



Becoming parents.

Everything you need to know about pregnancy and birth.

**University Hospital of Basel
Department of Obstetrics and
Antenatal Care**

Spitalstrasse 21
CH-4031 Basel
www.unispital-basel.ch/frauenklinik

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“Pregnant women usually know exactly what they want and what they don’t. The Women’s Clinic draws on many years of expertise to serve its patients and takes a flexible approach, ensuring that your individual requests and needs can be met.”

Prof. Irene Hösli, Head of Department, Obstetrics and Antenatal Care

Welcome to the delivery ward of the University Hospital of Basel!

Are you an expectant mother? Or soon to be a proud father? Congratulations! Pregnancy is always an unforgettable experience for expectant parents. It marks the beginning of a new chapter in one’s life and an incredibly exciting period – regardless of whether this is your first child or your new baby already has an older sibling waiting at home.

During this phase, many expectant parents devour as much information as they can find about pregnancy, giving birth and babies. And while the immense range of websites, blogs, books and expert articles are of course helpful, they can also create confusion. Take advantage of our expertise – let us know about your wishes, expectations and anything that makes you feel uncertain. Talk to us! We believe it is important to advise you whenever necessary and to include you and your partner in all of the decisions relating to giving birth. After all, a website or book is no replacement for human contact and face-to-face dialog.

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

Sincerely,

Prof. Irene Hösli
Head of Department
Obstetrics and Antenatal Care

“Epidural anesthesia or water birth? Nursing or bottle feeding? Rooming-in or baby room? The University Hospital of Basel had the answers to all of my questions about giving birth – and made me certain that I had chosen the right hospital for me and my baby.”



Our clinic: expert care in all areas

In the University Hospital of Basel's delivery ward, your well-being and safety are the top priority. This is ensured by our expert team, which works together with experienced neonatologists from the University Children's Hospital Basel (UKBB) as well as other specialists from the University Hospital of Basel if required.

The members of our team have various professional specializations – obstetricians, midwives, anesthesiologists and nurses work hand-in-hand and are in constant contact with one another. In particular, close cooperation with the neonatal ward of the University Children's Hospital Basel (UKBB) is essential, as it enables us to continue providing you with the best possible support in your role as a parent following the birth of your child.

We are proud of our expertise in the field, and we believe it is very important to offer pregnant women care based on the latest scientific knowledge. Our close cooperation with the University of Basel means that we are always at the cutting edge of medical innovation and advances in our field. Thanks to our major involvement in various research projects, we play an active part in addressing clinically relevant questions through new research approaches. This allows us to make further inroads in the field of obstetrics and prenatal medicine.

Our interdisciplinary team



Prof. Irene Höсли
Head of Department
Obstetrics and Antenatal Care



Prof. Dr. Olav Lapaire
Associate Head of Department
Obstetrics and Antenatal Care



Prof. Thierry Girard
Head of Department
Obstetric Anesthesia



Anette Wetzel-Schwöble
Head Nurse
Antenatal Ward



Iris Hochstrasser
Head Midwife
Delivery Ward



Corinne Grolimund
Head Nurse and Midwife
Maternity Ward



Prof. Sven Schulzke
Medical Director
Department of
Neonatology, UKBB

Your midwife: pregnancy care and assistance at home

Midwifery consulting is a service offered alongside medical consultations and is fully covered by health insurance. The aim of these check-ups is to evaluate the health of the expectant mother, advise her and answer her questions. More information and appointments for midwifery consultations:

Tel. +41 61 328 63 81

For support after giving birth, we recommend seeking a midwife ahead of time while you are still pregnant.

The website www.baslerhebamme.ch or the FamilyStart Helpline (Tel. +41 0848 622 622, daily from 8:00 to 20:00) can help you find a suitable midwife.

Our services: comprehensive care with extensive experience

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

Comprehensive support with continuity

Each year, more than 2,300 children open their eyes for the first time in our clinic, making us the hospital with the highest number of deliveries in the region. We use our experience effectively and efficiently to make your childbirth experience as positive as possible.

