

Birth Expectations

Dear expectant mother

Your wishes and thoughts about the birth are important to our obstetrical team. We would like to invite you to think about your wishes and expectations before you come to our hospital for the birth.

In the first part, you will be able to express your thoughts about the birth and the first period after the birth. In the second part, you will see some of the services you can take advantage of.

You, as an expectant mother in our labor ward:

What are your wishes in general before and during the birth?

How do you envision the birth?

How can we optimally support you?

What helped you best during previous hospital stays?

Your companion or partner in our labor ward:

What role do you want to play in the birth?

What do you think the expectant mother wants from you?

How would you like to support the expectant mother?

How did you best support her in the past?

Your family in our labor ward:

How do you imagine the first time as a new family in the labor ward?

How would you like to spend the first time period as a new family in the labor ward?

How would you like to welcome the new family member?

Support and configuration options in our labor ward

We offer a variety of support options in the labor and delivery suite. The options available to you will depend on the space and staff available, as well as your medical situation. Here are some of the support options usually available to you.

Atmosphere and premises

You have the possibility to

- bring music
- have dimmed lights
- wear your own clothes
- take pictures during labor
- have access to a delivery room with a bathtub for relaxation or for the birth itself
- have your companion by your side in the delivery room at all times

Pain relief – what helps you with pain?

- I can imagine measures to relieve pain in general
- when I ask about it, I want to be offered measures to relieve the pain
- I will decide at the moment

Our non-drug or alternative pain management options

- breathing instructions
- massage
- a bath for relaxation
- Complementary medicine such as acupuncture, aromatherapy, Schüssler salts and homeopathy
- TENS (transcutaneous electrical nerve stimulation)
- Taping

Our services for drug-based pain relief and pain management

- Painkillers in tablet or suppository form
- Painkillers such as infusions or opiates
- PDA/EDA (epidural anesthesia)
- PCA or so-called «Happy Button»

Childbirth

You can prepare yourself and your body before the birth. The University Hospital Zurich offers various antenatal classes and information sheets on this topic on its website at www.usz.ch/en/department/obstetrics

During and after the birth, we offer you

- the opportunity to move freely, try out different positions and aids such as an exercise ball
- the option of perineal preparation with warming compresses, oils, acupressure, or massage
- the possibility for you or your partner, to cut the umbilical cord
- the opportunity of direct skin-to-skin contact, provided that you and the newborn are doing well
- a bonding top, to safely place your child on your chest after the birth
- early, first breastfeeding, according to the newborn's needs
- the chance to get to know your newborn baby in peace and quiet, alone with your family

Do you have any questions, or would you like to discuss the birth in advance? If so, you are welcome to call the labor ward on 044 255 53 15 to make an appointment. Of course, questions can also be discussed and answered when you arrive at the labor ward.

We wish you all the best until the birth of your child and look forward to welcoming you.

The teams of the labor ward and midwife consultation