A range of options for your pregnancy and birth

→ Women's Clinic

Care during your pregnancy



Our highly qualified team of doctors and midwives will advise and accompany you during your pregnancy. The goal is to ensure a natural, holistic pregnancy process with frequent checks, monitoring and consulting. This will ensure that we will be able to, at the earliest possible time, identify and address issues that may arise during such a delicate process as a pregnancy.

Our facilities are state of the art and you will be able to do all the scans and check-ups at our location. This will also help our midwives to connect with you on a special and personal level, as they will accompany you when you come for your 16 to 18 week and 34 to 36 week checks. They will take the opportunity to offer you in depth advice and information on the development of your little one, explain the changes that you are experiencing as well as discuss the next steps in order to ensure the optimal mental and physical preparation for the birth. You will know what to expect when all this is done.

This is also the time to discuss and ask your questions as well as express your wishes and expectations.

On the back side of this page you will find a list of possibilities to consider. Please contact us with any questions – we will happily attend to your concerns.

What we offer:

- Personal care and professional step-by-step accompaniment from our doctors and midwives
- Information evenings where parents-to-be can visit the maternity ward and birthing rooms
- Information evenings on nutrition during pregnancy and breast-feeding
- Breastfeeding preparation classes
- Ultrasound scans according to the guidelines offered by maternity benefits as well as 3D-Scans
- Ultrasound scans for referring gyneacologists
- Prenatal check-ups including a placenta biopsy (CVS), amniotic fluid (AFT) and various blood tests
- Special care for mothers-to-be at risk
- Acupuncture for pregnant mothers
- Birth preparation interview with a midwife

Contact

Outpatient Clinic	T 041 399 32 10
Chief Physician's Office	T 041 399 32 00
Midwives	T 041 399 33 60
Lactation consultant	T 041 399 33 80

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A range of options for your pregnancy and birth

→ Women's Clinic

The birth



The birth of your child is a unique and beautiful experience – also for us. We would like to offer you and your partner a relaxed and comfortable experience. You will be counseled and cared for and accompanied step-by-step by our competent and professional medical staff of doctors and midwives.
We value a natural and safe birth. Any eventualities can and will be treated in state of the art medical facilities by our highly qualified team, 24 hours a day, 7 days a week, 365 days a year. Mothers will also be afforded the opportunity to, in their own rooms, look after their little ones at any time, under supervision or independently.
Mothers who wish to have an outpatient, or short stay birth or who would like to be released early from the Maternity ward to go home and recover there, are also very welcome.

Overview of what we offer
On the back you will see the varied offers we have to address your needs. We await your call and will gladly advise you on the best course of action.

During the birth

- Modern, decorated birthing rooms with integrated Birth Bathtub
- The birthing position and method is your own choice (water birth, sitting on the maya-stool, standing, laying down, etc.)
- Sitting-ball (gym ball)
- Homeopathy, Acupuncture, Aromatherapy, Tea
- Pain relief and other supporting medication
- Epidural- or spinal anesthetic

After the birth

- Examination of your newborn by our team of paediatricians
- Family Room
- Recovery training and exercise program
- Debriefing interview after the birth
- Lactation/Breastfeeding Consultation

Contact

Midwives (day and night)	T 041 399 33 60
Chief Physician's Office	T 041 399 32 00
Outpatient Clinic	T 041 399 32 10
Maternity Ward	T 041 399 33 30
Lactation Consultant	T 041 399 33 80

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Acupuncture during Pregnancy

Acupuncture is part of traditional Chinese Medicine and an alternative treatment method used as supplementary modern birth preparation therapy. The treatment supports the birth preparation process and proves effective for patients suffering persistent pregnancy related issues.