As a highly specialized central hospital, our own expert team of doctors and midwives care for you during labor and delivery (private gynecologists do not do deliveries at our hospital). Our team strives to provide you with the greatest possible level of continuity and care from the start of the pregnancy to its conclusion. We assist you during your pregnancy and help you give your child the best possible start in life. And we continue to assist you after your child has been born.

Sound expertise in all areas

Our comprehensive services begin as soon as you decide to have a child – we would be happy to advise you about the various options we offer in the area of reproductive health as part of a childbirth consultation. Our facilities are equipped for all childbirth options, such as water births. We are the only hospital in the region with both anesthesia and neonatology departments

directly on-site and available round-the-clock. Obstetric anesthesia is one of the areas that the University Hospital of Basel specializes in and is available, for example, as epidural anesthesia (EDA or PDA) for effective pain relief. The patient can also have some control over the dosage required. Our range of services also includes anesthesia for cesarean sections as well as individualized postoperative pain management.

We also specialize in high-risk deliveries. In addition to prenatal diagnostics, we cooperate with all relevant specialists to advise on and deal with complex clinical situations. For certain conditions including pre-eclampsia (toxemia of pregnancy), risk of premature delivery or gestational diabetes, we recommend a high-risk pregnancy consultation in our clinic with a highly experienced senior obstetrician. We are also able to accommodate vaginal deliveries for breech births or twins.

Top-level care for premature births

The neonatology department of the University Children's Hospital Basel (UKBB) is one of nine certified neonatology centers in Switzerland, enabling us to provide optimum care for ill newborns and very premature babies (born before the 28th week of pregnancy) who require highly-specialized intensive medical care.

These newborns receive the best care in our Neonatology ward at the Women's Clinic as well as at the UKBB (immediately adjacent), allowing other pediatric specialists to be promptly consulted whenever necessary. The UKBB team of doctors is also available to perform medical check-ups on your healthy baby in the maternity ward.

Maternal mental health: stability throughout your pregnancy

During pregnancy, it is especially important for expectant mothers to avoid high levels of stress. When undergoing a check-up, our staff can give you tips and refer you to places to keep you feeling mentally and physically fit throughout your pregnancy. The Gynecological Social Medicine and Psychosomatics department helps women and couples deal with problems they may encounter during pregnancy. Our Social Services department provides expert advice in legal matters as well as with family or financial problems. If you have any questions, please contact our nursing staff directly. All contact addresses can also be found on the website of the Women's Clinic.



"During pregnancy, expectant parents need to feel a sense of security and stability. Thanks to our medical expertise, we are able to guarantee the utmost in safety and security – for you and your unborn child."

Prof. Dr. Olav Lapaire, Associate Head of
Department, Obstetrics and Antenatal Care

Our experience: first-hand

“My sister and I both opened our eyes to the world for the first time at University Women’s Hospital of Basel – why go elsewhere?”

The majority of children in the Basel region are delivered at the Women’s Clinic – this situation has remained the same for over 100 years.



Jasmina Schleuniger, Head Medical Secretary of Cardiology, gave birth to her daughter Iva at the University Hospital of Basel.

“My daily work allows me to embrace team spirit and enjoy a positive sense of cooperation and high level of medical accomplishment. For me, it was clear that my child would be born here.”

Promises are kept and high standards are guaranteed here at the Women’s Clinic.



Prof. Dr. Olav Lapaire, Associate Head of Department, Obstetrics and Antenatal Care, whose son Eric was born at the University Hospital of Basel.

“After giving birth, it was a lovely feeling to share this blessing with my family in an intimate setting, which my own private room provided.”

In the USB delivery ward, there is a maximum of two women to a room.



Dr. Grit Vetter, Senior Staff Physician of Obstetrics and Reproductive Medicine, gave birth to her daughter Luise at the University Hospital of Basel.

Our pregnancy care services: comprehensive and personalized

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

Our pregnancy care services

You make the decisions: During your pregnancy, you have the option of receiving care from your gynecologist and visiting us purely for the birth of your child, or perhaps for one or two check-ups before the birth. Alternatively, we can handle everything, with our team at the outpatient clinic providing all of the necessary care during your pregnancy. For first and second class insured patients (private and half-private), the check-ups are performed at the private practices of the Women’s Clinic. Another important part of our pregnancy care services is the midwifery consultation, which gives you the opportunity to ask practical questions as well as discuss and learn about nutrition, how the pregnancy will progress, going into labor and many other topics.

