

Pregnancy and giving birth with a gynaecologist



You are being treated by the gynaecologist for your pregnancy. In this folder you will find information about your pregnancy and your delivery.

Obstetrics care at HMC

Several gynaecologists, physician assistants and midwifery doctors work as a team at our hospital. There is also a close collaboration with midwives. Although you may deal with different team members, we strive to have the check-ups performed by the same gynaecologist and physician assistant as much as possible. It is not always possible to see the same doctor due to shift changes.

If you go into labour during the day, you will be accompanied during the delivery by the physician assistant or midwifery doctor. This takes place under the supervision of the gynaecologist who is in charge of the delivery rooms on that particular day. The gynaecologist on call is immediately available in the evening and during the night. In the nursing ward, you will be treated as much as possible by the same nurse.

How does pregnancy guidance work?

The first check-up

The first check-up takes longer than the follow-up check-ups; you will have an ultrasound and see a nurse and a doctor. During this appointment you will receive the pregnancy information card on which you can see how the follow-up check-ups will take place. After this consultation, it is important for your privacy that you have the consent statement scanned at the desk. You can find more information about your pregnancy, tests, a healthy pregnancy and the different patient folders on the websites www.haaglandenmc.nl and www.allesoverzwanger.nl.

Nutrition for your baby

Prepare for the arrival of your baby and make a nutrition choice together with your partner or someone else who will support you in taking care of your baby. Breastfeeding is the most natural and suitable nutrition for your baby.

Most women are able to breastfeed their baby, but that is something you have to learn together with your baby. We advise you to read up on this, to search for information on the internet or to follow a breastfeeding course.

The breastfeeding associations are happy to assist you with a lot of information and support and you can find lactation specialists in the area on the site of NVL (Nederlandse vereniging van lactatiekundigen). HMC also employs lactation specialists who can help you with specific/personal questions about breastfeeding.

The alternative is bottle feeding. If you choose this, there are various options. Standard formula from one brand is available at our hospital. You can bring your own food and bottles if you do not want to give your baby the standard formula.

What do you have to arrange?

Midwife

Before you give birth, you must register with a midwifery practice. This is for care at home after the birth of your baby. You can opt for a midwife on the list that you received from HMC at the start of your pregnancy. These midwives are affiliated to the Verloskundig Samenwerkingsverband (VSV) association of HMC. You are free to choose a midwife who is not mentioned on this list.

Maternity care

Maternity care is essential care and therefore part of the basic health insurance package in the Netherlands. You only pay a statutory personal contribution per hour of maternity care (€ 4.30 per hour - 2017). The own risk payments do not apply to maternity care.

On the Kraamschakel website (<http://kraamschakel.nl>) you will find the names of all maternity care organisations in the Hague region that are members of the VSV HMC.

Collaboration

In the VSV HMC midwife association, care-related agreements are made with the Kraamschakel and sixteen midwifery practices from the The Hague Region.

When should you contact the hospital

You should call when:

1. You think you are in labour:

- When you have contractions for at least one hour that occur every three to four minutes and last 40 to 60 seconds.
- When your waters break (please remember the colour of the amniotic fluid, the physician assistant and/or midwife will ask you about this).
- When you lose blood (keep your underwear or sanitary towels).
- If you have contractions before 37 weeks of pregnancy.

2. When you feel the baby move less than before.

3. When you have doubts, or when you are worried.

4. With persistent abdominal pain and/or headache.

5. For complaints that can be caused by pre-eclampsia, such as:

- vomiting;
- feeling like a tight band is squeezing the head or upper abdomen;
- pain in the upper abdomen or between the shoulder blades;
- suddenly retaining water in, for example, face, hands or feet;
- suddenly not able to see as well, blurry or spotty vision.

If you are requested to come to the hospital, please bring the necessary items for yourself and for the baby.