Duration	30 to 45 minutes per treatment
Date/Time	By appointment
Place	Delivery Unit, Third Floor
Presented by	Midwifery Unit
Cost	CHF 50.– per treatment
Inquiry and Registration	Midwifery Unit at the Zuger Kantonsspital, T 041 399 33 60
Cancellation	Midwifery Unit, T 041 399 33 60

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A checklist for your admission into the Women's Clinic

Before admission

- It is important to clarify all financial aspects and responsibilities of your stay with your medical aid. If admission is attempted without any medical insurance card and if your benefits do not cover your preferred stay or you do not have private patient benefits, we may demand an advanced payment. Please contact patient admission, T 041 399 44 46 to clarify any questions you may have about your benefits, costs and admission regulations.
- Remember to add your unborn to your medical aid even before the birth.
- Consider if you would like to spend your time with us in a family room and please inform us of your reservation well ahead of time. (See separate brochure.)

At admission

Please bring the following:

Official supporting documents

Please bring all the documentation necessary for the registration of the birth of your child with the Municipality or Civil Authorities of Baar.

Personal items

- Blood group identification card
- Medical Aid card
- Daily medication
- Other important information, i.e Allergy Alert Card, Diabetic Logbook, etc.
- Toiletries
- House shoes/slippers
- Bathrobe and comfortable clothes
- Pyjamas or Nightdress
- Comfortable underwear
- T-Shirt
- Lactation-bra
- Socks, and if necessary, compression stockings

For the birth

- A comfortable T-Shirt and warm socks have proven themselves most helpful for labour. We will gladly offer you a nightgown from the hospital to use during this time if you prefer that.
- You are welcome to bring CD's, snacks, homeopathic medicine, your favourite bath and essential oil fragrances or any other personal items needed for your stay.

Going home with your baby

- Baby bodysuit or jumpsuit
- Baby Jacket
- Cap
- Socks
- Maxi-Cosi

Bath towels as well as clothing and diapers for your new born will be made available to you at the Maternity Ward.

Contact

Please direct all your questions to our capable midwives at T 041 399 33 60.

Registering the birth

The following documents are required:

Swiss citizens

Married parents	– Family book or family card
Unmarried parents – the child is acknowledged before birth	– Confirmation of acknowledging the child and – Letter of acknowledgement
Unmarried mother– the child has not been acknowledged	– None

Foreign Nationals

	Married in Switzerland	**Married in Foreign Country**
Married parents	– Family book or family card – Copy of the passport or ID card of both parents – Copy of the identity document for foreign nationals (Ausländerausweis) of both parents	– Please contact the Civil Service Office (Zivilstandsamt) well in advance.
Unmarried parents – the child is acknowledged before birth	– Confirmation of acknowledging the child – Letter of acknowledgment – Copy of the passport or ID card of both parents – Copy of the identity document for foreign nationals (Ausländerausweis) of both parents	
Unmarried mother – the child has not been acknowledged	– Please contact the Civil Service Office (Zivilstandsamt) well in advance.	

Please check with the Civil Service Office **well in advance** for the documents needed to register the birth. A list of the documents to be submitted will be sent to you. Depending on the country, the verification of the documents can take several months.

Foreign documents

– If issued in the country of origin, these documents must all be in the **original** and **not older than six months.**
– Documents that are not issued in the International CIEC format, **must be translated** into German (French or Italian).

Important notice

Foreign Nationals who registered any civil instance i.e. birth, marriage or other recognition in Switzerland after 01.01.2005 must get in contact with the Zivilstandsamt Kreis Baar (Civil Service Office Baar Region). It may be necessary to obtain new documents although this will be determined on an individual basis.

Other documents may be required depending on the circumstances and individual cases.

A range of options for your pregnancy and birth

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Upgrade «More privacy»

Relax and enjoy your privacy



Experience more comfort and quietly relax in privacy with our **Family** or **Single Room** special upgrade (subject to availability). The Upgrade will provide you with the privacy and comfort of staying alone in a room without any other mothers or babies.
With the upgrade partners may also spend the night with the mother (there will be some additional costs involved) to share those first moments together. Siblings may also join but only in the **Family Room** and only when they share the bed with mom or dad.
We offer only one Family Room and several Single Rooms.