Should there be any problems requiring inpatient treatment during your pregnancy, you will be referred by your gynecologist directly to our Prenatal Ward, where you will receive round-the-clock care from an experienced team of midwives, certified nurses and doctors from the Women’s Clinic. The neonatology specialists from the University Children’s Hospital Basel (UKBB) and the obstetric anesthesia specialists work with you to plan the birth in a way that is

best for you and your child. We also provide complementary medical treatments such as herbal wraps, massages and so on. A specialist is always available to help deal with any stressful psychological situations. Our primary concern is the well-being of the pregnant woman and her family.

Comprehensive support in all areas

The close collaboration between the various departments of the Women’s Clinic, the entire University Hospital Basel and the neonatology department of UKBB means that all bases are covered if additional examinations or treatments are necessary. This makes it possible to intervene quickly and at any time if an emergency arises. The Women’s Clinic also offers specialized follow-up care – both medical and psychological – after difficult pregnancies and/or births.

Our routine check-ups during your pregnancy. And everything else you need to think about for the birth.

- Ultrasound examination with determination of exact gestational age and first trimester screening on request
- Weight, blood pressure and urine monitoring
- Determination of the mother's blood group
- Tests for immunity against or presence of various infectious diseases that could complicate a pregnancy: rubella, HIV, syphilis, chickenpox

Register early for a childbirth preparation course.

We look forward to welcoming you to our childbirth course any time from your 28th week of pregnancy. Courses also available in English. For more information and available dates, visit www.usb.ch/frauenklinik.

Buying baby items

Start to purchase the initial items you need for your baby. We've put together a checklist for you in our "Getting off to a good start at home" flyer.

- Ultrasound examination
- Weight, blood pressure and urine monitoring
- Discussing the type of birth
- Information after the birth and breastfeeding
- Monitoring the baby's heartbeat and size of the womb

Register the baby's name

Let us know what you would like to name your baby (if you already know). The appropriate form can be downloaded at www.usb.ch/frauenklinik and submitted upon admission.

- Weight, blood pressure and urine monitoring
- Monitoring the baby's heartbeat and size of the womb

Prepare birth announcements

Do you still have some time on your hands? Why not start preparing the birth announcements for your friends and family?

- Weight, blood pressure and urine monitoring
- Monitoring the baby's heartbeat (CTG) and size of the womb

Peace, calm, quiet...

If your baby has not yet been born, make use of the final hours to properly relax and prepare yourself mentally for a wonderful life with your new child.



Examinations during your pregnancy

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 (during the first and second trimesters, corresponding to 12th-13th week and 20th-21st week of pregnancy).

Both routine and special ultrasound examinations, e.g. Doppler (colored blood flow display), 3D ultrasound and invasive 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 Outpatient Clinic or by your gynecologist.

Well-informed and perfectly prepared

The Delivery Ward at the University Hospital of Basel holds **evening information sessions** in German once a month and in English five times a year for expectant parents. These sessions allow you and your partner to familiarize yourselves with our facilities and get to know some of our team members. For more information, visit our website or www.mehr-wissen.ch. The best way to prepare yourself physically

and mentally for childbirth is by taking a **childbirth preparation course**: our midwives offer these evening/weekend courses to women who are at least 28 weeks' pregnant. Courses include specific modules which can be attended with your partner. Courses in English are also available. Please visit our website for more information. Register early!

Are you interested in making an umbilical cord blood donation? You can find all of the relevant information on our website.



“As an expectant father, I naturally wanted the best available care for my wife and our baby. Opting for the University Hospital of Basel was a joint decision – and each check-up reassured us that we had made the right one.”

Our delivery ward: meeting your needs and expectations

Our foremost concern when you give birth is your safety and the health of your child. Another primary focus is to meet the individual needs of expectant couples during labor and delivery. Our expert team is there to assist you round-the-clock.

