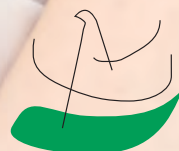
A close-up, profile view of a woman with dark hair holding a newborn baby. The woman is looking down at the baby with a gentle expression. The baby is sleeping peacefully, wearing a blue and white striped onesie. The background is softly blurred, showing hints of greenery and a pink balloon.

When a new life
begins.

Birth at the Zollikerberg Hospital



Spital Zollikerberg
Ihr Schwerpunktspital im Grünen

- 4 Birth: a momentous event**
Dear parents-to-be
- 6 Before the birth**
A relaxed pregnancy.
- 8 It's almost time**
We are ready to help when you need us.
- 10 During the birth**
Suddenly the moment you have been waiting for has arrived.
- 12 In good hands**
We do everything for your comfort.
- 14 Neonatal Clinic**
Safety for your baby: our Neonatal Clinic.
- 16 After the birth**
Holding your baby: an unforgettable feeling.
- 18 Accommodation and Maternity Ward**
Enjoy our hospitality.
- 20 HQuality®**
Special services for you and your child.
- 26 Taking your baby home**
We wish you all the best on the start of your journey.

Joy is a new life
first seeing
the light of the
world.



Dear parents-to-be

Overseeing over 2,000 births per year, the Zollikerberg Hospital has one of the most popular maternity clinics in Canton Zurich. The arrival of each newborn is a beautiful moment that touches the parents and us deeply. Our mission is to provide you with expert advice, to accompany you during the pregnancy with respect and allow you a positive birth experience. You can rely on our experienced team of midwives, doctors and nurses who are ready for each situation. Our staff are here to provide you with personal, attentive care according to your wishes and concerns. It is important to us that you feel secure and have a comfortable stay in a friendly atmosphere so that you remember your pregnancy and the birth of your child with pleasure.





Enjoy the time
before the birth
knowing you are
in safe hands:
You can come to us
for all medical
examinations.

A relaxed pregnancy.

You can prepare for the changes to your family situation during the pregnancy. Our midwives and gynaecologists will provide you with valuable support. Furthermore, our antenatal courses on the birth and infant care will provide you with comprehensive practical knowledge.

Medical care

The Zollikerberg Hospital offers check-ups during pregnancy as well as ultrasound and amniotic fluid examinations (amniocentesis). Our doctors will always have the time to answer your questions during a consultation. Tell us your concerns: every pregnancy is unique. Your midwife can help in difficult situations during pregnancy and can show you how to prepare for the birth. If our doctor detects during an examination that complications may arise, we will consult with you to take the appropriate actions. For the safety of your child and yourself, this could include a stay at the clinic.

Specialist and midwife consultations

Our midwives are ready to provide you with help and advice whenever you need support. Many questions will arise during pregnancy, for example about nutrition, work, sexuality, sport or air travel. Ask us anything you want to know. We want to help: to make the time before, during and after the birth easier for you.

Acupuncture before birth

Acupuncture treatments in the last weeks of pregnancy can have a positive effect on the birth process and shorten the duration of labour. It can also help with discomforts during pregnancy. Let us know if you would like to take advantage of this service.

Antenatal courses

Our antenatal courses are very popular: They are held over six evenings or on a weekend. You and your partner receive information about the birth with a small group. You will learn techniques for relaxation and birth positions as well as hearing valuable tips about caring for your newborn. Participants also enjoy meeting each other.

Our Services

- Antenatal courses in groups or individually/private
- Group antenatal courses for Caesarean deliveries
- Weekend group antenatal courses in German and English
- Pregnancy exercises
- Fit for birth
- Breast-feeding advice before and after the birth

For our current list of courses, see spitalzollikerberg.ch/kurse-rund-um-die-geburt



We are ready to help when you need us.

