

DAILY ROUTINE

from 7 am

Postnatal care procedures

7.30 am – 9.30 am

Breakfast buffet

from 8.30 am

Doctor's visit, if necessary, or personal appointment by agreement

9 am – 10 am

Discharge interview with the ward doctor

10 am – 2 pm

Medical check-up (U2) by paediatrician in the neonatal unit

12.15 pm

Lunch

Midday – 2 pm

Midday rest (recommended)

5.30 pm – 7 pm

Light evening buffet

9.15 pm

Night service duty

IMPORTANT TELEPHONE NUMBERS

Admission: +49 (0)40 18 18-81 16 94

Delivery Room: +49 (0)40 18 18-81 17 60

Postnatal ward: +49 (0)40 18 18-81 16 90

CONTACT

PERINATAL CENTRE ALTONA

Level I

Chief Physician: Prof. Dr. V. Ragosch

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YOUR STRONG PARTNER

ASKLEPIOS KLINIK ALTONA
Paul-Ehrlich-Straße 1
22763 Hamburg



ALTONAER KINDERKRANKENHAUS
Bleickenallee 38
22763 Hamburg



HOW TO FIND US

Bus connection from Altona station:
Metrobus 1
Bus 250
Bus 150

Bus stops:
Behringstrasse (AK Altona) or AK Altona, Eingang (Entrance)



WWW.PNZ-ALTONA.DE

PERINATALZENTRUM
ALTONA GEMEINSAM
SICHER
WACHSEN



LEVEL I PERINATAL CENTRE



WOMEN'S CLINIC

A brief guide for your stay

WELCOME TO THE WOMEN'S CLINIC



We have put together some important information in this flyer to help you find your way around and get you settled in.

Our **single and double rooms** have an en-suite bathroom, a baby changing table including care utensils, a TV, a telephone and sometimes a terrace. We also have some family rooms that you are welcome to use if available. We have a team of nurses, paediatric nurses, midwives, medical assistants (MFAs) and doctors at your disposal.

Your baby will remain with you on the ward during your stay. You will get to know each other and learn to “read” your baby’s needs.

Our trained team will be on hand to support you. We are happy to guide you with your baby’s **basic care**. You will learn how to change nappies, dress your baby and take care of the navel. We are happy to answer any **questions to do with pregnancy, birth and postpartum care**.

We believe breastfeeding is very important. Nursing, feeding your baby with breastmilk, is very important for the health of your baby and also for you as a nursing mother. Our team will support and advise you, and an **IBCLC lactation consultant** is available from 8 am until 4 pm every day. We also offer breastfeeding consulting hours – see the board in your room for times.

The paediatrician can conduct the second **medical check-up (U2)** with your child at the earliest 48 hours after birth. It takes place with you present. During your stay, we will perform newborn screening on your baby and measure his or her oxygen levels after 24 hours. If you are discharged before this, your midwife or own paediatrician can conduct this test for you. In any case, your baby will be examined by our paediatrician prior to discharge. A hearing test is also carried out on your baby in order to detect any possible hearing loss.

Physiotherapists are on the ward every day to demonstrate pelvic floor exercises, if needed, and to help mobilise you after a caesarean.

Visiting hours on the postnatal ward are flexible. Partners and siblings are welcome any time. In the interest of all mothers, kindly refrain from having visitors during the midday rest period from noon – 2 pm and after 8 pm.

If you are married, you will need your family register or a certified birth certificate to register the birth of your baby at the **register office**; if you are single, your birth certificate will suffice. You will be given a white envelope when you register for the birth. Prepare this at home with the corresponding documents and, after giving birth, enter your baby’s details and return it to the admissions department. Child benefit is applied for automatically when the white envelope is submitted.

Before you are **discharged** from the hospital your doctor will give you important information on how to look after yourself during the postnatal period. This also includes discussing contraception and hygiene. It’s best to write down questions so that you don’t forget anything.

As we aim to have a room available to all our patients in good time, please vacate your room by 11.30 am on the day of discharge. You are welcome to wait in our lounge area until you can be picked up. Thank you for understanding.

This brief introduction should help you feel more at ease during your stay. We will do our utmost to make your stay a pleasant one, full of joyful memories of this important event.

Your Women’s Clinic team