Our delivery ward – finding your way to us

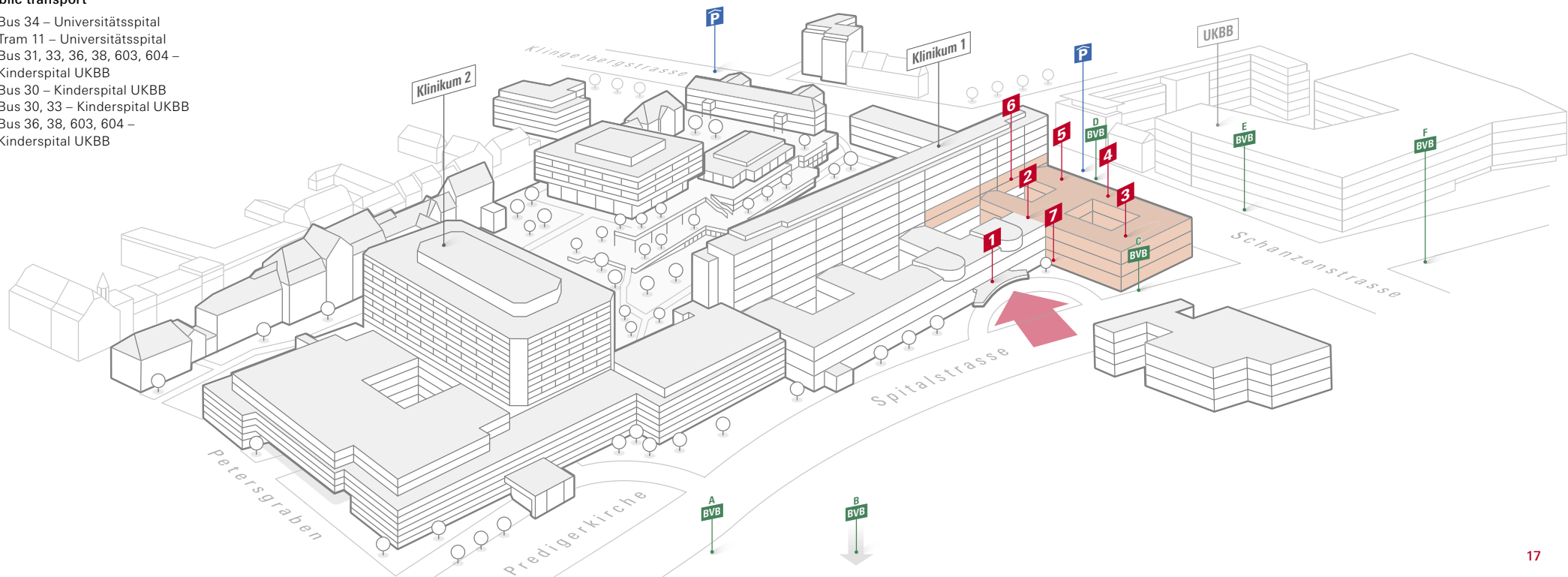
When arriving at the hospital **1** to give birth, you will be directed to the delivery ward **2** which is located on the second floor. Operating rooms **3** (including the neonatology care unit) are located next to the delivery rooms **4** enabling cesarean sections to be performed at short notice. The department of neonatology **5** and the newborn intensive care unit are located right next to the delivery ward. The persons accompanying you will also find several waiting areas directly outside the delivery rooms. After your baby is born and the subsequent examinations are complete, you and your child will be transferred to the Maternity Ward **6**.

Before giving birth, expectant mothers receive care at the general outpatient clinic of the Women's Clinic located on the ground floor **7**. The private practice and the ultrasound department are nearby.

Our evening information sessions for parents-to-be also give participants a general overview of our clinic. For more information, please visit our website, where you can also take a virtual tour of our facilities to obtain an initial impression.

