



Becoming parents

Information on pregnancy, birth
and the postpartum period

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Welcome to the delivery ward in the Women's Health Clinic at University Hospital Basel

You're expecting a child? Congratulations! Pregnancy is always an unforgettable experience for the future parents. It also marks the beginning of a new phase in your life and the start of an incredibly exciting time – regardless of whether it's your first child or your new baby already has an older sibling waiting at home.

Many expectant parents can't get enough information about pregnancy, giving birth and babies during this phase. The wide range of websites, books and specialist articles available is naturally helpful – but can also create confusion. We want to encourage you to take advantage of our expertise – tell us about your wishes, expectations and uncertainties and let's talk about them. We believe it's important to advise you and your partner whenever necessary and involve you in all decisions related to giving birth.

Your safety and well-being are very important to us. We wish you all the best during your pregnancy and for the birth. Thank you for trusting us to provide your child with the perfect start in life.

Sincerely,



Prof. Beatrice Mosimann
Professor of Obstetrics and Antenatal Medicine
Co-Chair of the Women's Health Clinic

Competent support for you and your baby

Your well-being and safety are our top priority on the delivery ward at the University Hospital Basel. This is ensured by our expert team, who work together with experienced neonatologists from the University Children's Hospital Basel (UKBB) as well as specialists from other departments.

Over 2,700 children are born here every year, which makes us the hospital with the highest number of deliveries in the region. We directly pass on our experience and competence to you to ensure that your birth experience is as positive and secure as possible.

Our specialists come from a range of professional groups. Obstetricians, midwives, anaesthesiologists and nurses work hand-in-hand at all times. The close cooperation with the neonatal team (newborn department) at the University Children's Hospital Basel (UKBB) is particularly important, as it enables us to continue providing parents with the best possible support after the birth.

Our close collaboration with the University of Basel means that we are always at the cutting edge of medical innovation and advances in our field. It's important for us to be able to offer you support that is based on the latest scientific knowledge.

Our interdisciplinary team



Prof. Beatrice Mosimann
Professor of Obstetrics
and Antenatal Medicine
Co-chief of the Women's
Health Clinic



Prof. Sven Schulzke
Chief of Department
Neonatology UKBB



Prof. Thierry Girard
Chief of Department OP
West, Obstetric
Anaesthesia



Dr. Maya Brunner
Chief of Obstetric
Anaesthesia



Prof. Olav Lapaire
Deputy Chief of
Department Obstetrics
and Antenatal Care



Corinne Grolimund and Seline Roth
Chief Nurse Maternity Ward



Sibylle Mangold
Chief Nurse Women's
Health Clinic



Knowledge and expertise in all areas

You've come to the right place. Our delivery ward provides all pregnancy and birth-related medical services under one roof. It also certainly helps that we are medical pioneers with many years of experience as the oldest and largest university clinic for women in the north-western region of Switzerland.

Specialists in high-risk pregnancies

We also specialise in care and management of high-risk pregnancies and births. In addition to prenatal diagnostics, we cooperate with various specialists to advise on and deal with complex clinical situations. For certain conditions such as pre-eclampsia, risk of premature delivery or gestational diabetes, we recommend a pregnancy consultation in our clinic with a highly experienced senior obstetrician. We are also able to accommodate vaginal deliveries for breech births and support you during a twin birth.

Anaesthesia tailored to the birth

We are the only hospital in the region with both Anaesthesia and Neonatology departments directly on-site and available round-clock. Obstetric anaesthesia is available in the form of epidural anaesthesia (EDA or PDA) and provides effective pain relief during labor and delivery. The patient can also have some control over the dosage given. Our range of services also includes anaesthesia for Caesarean sections as well as individualised postoperative pain management.

Top-level care for premature babies and ill newborns

The Neonatology department at the University Children's Hospital Basel (UKBB) is one of nine certified neonatology centres in Switzerland. This means that we can provide optimum care not only for newborns who might need some extra support after birth but also premature and very premature (born before the 28th week of pregnancy) babies, who require intensive medical care. These newborns receive the best care both on-site at the Women's Health Clinic and next door at the UKBB. This means that other paediatric specialists can be quickly and promptly consulted whenever necessary. The UKBB team of doctors is also available after the birth to perform medical check-ups on your baby on the maternity ward.

Comprehensive and individual pregnancy support

Most pregnancies run smoothly and without any complications – so pregnant women usually only have to deal with perhaps inconvenient yet harmless pregnancy-related ailments. We offer comprehensive, top-quality care tailored to your individual needs.