When the first contractions start or the time set for a Caesarean section approaches, even parents who already have children can feel nervous and excited. You will be greeted at the entrance to the maternity ward by a midwife, then you and your child will be examined. To start with, we will use the proven method of CTG (cardiotocography), often followed by an ultrasound examination. The midwife will then discuss the next steps with you. You may be able to return home as it is not yet time for the birth. You may need to stay in the hospital for observations or you may soon be able to welcome your baby into the world. Also, for all patients with supplemental insurance: If your doctor is accredited with us, they can personally take charge of your care during delivery.





Suddenly the moment you have been waiting for arrives.

A midwife will give you personal support during the birth. Depending on your preferences, we can use either traditional or complementary medicine for pain relief. The delivery may also take place by a planned or unplanned Caesarean section. Your partner or another close companion can of course be present for the birth of your baby.

How would you like the birth to be?

Together with your doctor and midwife you decide which birth method is appropriate for you and your child. We want to meet your wishes and expectations, while taking the medical facts required for a safe birth into account. For a natural birth, we also offer you the option of a birthing pool. Our delivery rooms are bright and friendly and offer all required accessories. During this intensive phase, our midwife will show you various positions to promote the birthing process: You might handle the contractions best in bed, on a stool or on a large birthing ball. Keep telling us what helps you the most.

Caesarean section – planned or emergency

There are medical and personal reasons for planning a Caesarean section with our doctors. A Caesarean section is performed in an emergency if complications arise suddenly during a natural delivery. During a Caesarean section, the baby is born within five to ten minutes. The different layers of the abdominal wall are then sutured back together. The operation, which lasts around 45 minutes, is usually performed under local anaesthetic so that you and your partner can experience the arrival of your baby together. A neonatal specialist is present at each Caesarean section to provide medical care for the baby.

Pain relief

Now is the time to use the various relaxation and breathing techniques against labour pain you learned in the antenatal courses. Complementary medicine methods can also help, such as homoeopathy, massage or compresses with plant extracts. We often provide aromatherapy scents to ensure a calming atmosphere. Epidural analgesia (EDA) is a method of pain relief from traditional medicine. A catheter is inserted into the lower spine near the spinal cord; the fluid

delivered numbs the nerves in the lower body. Our experienced anaesthetists can largely eliminate labour pains with EDA. We also use patient-controlled analgesia (PCA, or the “happy button”). This new method allows you to adjust the level of pain relief yourself. We also use inhaled anaesthetic (laughing gas) for pain relief.

Our services

- Massages
- Compresses with plant extracts
- Homoeopathy and aromatherapy
- Pain medication
- Epidural analgesia (EDA)
- Patient-controlled analgesia (PCA)
- “Happy button”



We do everything for your comfort.

You're always in good hands with us: Our team of midwives, nurses and hotel staff make sure of it. You will receive medical care from our gynaecologists and, if necessary, a variety of specialists working at our hospital.

In the event of unexpected or foreseen complications, a paediatrician from our neonatal clinic will be included and present at the birth. This ensures that your baby will immediately receive the optimal medical care.



Trustworthy,
personal care is
very important
to us.



Safety for your baby: our neonatal clinic.

With its own neonatal clinic, the Zollikerberg Hospital can provide the expertise and personal and technical facilities so that you and your baby will experience a safe birth in any situation. All newborns are examined by our neonatal specialists and paediatricians. If specific medical care is required, your baby will be transferred to our neonatal clinic. Even then, your baby will only be a few steps away.

Our medical services for babies requiring additional care

- 24-hour care of newborns, 365 days a year
- Care of premature babies from the 32nd week of pregnancy
- Gentle, non-invasive ventilation
- Ultrasound examinations of brain, heart, abdomen and hips
- Brainwave monitoring (EEG) for babies with adaptive difficulties
- X-ray imaging
- Modern, comprehensive laboratory investigations
- Specific physiotherapy (Vojta therapy)

Gentle care for newborns with health problems

Babies who have had a complicated birth, have health problems or require special care as premature babies are treated in our neonatal clinic in accordance with special principles of care. There they receive as much physical contact and attention as possible from our specially trained nurses and neonatal specialists following the principles of “family-centric care” and “gentle care”.