Contact details

HMC Bronovo:

- Monday to Friday from 08.00 to 17.00, outpatient clinic Gynaecology via telephone number 088 979 46 90.
- In the evening, at night and during the weekend, you can call HMC's central number in the above-mentioned and other urgent situations: 088 97 97 900. You then ask to be transferred to the delivery rooms of HMC Bronovo. You will then reach the duty nurse at the delivery rooms.

If you have to come to the hospital, the nurse will tell you where to report (delivery rooms or outpatient clinic).

HMC Westeinde

You can contact the delivery rooms via telephone number 088 979 21 04. You can call seven days a week, 24 hours a day. You will then reach the duty nurse at the delivery rooms.

Sequence of treatment

We treat patients in principle in order of entry. However, due to the severity of the symptoms, other patients may have to be assisted first. This is determined on the basis of a triage system. The nurse will briefly ask about your symptoms and, based on this, will determine in which time frame you need to be treated. You will then receive a colour code. The colour represents the maximum waiting time within which you have to be assisted.

The delivery rooms and maternity ward

Delivery room accessibility

HMC Bronovo

The delivery rooms are located on the 5th floor, route 54. If you want to use a wheelchair, remember to bring a two-euro coin with you. The main entrance of HMC Bronovo can be used day and night.

HMC Westeinde

The delivery rooms are located on the 12th floor of HMC Westeinde. If you follow the red route in the hospital you will end up at the delivery rooms.

What should you bring with you for your admission?

The most important things you need as an expectant mother:

- one or two short night shirts or T-shirts to give birth in;
- a pair of warm socks;
- sufficient (not too small) underwear (take into account large maternity pads);
- a nightdress or pyjamas for after the birth;

- toiletries such as shower gel, toothbrush and toothpaste;
- slippers;
- a dressing gown;
- a camera (batteries if needed);
- a list of important telephone numbers.

For the baby:

- some vests or rompers;
- two outfits or a jumper with pants;
- at least two cotton hats;
- a jacket or a warm cardigan with hat;
- an approved Maxi-Cosi (infant car seat).

The care providers

During your stay in the ward, you will be dealing with various care providers: doctors, obstetricians, gynaecologists, nurses, maternity nurses and paediatricians. There are also care support services such as nutrition assistants and domestic care.

We'll do a lot to meet your wishes around childbirth. We advise you to think about your wishes before the 32nd week of pregnancy and to discuss this with your nurse or midwife at the outpatient clinic.

Care in the period around your delivery

Hospital stay

When you come to the hospital to give birth, you will be welcomed by a nurse. The nurse does a CTG (Cardiotocography) to register the heartbeat of the baby and the contractions. This way, the condition of the baby can be monitored during the delivery. The physician assistant or midwife then carries out an internal examination to determine how far the dilation is. If you are not far along and not expected to deliver for a while, you may be sent home again and receive instructions about when to make contact again.

Dilation phase

The nurse can, if you wish, assist you in dealing with the contractions. You choose what works best for you, for example, walking, sitting or lying down. Showering can be relaxing. This is also possible in the delivery room. This is unfortunately not possible if the heartbeat of the baby has to be recorded continuously.

Pain relief

If you would like pain relief, you can discuss the possibilities with the care provider who supervises the delivery. For more information, please refer to the folder “Pain relief during childbirth”.

Birth (pushing)

During the time you have to push, it is best to find the position you are the most comfortable in. Your care providers can assist you with this.

After the delivery

Immediately after birth, the baby is put on your stomach and you are given the opportunity to cut the umbilical cord. Then it's time to feed the baby. If you would like to breastfeed, you will be assisted in putting the baby on the breast. The nurse will help you to adopt a comfortable position. Are you planning to bottle feed? Then the first bottle can also be offered with skin-on-skin contact.

If you require stitches, this often happens immediately after the placenta has been removed. After some time, the doctor will check your baby and he or she will be weighed. The navel will be taken care of and the baby will be dressed. The baby will also receive a hospital band with their name on it. The baby will stay with you in the delivery room. After the delivery, you will stay in the delivery room for approximately two hours. When immediate medical attention is needed for your baby, this takes place in the reception room which is equipped with all necessary equipment. This reception room is adjacent to the delivery room.