Our prenatal care

The choice is yours: you can either let your gynaecologist take care of you during your pregnancy and only come to us for the actual birth, or our team at the Women's Health Clinic can support you throughout your entire pregnancy. For patients with private and half-private insurance, the check-ups are performed in the private practices of the Women's Health Clinic. Another important part of our prenatal care services is the midwife consultation, during which you have the opportunity to ask practical questions and discuss issues such as nutrition, how the pregnancy will progress and the birth itself.

As a highly specialised university hospital center, private practicing gynecologists do not perform births in our labor ward. However, our team strives to ensure that you receive continuity and the same contact partners during your pregnancy.

Should there be any problems that require inpatient treatment during the pregnancy, you'll be referred by your gynaecologist directly to our antenatal ward, where you'll receive round-the-clock care from an experienced team of midwives, certified nurses and doctors from the Women's Health Clinic. The neonatology specialists from the UKBB and the obstetric anaesthesia specialists work with you to plan the birth in the best way possible. We also provide complementary medical treatments such as herbal wraps, massages and acupuncture. A specialist is always available to help deal with any stressful situations. Our primary concern is always the well-being of the pregnant woman, her baby (or babies) and family.



"The midwife consultation enables me to offer individual advice to pregnant women and inform them about pregnancy and birth. It's important for me to help them be independent and increase their confidence in their body."

Annika Berger,
Midwife at the Women's Health Clinic

Our routine check-ups

If your pregnancy is going well and without any complications, your health insurance company will cover the costs for seven pregnancy check-ups and two ultrasound examinations (in the 1st and 2nd trimester, approximately during pregnancy week 12/13 and 20/21). Both routine and special ultrasound examinations such as Doppler (coloured blood flow display), 3D ultrasound and diagnostic procedures (chorionic villus sampling, amniotic fluid or umbilical blood sampling) are performed in the ultrasound department by specially trained doctors. Appointments are generally made through the Women's Out-patient Clinic or by your gynaecologist.

Mentally and physically fit throughout your pregnancy

During pregnancy, it is important for expectant mothers to avoid high levels of stress as much as possible. When undergoing a routine check-up, our staff can suggest ways to help keep you mentally and physically fit throughout your pregnancy. The Gynaecological Social Medicine and Psychosomatics department helps women and couples deal with problems they may encounter during pregnancy. Our social counseling staff provides expert advice on legal matters as well as with family or financial problems.

The Women's Health Clinic also offers targeted medical and psychological care and can support you after a difficult pregnancy and/or birth.

Are you interested in making an umbilical cord blood donation?

Blood from the umbilical cord and placenta is rich in stem cells that can form new cells and replace old blood cells. These blood-forming stem cells can be transplanted instead of bone marrow, for example in children with hematological cancers such as leukemia.

All information can be found on our website unisipital-basel.ch/nabelschnurblutspende and in our «Umbilical Cord blood Donation» brochure.



Your midwife: care and support during pregnancy and after the birth at home

The midwife consultations are a service offered in addition to consultations with doctors and are fully covered by your health insurance. The aim of these check-ups is to evaluate the health of the expectant mother, advise her and answer her questions. For more information and to register for a midwife consultation, please contact us at +41 61 328 63 81.

For **support after giving birth**, we recommend that you start looking for a midwife during your pregnancy. You can do this via the website baslerhebamme.ch or the FamilyStart Website (familystart.ch).

Our experience



«I work together with the team at the Women's Health Clinic every day and knew that I'd be in good hands.»

Valeria Proto,
Patient Services employee at the Women's Health Clinic, gave birth to her son Gioele at University Hospital Basel

«My daily work enables me to experience first-hand the sense of team spirit, positive collaboration and high level of medical performance. I knew that I wanted to my child to be born here.»

Prof. Olav Lapaire,
Deputy Head of Department Obstetrics and Antenatal Care. Son Eric was born at University Hospital Basel.



«After giving birth, it was lovely to share my happiness with my family in an intimate setting.»

Dr. Grit Vetter,
former consultant in Obstetrics and Antenatal Care, gave birth to her daughter Luise and son Paul at University Hospital Basel.

Prenatal classes



Well-informed and well-prepared

The Department of Obstetrics of the University Hospital Basel offers **information evenings** for expectant parents six times a year, entitled «Pregnancy, birth and care of the mother and newborn after delivery». During these evenings, you and your partner can familiarise yourselves with our hospital and meet some of our team.

Prenatal classes

Prenatal classes are the best way to prepare physically and mentally for the birth. Our courses are held in German and English and include courses for couples on weekends, evening courses with individual evenings for couples, evening courses just for women and online courses.

