

## 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 gynecologists
- » 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 course
- » 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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### 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 counselled 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 (no C-Sections)
- » 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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### Birth preparation course

The birth of your child is around the corner. You want to be optimally prepared in mind and body for this unique experience and it is our aim to assist you in this process. You will learn more about your pregnancy and birthing process, and the aftercare you will need. You will also learn practical techniques like breathing and relaxation exercises that will help you feel confident and ready for this wonderful experience. We will also answer your most pressing questions with empathy and care to ensure your confidence and especially your mind is well prepared.

<b>Dates</b>	The dates can be found on our website <a href="http://www.zgks.ch">www.zgks.ch</a> under <b>events</b> . If possible, choose the course that takes place about 4 weeks before your calculated date of birth.
<b>Time</b>	<b>Friday</b> 19.30 to 21.30 (partners are welcome) <b>Saturday</b> 09.00 to 13.00 (partners are welcome)
<b>Place</b>	Conference Room, First Floor (1. OG)
<b>Course Presenter</b>	Midwives from the Zuger Kantonsspital
<b>Please Note</b>	Places are limited. Please register as soon as possible.
<b>Cost</b>	CHF 400.–

Please turn the page for further information.

**Contact and  
registration details**

T 041 399 43 03, [geburt@zgks.ch](mailto:geburt@zgks.ch)

Terms and Conditions apply with every Registration.

**Cancellation**

All cancellations must be submitted to [geburt@zgks.ch](mailto:geburt@zgks.ch) or by post addressed to Sekretariat Pflege/Therapien. When a cancellation is postmarked and received 30 calendar days before course commencement, a cancellation fee of CHF 50.– will be due.

The full course fee will be due when the cancellation notice does not reach us in time or when absent without notice. If a doctor's certificate is presented, the cancellation fee will be waived.

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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.

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

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## Registering the birth

The following documents are required:

### Swiss citizens

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

## Foreign Nationals

	<b>Married in Switzerland</b>	<b>Married in Foreign Country</b>
<b>Married parents</b>	<ul style="list-style-type: none"> <li>– Family book or family card</li> <li>– Copy of the passport or ID card of both parents</li> <li>– Copy of the identity document for foreign nationals (Ausländerausweis) of both parents</li> </ul>	<ul style="list-style-type: none"> <li>– Please contact the Civil Service Office (Zivilstandsamt) well in advance.</li> </ul>
<b>Unmarried parents – the child is acknowledged before birth</b>	<ul style="list-style-type: none"> <li>– Confirmation of acknowledging the child</li> <li>– Letter of acknowledgment</li> <li>– Copy of the passport or ID card of both parents</li> <li>– Copy of the identity document for foreign nationals (Ausländerausweis) of both parents</li> </ul>	
<b>Unmarried mother – the child has not been acknowledged</b>	<ul style="list-style-type: none"> <li>– Please contact the Civil Service Office (Zivilstandsamt) well in advance.</li> </ul>	

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.

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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».

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## Lactation consultation

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

### Our offer

- » Breastfeeding preparation classes
- » Guidance and accompaniment during your tenure in hospital
- » Outpatient consulting (by appointment only). Three outpatient consulting sessions are covered by your medial aid (basic coverage).
- » A range of breastfeeding pumps and other products can be rented or acquired from the hospital

If you have any other questions, please contact us, Monday to Saturday, 08.00 to 16.00, T 041 399 33 80. You can find further information under [www.zgks.ch/breastfeeding](http://www.zgks.ch/breastfeeding).



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### 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.

<b>Dates/Time</b>	Every Tuesday and Friday afternoon, the exact time will be given to you during your stay.
<b>Place</b>	Physiotherapie, First Floor (1. OG)
<b>Dress code</b>	Comfortable pants, T-Shirt
<b>Registration</b>	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.

Please take note of our postnatal exercising classes and register well in time as places may be limited.

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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 detailed information on the following website: [www.hebammensuche.ch](http://www.hebammensuche.ch)

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### Postnatal exercising classes (in German)

The birth of your child happened 8 to 10 weeks ago. Your body needs to be toned again and certain muscles need to be strengthened. Our expert Physical Trainer will help your pelvic floor muscles, stomach and back muscles to regain balance and strength. This special strength training we will help your recovery and we will answer your questions regarding this topic.

<b>Duration</b>	8 evenings of 60 minutes
<b>Dates/Times</b>	The course is held on Wednesday evenings. The dates and times can be found on our website <a href="http://www.zgks.ch">www.zgks.ch</a> under <b>events</b> .
<b>Place Presented by</b>	Physiotherapie, First Floor (1. OG) a physiotherapist or a midwife from the Zuger Kantonsspital
<b>Dress code</b>	comfortable clothing, towel
<b>Cost</b>	CHF 260.–
<b>Contact and registration details</b>	T 041 399 43 03, <a href="mailto:geburt@zgks.ch">geburt@zgks.ch</a> Terms and conditions apply with every registration.
<b>Cancellation</b>	All cancellations must be submitted to <a href="mailto:geburt@zgks.ch">geburt@zgks.ch</a> or by post addressed to Sekretariat Pflege/Therapien. When a cancellation is postmarked and received 30 calendar days before course commencement, a cancellation fee of CHF 50.– will be due. The full course fee will be due when the cancellation notice does not reach us in time or when absent without notice. If a doctor's certificate is presented, the cancellation fee will be waived.



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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 Kantonsspital 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.