Parental attention

The babies staying in the neonatal department receive loving, physical closeness, especially from the parents; for example with the “kangaroo method”. The baby lies on the mother’s or father’s naked skin, gaining close physical contact with its parents. This promotes an intense relationship from the start. Visits from family members are also important: These first moments of contact with the baby are especially valuable and memorable for older siblings.



Spital Eggenber
Zürcherber

Holding your baby: an unforgettable feeling.

You are ecstatic: Your baby is here. Full of joy and pride, you can hold your child in your arms for the first time. We ensure a quiet atmosphere so that you and your partner can enjoy these first moments together to the full. Your child will then be examined. Weight, length and head circumference are measured and breathing, circulation and reflexes tested.

After the birth, most mothers usually stay three nights with us after a spontaneous delivery and four nights after a Caesarian section. If you want to go home directly after the birth, you can also deliver in our hospital as an out-patient. Discuss everything necessary with your doctor before the birth and contact a midwife in your municipality to ensure you can rely on support in the initial days. Likewise, choose a local paediatrician before the birth who can then take care of your baby after the birth. We recommend these measures to all women, especially if they intend to remain in the Maternity Ward for only a short time.





Enjoy our hospitality.

All our staff in the Maternity Ward ensure that you feel at ease after the birth. Enjoy our bright rooms with a direct view of the park, the fresh, healthy meals and friendly service. During your stay, take advantage of the advice of our nurses and breast-feeding advisers at any time.

With your child in the same room

With “rooming in”, your baby can be with you day and night so that you and your child can get to know each other in peace.

Help with breast-feeding

Experienced nurses help you look after your baby. Just ask our nurses and breast-feeding advisers at any time for questions about breast-feeding and tips. We recommend breast-feeding as a matter of principle as this provides the baby with the right nutrients and minerals and strengthens its immune system. If breast-feeding is not possible, we will show you how to feed your child by bottle.

Rooms overlooking the park

All rooms in the Maternity Ward overlook the park and have direct access to a garden area with a view of the beautiful pond. The rooms – exclusively singles and doubles – are equipped with TV, radio, telephone and a bathroom. Patients with supplemental insurance are guaranteed a single room. Patients with private insurance receive a spacious deluxe-single room with its own lounge area. If available, you can spend the days after the birth in one of our two family rooms.

The best for your physical well-being

A delicious breakfast buffet is available each morning: help yourself! You can choose to eat in the breakfast room or in your own room. For lunch and dinner, you can choose your preferred meals from a varied menu. All meals are prepared fresh with seasonal produce. We are happy to accommodate the special wishes of breast-feeding mothers or those with dietary needs. Our hospitality staff will be happy to advise you.

Additional services

- For those with standard insurance, a single room may be booked for an additional fee (if available).
- A hairdresser and a podiatrist are present on certain days. We will be happy to organise an appointment for you.
- Our specially trained physiotherapists can advise you on the postnatal period and inform you about postnatal exercise courses.



Special services for you and your child.

Zollikerberg Hospital has been awarded the HQuality® certification of the Zurich Hospitals Association (VZK). This means that patients with supplemental insurance are eligible for special services, for example treatment by the Senior Consultant, a Senior Physician, care from a specialist nurse, additional therapeutic treatments or fitness and nutrition consultations. It is especially valued that we take your wishes into consideration regarding the timing of a Caesarean section. You will also like our single rooms, which are bright with modern fittings.





Beyond the already high quality of the medical and nursing standards, patients with supplemental insurance receive special attention in all issues. Discuss with us the various extras that you wish before, during and after the birth. We are happy to advise you so that we can provide you with excellent care at all times.

The very best specialists

As a patient with private insurance, you will be treated by the Senior Consultant, Senior Physician, hospital GP or Head Physician. Patients with half private insurance are eligible for treatment by specialists at the level of Senior Physician, hospital GP or Head Physician. A specialist nurse is present on the Maternity Ward, who will discuss the procedure for the coming day with you and organise the stay in hospital. They will coordinate the following day with you each evening.