Public transport

- A** Bus 34 – Universitätsspital
- B** Tram 11 – Universitätsspital
- C** Bus 31, 33, 36, 38, 603, 604 – Kinderspital UKBB
- D** Bus 30 – Kinderspital UKBB
- E** Bus 30, 33 – Kinderspital UKBB
- F** Bus 36, 38, 603, 604 – Kinderspital UKBB





Our delivery rooms

Our eight delivery rooms are equipped to handle modern birthing methods. We have bath tubs for water births, birthing stools, traditional birthing beds and plenty of other equipment and furnishings. We are always prepared to handle premature, multiple and breech births as well. You decide to the greatest possible extent which birthing method is best for you. Your midwife and doctor offer their expertise to help you with your decision. Our ultimate goal is to allow the patient to make their own decision on how they will give birth without compromising the safety of the mother and child. This may also call for the use of supportive medical procedures (e.g. PDA) or complementary methods (aromatherapy, homeopathy, acupuncture, music).

If you and your baby are in good health, a water birth is a viable option. Our large bath tubs allow expectant mothers to switch smoothly between various birthing positions. This can have a very relaxing effect to facilitate the labor process. Exercise balls or cloths attached to the ceiling are also popular aids used to give birth.

Our delivery rooms offer a pleasant setting and meet the modern parents' need for maximum autonomy and individuality while at the same time providing the requisite medical safety.



The brochure „**Wie bringen Sie Ihr Kind zur Welt**“ (How will you give birth?) published by the Swiss Association of Gynecology and Obstetrics is a good source of information regarding childbirth (available in German, French and Italian). The document can be downloaded from the website at www.sggg.ch.





The maximum safety for mother and child is ensured thanks to interdisciplinary cooperation between the departments of neonatology, obstetrics and anesthesia.

Transparent communication – from both sides

We believe it is important to know what you want and your desires regarding the birth of your child – we are here to advise you and involve you in all decisions. We are open to all types of birth and will do everything to meet the expectations of the future parents – assuming, of course, that there are no medical complications. Let us know your desires and share your fears and reservations with us so that we can address your concerns individually and in a timely manner.

Safe and secure at all times

Rest assured that you will always be safe and sound with us. There is at least one attending obstetrician on-site in the delivery ward at all times as well as assistant doctors in addition to a pediatrician and team of nurses specially trained in caring for newborns.

The obstetric anesthesiologists are always available to provide pain relief (e.g. epidural anesthesia – EDA or PDA for short) or anesthesia for cesarean sections.

Providing personalized care in the most intimate setting possible is a major priority for us. Your partner or other accompanying person can support you while giving birth and be at your side the entire time – including for cesarean sections. Immediately following the birth, you can take your child in your arms and enjoy your new blessing in peace. If you wish, your midwife can assist when you breastfeed your baby for the first time.

You may choose to return home a few hours after the birth rather than staying in the hospital after the delivery, if all has gone well („ambulante Geburt“). If interested, please contact your doctor or midwife to discuss this option.



Our well-stocked children’s corner makes passing the time child’s play.

Waiting for the baby to arrive? The waiting area located directly adjacent to the delivery rooms gives accompanying persons the opportunity to rest and gather their strength.



Our maternity ward: well-being and recuperation for mother and child

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



Time to get to know each other: mother and child in the same room.



Plenty of space for privacy: twin room with an adjoining lounge.

Our rooms

Enjoy the feeling of togetherness with your newborn in our bright, friendly rooming-in (sleeping in the same room) spaces. You are free to leave your baby for a few hours or overnight in the care of the ward nurse if you need to recover after giving birth or just need to take some time for yourself.

The maternity ward is located on the second (private ward) and third floors of our hospital and has 35 beds with 9 single rooms and 26 twin rooms. Each room has a bathroom with shower and toilet as well as a lounge where you can receive visitors in peace or if you need some time alone. Immediately next to the ward on the second floor is the neonatology ward of the University Children's Hospital Basel (UKBB) for premature and ill newborns. If you are not privately insured but would like a single room, you can request an upgrade. We recommend contacting your insurance company for more information and calling our patient service department at +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