- Basic General Insured CHF 480.– / night
- Half Private Insured CHF 360.– / night

The costs related to this upgrade are generally not covered by your medical aid so you will not be able to recover any costs by sending in receipts or invoices.

Please be aware that a room upgrade cannot be guaranteed due to the limited number of beds.

Find out more about this offer in our brochure «Additional Childbirth Services».

Zuger Kantonsspital AG . Landhausstrasse 11 . 6340 Baar . T 041 399 11 11 . www.zgks.ch

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ZUGER Kantonsspital

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→ Women's Clinic

Lactation consulting

Our lactation specialists are ready to address and answer any of your concerns or questions regarding breastfeeding.

Our offer

- Preparatory breastfeeding courses (in German)
- Advice on harvesting colostrum before birth (colostrum banking)
- Postpartum care
- Outpatient consultations by appointment (the basic health insurance scheme covers three outpatient lactation consultations)
- Leasing of breast pumps
- Advice on different breastfeeding aids

If you have any other questions, please contact us, Monday to Wednesday, 8.00 am to 3.30 pm, and Thursday and Friday, 8.00 am to 1.30 pm, T 041 399 33 80.

You can find further information under **www.zgks.ch/breastfeeding**

Zuger Kantonsspital AG . Landhausstrasse 11 . 6340 Baar . T 041 399 11 11 . www.zgks.ch

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Pacifier for newborns

Dear parents

In the first few days, your baby will learn to suck on your breast. Therefore, do not give them a pacifier. If you do wish to give them a pacifier, please wait until breastfeeding is going well (3–4 weeks) if possible.

Frequent breastfeeding (8–12 times per 24 hours) is normal at first and helps stimulate milk production. Sometimes your baby may want to suckle at the breast even when they are not hungry. Your baby needs this to calm down and regulate their emotions.

Try to soothe your baby in other ways:
- Talk and sing to your baby
- Carry your baby or swaddle them in a blanket
- Place your baby on your bare torso
- Cuddle, massage or bathe your baby

If you give your baby a pacifier, follow this rule:
As little as possible, as often as necessary.

Do not force the pacifier on your baby. If it falls out of their mouth, do not put it back in.

Cleaning: With warm water and washing-up liquid. Sterilise once a day if necessary. As a parent, you should not put the pacifier in your mouth for hygienic reasons.

Postnatal exercises

This is an exciting program that will show you how you can start exercising your body to regain strength and tightness again. We will also advise you on daily activities and will try to answer any other questions you may have.

Dates/Time	Every Tuesday and Friday afternoon, the exact time will be given to you during your stay.
Place	Physiotherapie, First Floor (Ebene 1)
Dress code	Comfortable pants, T-Shirt
Registration	Please register until 09.00 with your midwife or nurse

The postnatal exercises will be offered during your stay in the ward.

We recommend that you consider a postnatal exercising class 8 to 10 weeks after having left the hospital.

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Homecare and postnatal care



Midwives are professional caretakers that accompany and support mothers-to-be, mothers during birth, new born babies and their families through pregnancy, birth, postnatal care and the lactation period. Midwives fulfill a vital role in this process in supporting the mother and family in this exciting time of change. You have the right for consultation with a midwife up to 56 days after the birth of your precious one. Your medical aid will cover this cost. In case of difficulties you will need a doctor's prescription for this care to be longer than 56 days.

We recommend that you contact one of the midwives in the region. You will find detailled information on the following website: **www.hebammensuche.ch**

Zuger Kantonsspital AG . Landhausstrasse 11 . 6340 Baar . T 041 399 11 11 . www.zgks.ch

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Professional baby photos



The first days with your new born are so special that we would like to offer you our Professional Baby Photo service. Our Baby Photographer is regularly in the hospital and will visit you in your room, to capture those first unique moments in a relaxed and comfortable atmosphere.

Welcome gift

As a welcome gift, you will receive a greeting card with a photo of your baby. With your permission we will also publish a photo in the baby gallery of the Zuger Kantonspital website.

Other photo products

You may also want to consider an extended photo service. When you so choose, you can decide, what products you want to buy.