Coordination with your diary

Appointments for preliminary examinations and for a planned Caesarean section are decided together with you. We organise everything so there's no waiting. On the day of discharge, patients with private insurance can remain in their room until 12 noon if they wish; patients with standard and semi-private insurance until 10 am.

Special treatments

Whether physiotherapy or occupational therapy, fitness and nutrition advice or a massage: Choose from our special therapy and consultation services. As a patient with private insurance, these services are without charge.

First-class room comfort

Spend your time in the Maternity Ward in a single room. The spacious, comfortable deluxe rooms for patients with private insurance offer a pleasant lounge area. The rooms have their own outdoor seating area facing the relaxing park and offer the amenities of a good hotel: Shower/WC, TV, radio, internet, bathrobe and a selection of newspapers. If desired, your partner can also sleep in your room (no charge for patients with private insurance, meals cost extra).

Meals à la carte

As a patient with private or semi-private insurance, you have the choice between various set menus, or you can compose your own meal à la carte. We offer mineral water, soft drinks, coffee and tea with meals. Naturally, your visitors can also stay for a meal (at extra cost).

Advice on staying fit and healthy

Do you want to do more for your fitness or eat better in the future? Our experienced specialists will be happy to advise you.

The little things

We give all our new parents a small present as a memento of the first days of your child's life. We congratulate mothers with private insurance and their partners with a bottle of champagne as well as a classic massage or a reduction on a fitness subscription in our therapy centre.



Our services for patients with private insurance

Medical treatment /care

Treatment by specialists at the level of Senior Consultant, Senior Physician, hospital GP or Head Physician
Comprehensive medical emergency service with care from senior doctors
Flexible scheduling of appointments in coordination with the medical staff
Contacting of postnatal care providers and identification of a local rehabilitation centre
Personalised daily planning and medical follow-up care
Your choice of wake-up time
Personal contact person in the nursing team (specialist nurse)
Additional therapeutic treatments (e.g. physiotherapy, occupational therapy) with individual appointment coordination
One massage during the stay in the hospital
Fitness and nutrition advice from corresponding specialists
Specialist consultation on lifestyle and dependencies
Discharge talk from a member of the hospital management

Extras for birthing mothers

Water birth on request (if available), aromatherapy, acupuncture
Gifts for the parents
Classic massage or reduction on a fitness subscription at the Zollikerberg Hospital therapy centre
Champagne for the parents

Hospitality and infrastructure

Comprehensive guest relations
Spacious deluxe-single room with shower/WC, quiet, balcony/terrace overlooking the park
Priority, simplified check-in
Person to accompany patients to the room on admission
Welcome present on admission
Radio, flat-screen TV and internet access in room free of charge, notebook to borrow
Pick-up service for patients and companions, e.g. from train station (at extra cost)
Bookable consultation room
Free exit pass for the parking garage each day
À la carte menu selection with advice
Room service for ordering from the cafeteria
Free drinks (mineral water, coffee, tea, soft drinks) and snacks
Choice of meal times
Selection of newspapers
Lounge
Library
Extended, flexible visiting hours
Free overnight sleeping possibilities for family members in the room (meals at extra cost)
Terry cloth bathrobe in room
Additional services, e.g. priority appointments with the hairdresser, manicurist, podiatrist
Organisation of external services (e.g. cleaning of private clothing)
Person to accompany patients from the room at discharge
Flexible discharge time in room or separate waiting room/lounge
Services costing less than CHF 30 are not charged

Our services for patients with semi-private insurance

Medical treatment/care

Eligible for treatment by specialists at the level of Senior Physician, hospital GP or Head Physician

Comprehensive medical emergency service with care from senior doctors

Flexible scheduling of appointments in coordination with the medical staff

Contacting of postnatal care providers and identification of a local rehabilitation centre

Individualised daily planning and medical follow-up care

Personal contact person in the nursing team (specialist nurse)

Extras for birthing mothers

Water birth on request (if available), aromatherapy, acupuncture

Gifts for the parents

Hospitality and infrastructure

Single room (standard) with shower/WC, quiet, view of the park

Priority, simplified check-in

Person to accompany patients to the room on admission

Radio, TV and internet access in room free of charge, notebook to borrow

Pick-up service for patients and companions, e.g. from train station (at extra cost)

Bookable consultation room

One free exit pass for the parking garage per stay

À la carte menu selection with advice

Room service for ordering from the cafeteria

Free drinks (mineral water, coffee, tea, soft drinks) and snacks

Choice of meal times

Extended, flexible visiting hours

We wish you all the best on the start of your journey.