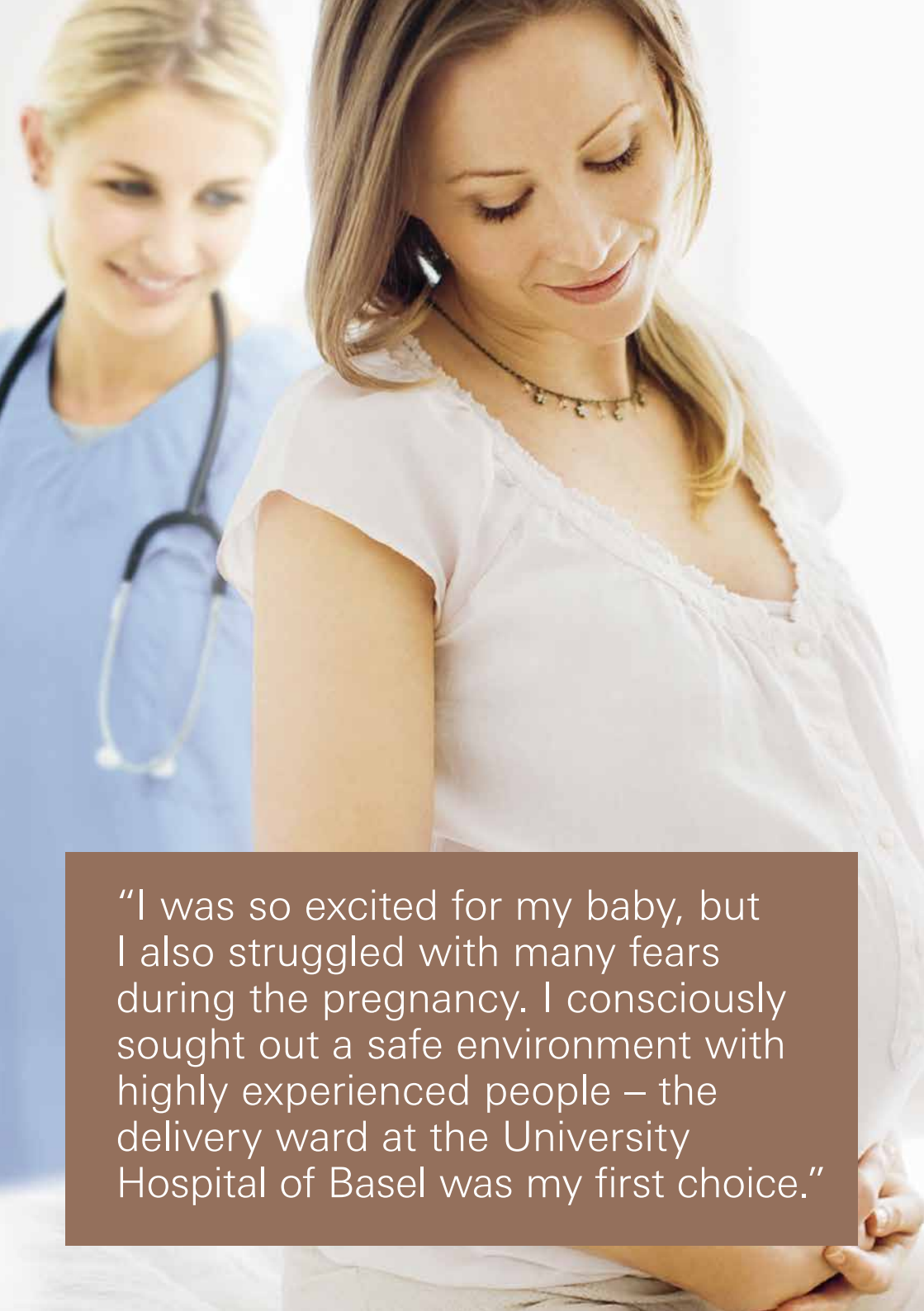
capacity may be limited and rooms are subject to availability. For more information, please contact our patient services as well.

Visiting times:

General: 2.00 p.m. to 7.00 p.m.
Fathers only: 10.00 a.m. to 9.00 p.m.
No visitors: 12.30 p.m. to 2.00 p.m.

The number of visitors is limited to two for each patient in a multiple-occupancy room. Other spaces are available: in the Obstetrics department (seating in the corridor), in the foyer and in the two hospital cafeterias "Giardino" and "Centrino".

