

Frequently asked questions about the birth

Important information first: You can still have someone accompany you in the delivery room. This can be the expectant father or someone else you trust. What is important is that the person accompanying you is healthy. Exceptions are people with cold symptoms and people who are in quarantine.

The current visiting regulation stipulates one person per patient per day (1-1-1 visit regulation). This may change at any time due to the changing infection situation. You can find up-to-date information on the homepage of our website.

Before birth

When and how do I register for the birth?

Please make an appointment in good time for your presentation in the pregnancy counselling service by phoning: 0931 201-25604. You should do this between the 34th and 36th week of pregnancy. You are welcome to make an appointment earlier if you are pregnant with multiple babies or if you are aware of any abnormalities. We will then create a file with all relevant data.

Please come to this appointment only if you are healthy.

What do I need to bring to the first presentation?

Please bring your fully filled in maternity pass, your insurance card, important preliminary findings (e.g. surgical reports, blood sugar or blood pressure values), the completed medical history sheet (you can find this on our homepage) and time.

Can I only come after I have registered?

No, we will treat you in obstetric emergencies of any kind and at any age of pregnancy. If you are planning to give birth in our clinic, we kindly ask you to come to our pregnancy counselling service in advance so we can obtain all the necessary findings and discuss your wishes and concerns.

Can I bring my partner to the first presentation?

Due to the current incidence of infection, we would like to avoid unnecessary contact. We therefore ask you to come alone. If you need someone to accompany you on account of language barriers or for other reasons, please discuss this with us in advance.

Is a presentation also advisable if you are planning birth outside the hospital?

Yes, to ensure we have obtained your medical history and recorded important data in case you need to be transferred to us during the course of events.

Are info evenings available for parents-to-be?

We are currently unable to offer a classroom event due to the infection situation. You can find a short video and detailed information on our homepage.

Which parenting classes are currently offered?

You can find our current classes on the homepage under the heading "Parenting School".

At birth

Are maternity parking spaces available?

Please report to our gate. The gatekeeper will show you where you can park your car during the birth.

From when can my husband accompany me?

Your husband or accompanying person will be welcome once you are in the delivery room. Exceptions are people with cold symptoms and people who are in quarantine.

How many people are allowed to accompany me in the delivery room?

A person of your choice, this can be your partner or another person close to you, see above for exceptions.

Do I need to wear a mask during birth?

Masks are compulsory throughout the hospital. We will discuss possible exceptions with you during the birth.

Who will be present during birth?

A midwife, an expectant midwife and a doctor will usually look after you. If need be, a gynaecological consultant, an anaesthetist and a paediatrician can be present for help at any time.

Is a PDA always possible?

An anaesthetist is available around the clock to discuss an individual solution with you even in very rare exceptional cases.

What anaesthetic is administered for a caesarean section?

The anaesthetic of choice is partial anaesthesia (spinal anaesthesia), so you can remain awake to experience the birth of your child.

Will my baby always be with me?

Yes. A mother and child should remain together when they are doing well. Where certain risks are apparent, paediatricians will be close by to provide initial care for your child, if necessary.

In the event of a premature birth, the paediatricians will tend to your child's care immediately. But even in this situation, we try to make sure you and your child can enjoy contact as quickly as possible.

When is a birth induced?

If your pregnancy is without complications, we recommend an inducement from 41+3 weeks of pregnancy. Where there are risks, we will discuss an individual procedure with you. Various options are available for inducement, which we will discuss with you. You must always agree to an inducement.

When is a birth induced after your waters break?

We usually wait up to 24 hours if there is no spontaneous onset of labour and no signs of inflammation have been observed.

After birth

Is an outpatient birth possible?

If mother and child are in good health after the birth, you can go home after about 4 hours, provided that further care by a midwife and paediatrician is ensured.

How many women are in one room?

Our shared rooms have a maximum occupancy of 2-3 women.

Is a family room available?

Unfortunately we are unable to accept accompanying persons at present.

Am I entitled to a 1-bed or 2-bed room?

If you have statutory health insurance, it might be possible to stay in a 1-bed room for an extra charge (92 euros). This depends on the current occupancy of the room. It is not possible to reserve a single room in advance.

Who can visit me in the maternity ward?

As a general rule: 1 visitor per patient per day. Please discuss this with your room neighbours to spread out the visits. We are sorry, but siblings are not allowed in the hospital at present.

Who can visit my child when the baby is in the neonatal intensive care unit?

You and your partner.

What examinations do you carry out after birth?

The midwives perform the U1 in the delivery room, a daily gynaecological and paediatric round is made on the ward. In addition to this, hearing tests, metabolism tests, pulse oximetry screening and possibly a hip ultrasound are also carried out. If there is no risk, the hip ultrasound can be performed by a registered paediatrician during the first few weeks.

How long will I stay in hospital?

The length of stay for a normal birth is about 3 days, for a caesarean section about 4 days.

Will my child stay with me in the maternity ward?

You are welcome to look after your child yourself – our health and nursing staff and breastfeeding advisors will be pleased to offer help and advice. If you are still restricted after the birth, you can bring your child to the nursery as needed.

What sort of advice will I receive for breastfeeding?

Our breastfeeding advice service is always in the building during the day and can visit you according to your wishes and needs.

Corona and birth

What do I have to consider as a pregnant woman?

Please follow the general recommendations: Keep your distance, hand hygiene, routine mask wearing and fresh air. Please avoid crowds.

What do I do if I have cold symptoms when I go into labour?

If you are suffering from cold symptoms such as dry cough and/or loss of taste and/or fever, please let us know directly at the gate so we can admit you appropriately.

Can my partner accompany me if he is suffering from cold symptoms?

In the interest of protecting fellow patients and staff, we ask you to bring a “substitute” person with you.

What if I have corona disease when I go into labour?

Please let us know directly at the gate. We have set up a separate delivery room for this purpose, where patients with a suspected or confirmed infection can give birth under appropriate protective measures.

You can find more information on “Pregnancy and Coronavirus” on the homepage of the Federal Centre for Health Education (BZGA):

<https://www.familienplanung.de/schwangerschaft/informationen-zum-coronavirus-sars-cov-2/>