A few days after a normal birth, you and your child can go home; you will need to stay a little longer in the event of a Caesarean section. The nurse will inform you of possible discharge times. If your baby is still receiving care in the neonatal clinic, you can of course visit at any time. The neonatal clinic has quiet, pleasant feeding rooms for a peaceful time together with your baby.

Midwife support and courses for you and your baby

You should also feel supported and secure in the time after giving birth. Our midwives are at your side. For example, at our courses you can practise giving your baby a Newari massage, or do something for yourself with postnatal exercises. We also offer a course for getting infants used to water. Put your trust in us – we will be there for you.

Kinder-Permanence

If your child requires medical support later, we can help with our Kinder-Permanence service. 365 days/year, for emergencies or paediatric consultations, preventive examinations and vaccinations.

More information at:

spitalzollikerberg.ch/kinder-permanence

Frauen-Permanence Zurich and out-patient clinic of the women's hospital

If you require a consultation or treatment in the areas of obstetrics and gynaecology, excellent points of contact can be the out-patient clinic of the women's hospital or Frauen-Permanence Zurich (practice for gynaecology and obstetrics) at Stadelhofen station. If you require an immediate consultation, please go to the Frauen-Permanence Zurich.

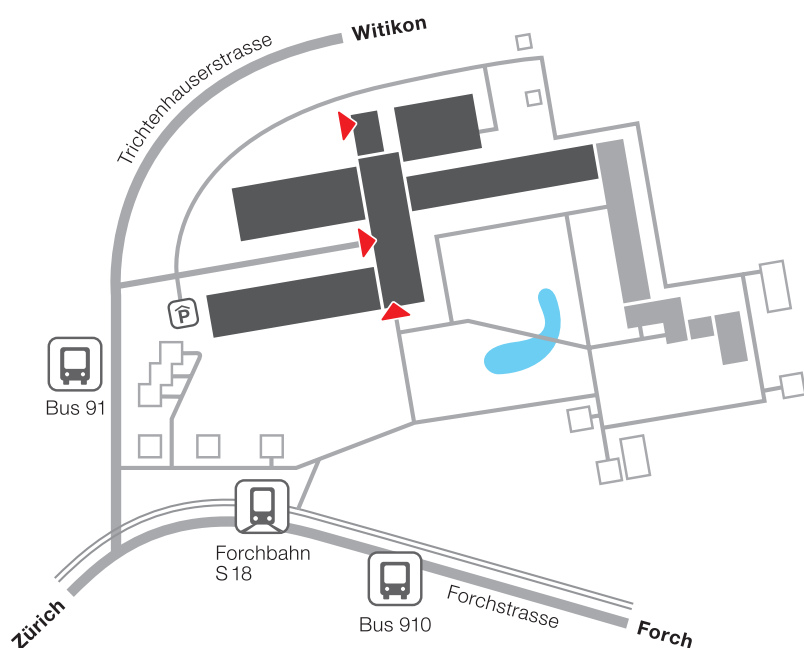
More information at:

frauenpermanence.ch

spitalzollikerberg.ch/gynaekologie



Thank you
for your trust.



Spital Zollikerberg

Trichtenhauserstrasse 20
8125 Zollikerberg
T 044 397 21 11
F 044 397 21 12
info@spitalzollikerberg.ch
www.spitalzollikerberg.ch

Stiftung Diakoniewerk Neumünster –
Schweizerische Pflegerinnenschule