After giving birth, you and your child will receive round-the-clock care from our qualified nursing staff. Mothers generally stay in the maternity ward for three to four days after a normal birth or four to six days after a cesarean 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 and so you can begin your new life with your child in a well-organized and well-informed manner.



“I was so excited for my baby, but I also struggled with many fears during the pregnancy. I consciously sought out a safe environment with highly experienced people – the delivery ward at the University Hospital of Basel was my first choice.”

Care after birth

What happens after the birth? In essence, you and your child receive round-the-clock care from qualified nurses, enabling you both to recover from the birth. Meanwhile, you will learn step by step how to care and provide for the welfare of your baby.

During an initial consultation, the nurse will ask you about your needs and expectations in terms of care, advice and instruction. During your stay, the nurse is responsible for the necessary monitoring and checks (involution of the womb, perineal suture, condition of the breasts, etc.), for assistance with personal care and mobilization as well as carrying out diagnostic and therapeutic procedures (blood samples, administering medications, wound care, breast care, etc.).

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 diapers, 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 checks. In the event of difficulties, they work with you, your family and other experts to find suitable solutions.

Our medical rounds

During your stay on the maternity ward, you will be regularly examined by one of our gynecologists, who will check the physiological processes after the birth to identify any problems at an early stage. The consultation between you and the doctor is an important part of the medical rounds that take place sometime between 8:30 and 11:00 each morning. It goes without saying that our medical team is also available to answer your questions outside of these hours as well.

During the first several days after giving birth, your child will be examined by a pediatrician from the neonatology department of the University Children's Hospital Basel (UKBB). The doctors will also be happy to answer your questions. There is always a pediatrician on-site to immediately examine your baby should there be any difficulties. Once you return home, your pediatrician will take over the task of examining your child in the future.

Our breastfeeding counselors

Breastfeeding has many health benefits for both mother and child alike, which is why we strongly encourage breastfeeding. We are an accredited baby-friendly hospital and follow the breastfeeding guidelines of the WHO and UNICEF. However, we always respect mothers' decisions when it comes to breastfeeding or not to breastfeed.

If you would like to breastfeed, our breastfeeding counselors provide support and assistance with empathy and patience. You will be introduced to topics such as breast care and nutrition while breastfeeding, and receive practical support when putting this into practice. Once you have been discharged, you can consult our breastfeeding counselors if you have any questions or problems. Health insurance covers three outpatient breastfeeding consultations.

Certified expertise

All of our breastfeeding counselors are certified by the Swiss Association of Breastfeeding Counselors (BSS) and have extensive experience in the area of breastfeeding. We would be happy to advise you about the option of donating surplus milk to the breast milk bank of the University Children's Hospital Basel (UKBB).

Our contact and emergency numbers: useful contacts for you



“During pregnancy and when giving birth, we bring all of our medical expertise to bear for the parents – and look forward to gaining your confidence by demonstrating our practical skills for caring for your baby.”

Corinne Grolimund, Head Nurse and Midwife,
Maternity Ward

Women who do not want to or who cannot breastfeed are provided with high quality, respectful advice about weaning and/or optimum nutrition for their newborn.

Physical Therapie:

Following a difficult birth or c-section, a physical therapist will visit you on the postnatal ward. She will show you some light exercises that are gentle on the posture and c-section scar or perineum that you can do for the initial period following the delivery. You can start to do «real» postpartum exercises about eight weeks after the birth.

Emergency numbers during your pregnancy and for giving birth.

During business hours (08:00 - 16:30)
Tel. +41 61 328 63 81

After business hours, weekends and holidays
Tel. +41 61 328 75 00 (if less than 20 weeks of pregnancy)
Tel. +41 61 265 90 49 (if over 20 weeks of pregnancy)

Private patients:

Tel. +41 61 265 90 66
(Office hours: Monday through Friday
from 9:00 to 11:00 and 13:00 to 16:00)

Information regarding pregnancy, birth and appointments:

Ambulatory clinic for pregnant women:
Tel. +41 61 328 63 81

Information and registration for giving birth:

Patient service: Tel. +41 61 265 91 91
Website: www.usb.ch/frauenklinik