

Hospital bag checklist

Delivery

- long shirt/nightdress
- warm socks
- lip balm, hair elastics
- camera
- music (CD or USB stick)
- energy snacks, sugar tablets
- companion: slippers, snacks, spare clothes (just in case)

Maternity Stay

- comfortable clothing
- toiletry bag, towel, bathrobe
- maternity nightwear, nursing bra
- slippers
- long-term medication
- glasses/contact lenses
- something to read, writing utensils
- baby clothes for photo session

The clinic will provide baby clothing during your stay in the hospital.

Going home

- baby clothes fit for the weather
- blanket
- pram/car seat (for being picked up)

Formalities

- maternity record, findings
- health insurance card
- ID card
- mother's/father's/children's birth certificates
- referral form
- marriage certificate/register
- custody statement/acknowledgement of paternity
- medication plan, earlier findings, allergy card, if necessary



Comprehensive and specific care

Particular medical care is required for expectant mothers suffering from pre-existing or pregnancy-related illnesses, **high-risk expectant mothers** and ill premature and newborn babies.

Our **Perinatal Centre Level II** not only houses both the maternity and the paediatric clinic but ensures close professional cooperation between the two to provide exactly the care you and your baby need – from prenatal assistance to intensive medical care of small premature babies, as well as continued assistance once you've returned home.

Therapy focus:

- premature births from pregnancy week 29
- multiple births
- breech babies
- high-risk expectant mothers with diabetes, high blood pressure etc.
- expectant mothers suffering from chronic diseases such as rheumatism, cardiovascular diseases, epilepsy etc.
- children with developmental disorders or in-nate dysplasia

Our small patients have **various state-of-the-art diagnostic options** and a gentle and scaled intensive therapy at their disposal.

Modern, family-focused facilities

Every delivery is different. You should therefore decide for yourself what feels best for you while giving birth. Apart from conventional delivery tables, our clinic offers various options for your perfect childbirth position.

- 3 well-equipped and comfortable delivery rooms, including water birth pools, support ropes, exercise balls, and wall bars
- several relaxation rooms (pre-delivery contractions)
- operating theatre for caesareans



Familiar.
Comfortable.
Trusted.



Well informed.

Please allow us to invite you and your partner to find out everything there is to know about our maternity clinic.

- **Information evenings:** every 1st Wednesday and 3rd Saturday of the month (except public holidays)
- **Guided delivery room tours:** every 2nd and 4th Thursday of the month (except public holidays)



More than just a gut feeling.

Neustadt/Trachau Maternity Clinic





Pregnancy

Benefit from various options to prepare you for delivery:

- prenatal classes
- midwife clinic
- personalized delivery plan including ultrasound examination of high-risk expectant mothers (high-risk pregnancy monitoring)
- high-resolution ultrasound
- maternity acupuncture
- swimming for pregnant women
- yoga for pregnant women
- gentle and natural induction of labour if the due date is exceeded
- information events dedicated to expectant fathers

Dear expecting parents,

You are facing a very exciting time full of expectations and changes. Allow us to take you by the hand – from pregnancy to delivery and beyond to post-natal care.

Our medical centre lets you deliver your child in a **familiar** and personal atmosphere without sacrificing the professional health standards you expect.

We are looking forward to being there for you and your baby.

Best wishes,

Dr. Udo Nitschke
Head Physician

Dr. Antje Borinsky
Senior Physician

Grit Knofflock
Senior Midwife



Delivery

We are aiming to make delivery as **personal and relaxed** as possible:

- free choice of childbirth position
- water birth pool
- natural vaginal breech delivery
- personalized pain therapy (including acupuncture, homoeopathy, nitrous gas, epidural anaesthesia)
- gentle caesarean, bonding in operating theatre (presence of father allowed)
- cord blood donation
- breast-feeding immediately after delivery

Since the neonatal unit of our paediatric clinic is immediately adjacent to the delivery room, we are quick to respond at any time:

- **paediatric care at any time**
- intensive care unit for newborns and premature babies
- paediatric cardiology & special care
- psychological assistance or pastoral care

Childbed

During the first days in the life of your baby, we would like to provide a familiar environment in which you can get to know your child.

Our offerings therefore include:

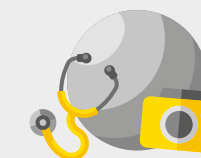
- double or single room ward layout
- 6 comfortable **family rooms**
- 24 hr rooming-in
- opening hours: 3 – 8pm, fathers at any time
- gymnastics led by physiotherapists

Our midwives and nurses will be there for you and would be happy to teach you a couple of baby care and breast-feeding “tricks”.



Further offerings

- nursing room/nursing consultation
- newborn screening: test 1 and 2 including hip ultrasound
- extended baby screening: audiometry, large metabolic test
- official registration of birth
- postnatal exercises
- professional baby photos



City hospital Dresden
Neustadt/Trachau campus

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www.klinikum-dresden.de/geburt

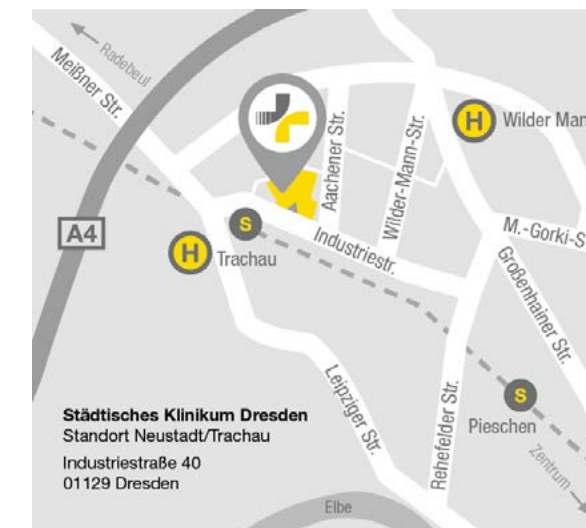
Gynaecology and Maternity Clinic

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Important phone numbers

Maternity ward	+49 351 856-2440
Delivery room	+49 351 856-2460
Intensive pregn. consultation	+49 351 856-2463
Physiotherapy	+49 351 856-3320