After this you will receive help with showering or you will be washed in bed. We take into account your physical well-being and your wishes. The baby does not take a bath immediately after birth because the layer of vernix (white creamy substance) on the baby's body contains protective substances. Bathing is done later in the maternity ward or at home.

Nutrition for the baby

Our advice and guidance regarding (breast) feeding is in accordance with the principles of the Baby Friendly criteria. Three principles are paramount here:

- All babies are born with certain expectations and needs, this is also called the physiological blueprint. These are the natural reflexes and instincts focused on: skin contact, presence, security, frequent small feeds, warmth, comfort. The presence of the parents also ensures peace and trust with the baby.
- Parents are treated with respect, taking into account their cultural background, and supported in their own choices on the basis of objective information. This allows them to feed their children optimally in the first years of life.
- Good dietary habits, and in particular giving and receiving breast milk, ensure optimal maternal and child health.

Depending on the situation, you can go home or go to the maternity ward for a shorter or longer period. The decision about this always takes place in consultation with the doctor. If you give birth at the HMC Westeinde, you can go to the birth clinic after the birth of your baby. This must be arranged in advance with the birth clinic.

You may take photographs during delivery, even if the delivery is a caesarean section. You may also film in the delivery room in consultation with your care provider. Filming is not allowed in the operating room.

Visiting hours and rules

You will discover that it is pleasant not to have too many visitors around you at the same time. We therefore advise you to work with appointments. It is also advisable to keep these visits short. If you would like our support with this, please feel free to ask for help. For your rest and that of other patients, the department has a rule that no more than three persons can visit you at the same time or be present at your delivery. For children who come to visit, we have play equipment in the reception areas. Children are not allowed to play in the hallway.

Maternity ward visiting hours

HMC Bronovo

Visitors are welcome from 10.00 to 19.30. Because rest is very important for women in the maternity ward, there is a rest period from 13.00 to 15.00. That means no visitors are welcome during that period. During this rest period the nurse will not disturb you either, unless this is necessary.

HMC Westeinde

The visiting hours are from 15.30 to 19.30. Because rest is very important for women in the maternity ward, there is a rest period from 12.30 to 14.00. That means no visitors are welcome during that period. During this rest period the nurse will not disturb you either, unless this is necessary. Partners are welcome from 09.00 to 12.30 and from 14.00 to 21.00. Older brothers and/or sisters are welcome during the regular visiting hours (15.30 to 19.30).

Delivery rooms visiting hours

There are no visiting hours in the delivery rooms. However, if you would like visitors during the delivery, we advise you to limit the amount to a maximum of three people. More visitors can cause a lot of unrest for you and this can delay the progress of giving birth. If you would like more visitors during the delivery, please discuss this with the nurses.

For both the maternity ward and the delivery room: If your visitors are not able to come during visiting hours, you can discuss with the nurse whether your visitors can come at a different time.

Mobile phones

You can use your mobile phone in the delivery rooms and in the maternity ward. Do consider your own peace and that of your possible co-patients.

Rooming in

If it is medically responsible, we use the rooming in principle. The baby stays with the mother in the room.

Going home

The time you are able to go home is determined in consultation with the responsible doctor. An appointment for a follow-up check-up is also made for you and you will receive the necessary instructions for at home.

The safest way to transport your baby is in a Maxi-Cosi. Before giving birth, practice how to fit this in the car.

If you have problems or questions in the evening or at night, please try to contact your midwife first. If necessary, she will contact the hospital. When you leave the hospital, you will receive details for the maternity nurse, midwife and/or general practitioner.

In conclusion

How can you reach us?

HMC Bronovo:

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HMC Westeinde

The delivery rooms are available seven days a week, 24 hours a day via telephone number 088 979 21 04. You will then be in contact with the duty nurse from the delivery rooms.

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