Our experienced midwives will provide you with comprehensive information about the last few weeks of pregnancy and tips to prepare for the birth and for dealing with contractions and pain.

As an expectant father or partner, you'll receive valuable information on supporting your partner during the delivery process and also what is important for you during this special time. You'll learn about the postpartum period, breastfeeding, the early days of parenthood and how to care for your newborn.

More information, details and registration can be found on our website: unispital-basel.ch/geburtsvorbereitungskurse

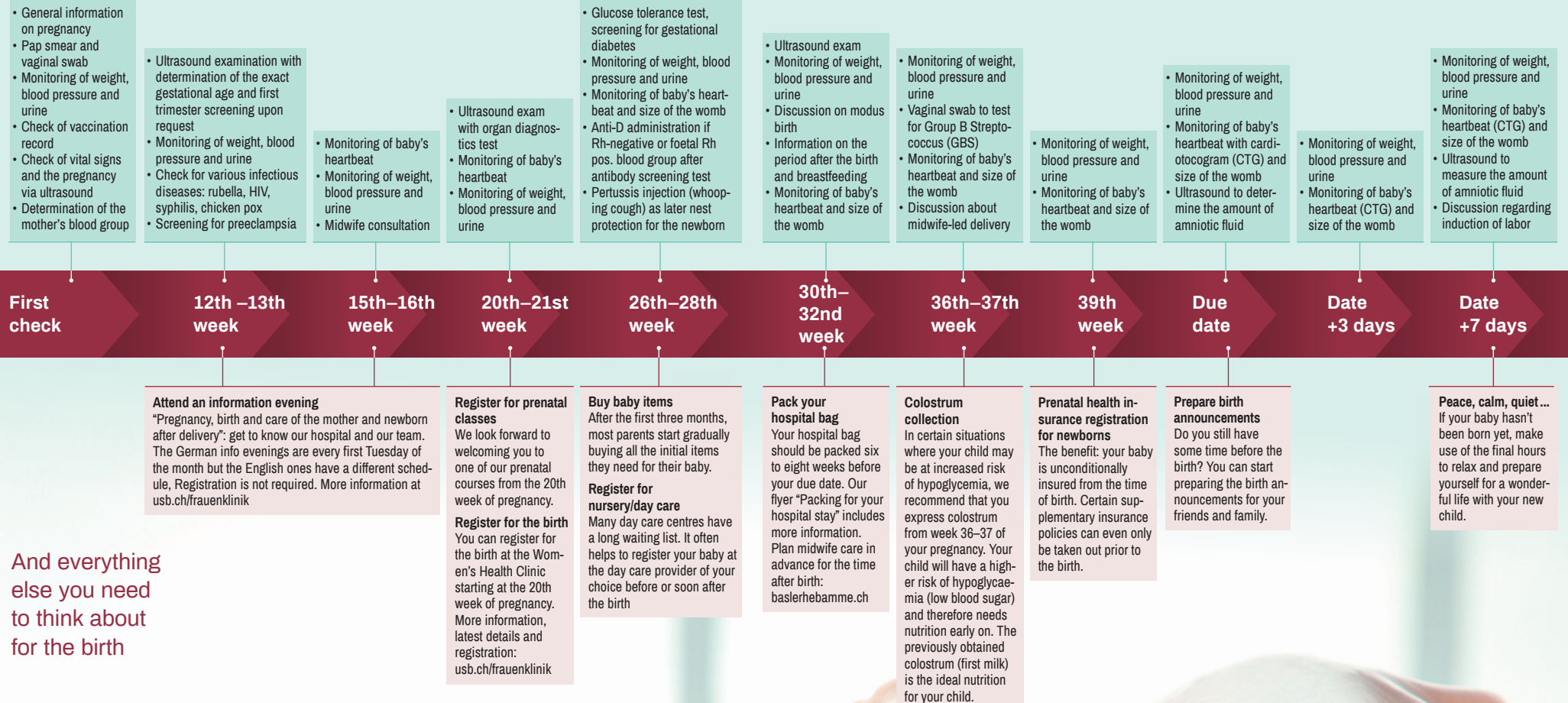
Mamamundo prenatal classes

If you want to attend prenatal classes but don't speak German or English, we can offer courses with an interpreter depending on your native language.

Further information and the languages offered can be found here: usb.ch/en/frauenklinik/angebot/geburt/kurse



Routine examinations during your pregnancy



And everything else you need to think about for the birth



Our delivery rooms have a pleasant atmosphere and enable the women to feel as independent and self-empowered as possible, while at the same time providing maximum medical safety.

