second woolen or cotton shirt and possibly a woolen blanket
- Organize a pick-up transport (inform relatives/acquaintances). A cab can easily be arranged via reception.
- We ask you to leave the room by 11:00 a.m. at the latest. You have the opportunity to enjoy a coffee or lunch in the bistro to enjoy a coffee or your lunch (included in the daily rate).
- If necessary, organize outpatient midwife care at [www.hebamme.ch](http://www.hebamme.ch) or [www.hebammesuche.ch](http://www.hebammesuche.ch) for at home.
- Sign out with the supervising midwife and reception.