Our delivery rooms

Our eight delivery rooms are equipped to handle all modern birthing methods. We have baths for water births, traditional birthing beds and plenty of other equipment. We are always prepared to handle premature, multiple and breech births.

If the baby is doing well during labor, you can opt for a water birth. In our large birthing tubs, expectant mothers can easily change between different birth positions, which can have a very relaxing effect and help the birth to progress. Exercise balls or cloths attached to the ceiling are also commonly used during the birth process.

Whenever possible, you should be able to decide how you would like to give birth. Your midwife and doctor are here to support you with their extensive knowledge about labor and delivery. Our main objective is to enable women to choose how they give delivery and to support them, without compromising the safety of the mother and child. This may involve the use of supportive medical measures (e.g. epidural) or complementary methods (e.g. aromatherapy, homeopathy, acupuncture and music).



Our delivery ward

When arriving at the hospital to give birth, you'll be directed to the delivery ward which is located on the second floor of the university hospital in Building B1. An operating room is located next to the delivery rooms, such that c-sections can be performed at short notice if necessary. The Neonatology department with its newborn intensive care unit is located right next to the delivery ward.

The people accompanying you can use several waiting areas directly outside the delivery rooms. After the birth, when all the initial tests have been done and you and your baby are well, you will be transferred to a room on the maternity ward.

Visit unispital-basel.ch/frauenklinik to take a virtual tour of our premises and get a first impression.



Communication between you and us

It's important that we know your hopes and expectations for the birth. We're here to advise you and involve you at every step. We're open to all birthing plans and will do everything to ensure that we meet the expectations of future parents – assuming, of course, that there are no medical complications. Let us know what you would like and share any fears and concerns with us, so that we can address these individually and in a timely manner.

Safe and sound at all times

In addition to an experienced midwife, there is at least one assistant doctor and one senior physician on-site at all times. Paediatrician and a team of nurses specially trained in caring for newborns. The obstetric anaesthesiologists are available around the clock to provide pain relief or anaesthesia for Caesarean sections.

Providing personalised care in the most intimate setting possible is a major priority for us. Your partner or accompanying person can support you during the birth and be at your side the whole time – also during a Caesarean section. As soon as the baby is born he or she is placed on your stomach in direct skin contact with you (bonding). This phase is maintained until the mother starts breastfeeding and is only interrupted for urgent medical reasons. If desired, your midwife will support you as you breastfeed for the first time.



Best possible safety for mother and child thanks to the interdisciplinary collaboration between the Neonatology, Obstetric and Anaesthesia departments.



Midwife-led delivery

During a midwife-led delivery, expectant mothers are cared for and supported exclusively by a midwife during the natural birth process. Labour and delivery take place in the birthing rooms on the delivery ward. The close proximity to the Obstetrics Department, Anaesthesia and Neonatology departments means that a doctor can be immediately consulted if required.

Studies have shown that this birth model results in a greater satisfaction rate among mothers, a lower intervention rate (PDAs, episiotomies and vaginal deliveries with the use of instruments) and a shorter labour. There was also no increase in the rate of Caesarean sections and severe birthing tears compared with a typical birth involving both a doctor and midwife.

Midwife-led delivery is an option if you're healthy, have had a normal pregnancy and have been informed during a midwife consultation about the different aspects and criteria of this type of birth.

If you're interested or have any questions, please contact us at +41 61 328 63 81.



Well-being and recuperation on the maternity ward

After giving birth, you and your baby will spend the first days together in a room on our maternity ward. Our experienced nursing staff provides round-the-clock support, giving you the chance to settle into daily life with your child in a protected environment.

Our rooms

Enjoy the feeling of togetherness with your newborn in our bright, friendly rooms. This closeness will let your baby experience a sense of security and your love. You'll quickly get to know your child and become familiar with his or her needs.

The maternity ward is located on the Station «Frauenklinik 3.2» on the third floor and has both single and twin rooms. Each room has a bathroom with shower and toilet. On the 2nd floor is the newborn ward (Neonatology) for premature babies or newborns with medical issues at the University Children's Hospital Basel (UKBB). If you are not privately insured but would like a single room, you can request an upgrade subject to availability. We recommend contacting your health insurance company for more information and contacting our admissions department on +41 61 265 91 91.

On request, we can also provide you with a family room that accommodates your partner or accompanying person overnight. We recommend reserving ahead of time, as rooms are subject to availability. For more information, please contact our admissions department.



Plenty of space for privacy: twin room.

Visiting times

New mothers need time for rest and relaxation.

General: 2.00 p.m. to 7.00 p.m.

For fathers or partners: 11.00 a.m. to 8.00 p.m.

Quiet time (no visitors): 12.30 p.m. to 2.00 p.m.

The number of visitors is limited to two per patient in a double room. Other spaces available for visitors are the seating areas in the corridor or foyer and in the «Giardino». When the weather is good, you can enjoy the garden area of the hospital with your newborn and visitors.

Our postpartum support

After giving birth, you and your child will receive round-the-clock care to aid in your recovery. Meanwhile, you'll learn step by step how to care and provide for the welfare of your baby. You'll learn to address the needs of your child and provide him or her with a sense of security and closeness. The rooming-in system lets you be with your child at all times, day and night.

Our experienced nurses are here to support you. Let them know about your needs and expectations in terms of care, advice and guidance.

Mothers generally stay in the maternity ward for three days after a normal birth or four to five days after a Caesarean section. We will discuss the plans for your discharge with you as early as possible to ensure a smooth transition from the hospital to your home, so you can begin your new life with your child in a well-organised and well-informed manner.

Nurses with extensive expertise

Our nurses also advise you on matters of nutrition, caring for your child and breastfeeding. They are more than happy to show you what to remember when changing nappies, how to bathe your baby safely and the best way to carry, support and lift your baby. The nurses monitor the health of your child and carry out the appropriate tests. In the event of difficulties, they work together with you, your family and other specialists to find suitable solutions.



Medical rounds

The initial period after the birth is a very sensitive phase during which you'll get to know your child and grow as a family. We try not to disrupt this process. If you delivered naturally without any complications, you'll mainly be supported by our nursing team. The obstetricians are, of course, available if you have any questions or problems. If you had a Caesarean section, complications during birth or problems during the postnatal period, a doctor will visit you during their rounds between 10 a.m. and 12 p.m.

During the first few days after giving birth, your child will be examined by a paediatrician from the Neonatology department at the University Children's Hospital Basel (UKBB). They will also be happy to answer your questions.

There is always a paediatrician on-site to immediately examine your baby

should there be any difficulties. Once you return home, your own paediatrician will take over the task of examining your child in the future.



Breastfeeding has many health benefits for mother and child.

Our breastfeeding consultants

Breastfeeding has many health benefits for mother and child, which is why we strongly encourage it. We are a baby-friendly hospital and follow the breastfeeding guidelines of UNICEF and the World Health Organisation (WHO). Of course, we always respect mothers' decisions when it comes to breastfeeding.

If you would like to breastfeed, our breastfeeding consultants will support and assist you with a great deal of empathy and patience. You'll be introduced to topics such as breast care, nutrition while breastfeeding and breastfeeding positions. You'll also receive support when putting this into practice. Once you've been discharged, you can still ask our breastfeeding consultants for advice if

you have any questions or problems. Your health insurance will cover three outpatient breastfeeding consultations.

Women who do not want to or who cannot breastfeed will receive expert, respectful advice about weaning and/or nutrition for their newborn.

Colostrum (first milk) extraction

If you have pre-existing diabetes or gestational diabetes, we recommend that you express and collect colostrum from week 36–37 of your pregnancy. Your child will have a higher risk of hypoglycaemia (low blood sugar) and after birth, therefore needs nutrition early on. The colostrum is the ideal nutrition in these situations.

Certified expertise

All our breastfeeding consultants are certified by the Swiss Association of Breastfeeding Consultants (BSS) and the International Board of Certified Lactation (IBCLC) and have extensive experience in the area of breastfeeding. If you have extra milk, we would be happy to advise you about the option for donating this to the breast milk bank at the University Children's Hospital Basel (UKBB).

Postnatal exercise

Following a Vaginal delivery or Caesarean section, a physical therapist will visit you and show you some easy exercises that you can do on your own at home. You can start active postnatal exercises around eight weeks after giving birth.



Contact

University Hospital Basel

Women's Health Clinic

Spitalstrasse 21

4031 Basel

usb.ch/frauenklinik

**For emergencies, questions about pregnancy and birth,
appointments or pregnancy consultations:**

24 hours/day, telephone +41 61 328 63 81

Registration office

Telephone +41 61 265 91 91

anmeldung.geburt@usb.ch

usb.ch/frauenklinik

Breastfeeding advice

Monday to Friday from 8:00 a.m. to 5:00 p.m.

Telephone +41 61 265 90 94

Universitätsspital Basel

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