

Guidance to visit obstetrics and gynecology department

Pregnancy check-ups

(Separated from the hospital)



Kawasaki city tama hospital

(Managed by St. Marianna university school of medicine)

Obstetrics and gynecology department

Delivery due date

(_____)

Please fill in when your due date is advised.

(Today' s date: _____)

Revised in September, 2017

Contents

Introduction	Page 2
I. Check-ups between pregnancy confirmation and delivery	Page 3
II. Check-up procedure	Page 4
III. Booking into hospital for delivery	Page 6
IV. Doctor' s examinations and testing	Page 7
V. Suggestions for check-ups	Page 8
VI. Suggestions during pregnancy	Page 10
VII. Guidance during pregnancy	Page 14
-Mother' s class guidance (More details on the other paper.)	Page 15
VIII. Admission into hospital	Page 16
IX. Contacts	Page 18
-Visitors for 3 west Himawari ward	Last page

Introduction

Thank you for choosing Kawasaki city tama hospital (managed by St. Marianna university school of medicine).

This guidance shows all the details for prenatal check-ups,

[please read through carefully beforehand and bring it to each check-up.](#)

We provide various services to mothers and babies.

You can receive specific care for your need as well as basic healthcare.

We have obstetricians, pediatricians, midwives, nurses, nutritionists, pharmacists, and they will fully support you with their specialization through your pregnancy and after birth.

We will support you to be confident and ready to welcome your baby, and help you in preparation to go home.

This obstetrics and gynecology department provide continuous care for inpatients and outpatients.

Our doctors, midwives and nurses are committed to cooperating with each other and taking care of mothers and babies, and will do our best to make you feel comfortable during your hospital visits and stays.

Additionally, our midwives will give you all the necessary and important information through mother' s class, personal lectures during your pregnancy, support for breast concerns after birth and mothering.

Furthermore, as we are also a medical educational institution, our medical students and midwife/nursing students may be involved in your care.

They will always be under their trainers' supervision, and we guarantee that they will assist in providing you and your family with the highest quality of service.

We prioritise our service for you and are continuously focused on improvement.

Please communicate with us any thoughts or requests from your pregnancy, delivery and after birth. We will take note and use it for our continual development.

Sincerely,

Staff of gynecology and obstetrics department

I. Check-ups between pregnancy confirmation and delivery

*First check up and pregnancy confirmed – You will have a uterus cancer screening test. We will pre-book the date of admission for your delivery. (page 6)

[Please follow your doctor' s direction on how often you need to have check-ups.](#)

*Around 10 weeks – Your due date will be advised.

After a check-up, we will confirm your booking of admission for delivery. (page 6)

Blood testing for the first trimester. (page 7)

[You will start having check-ups every 4 weeks. \(Please follow your doctor' s direction.\)](#)

*Around 16 weeks – You will have transvaginal and transabdominal ultrasound tests.

Additionally, you will have a vaginal cultivation test. (page 7)

*After 20 weeks

You will have a pre-mother' s orientation. (a lecture from midwife) (page 14)

*Around 24-26 weeks

[You will start having check-ups every 2weeks. \(Please follow your doctor' s direction.\)](#)

*Around 28 weeks – Blood testing for the second trimester.

Transabdominal ultrasound test. (page 7)

*Around 32 weeks – You will have an outpatient check up by a midwife if there are no complications. (page 7)

*Around 36 weeks – You will have a NST before check-up. (page 7)

You will have a vaginal cultivation test. (same as at 16 weeks)

Blood testing for the last trimester.

If you plan on having a caesarean section, you will have a preparation test and your doctor will explain the operation.

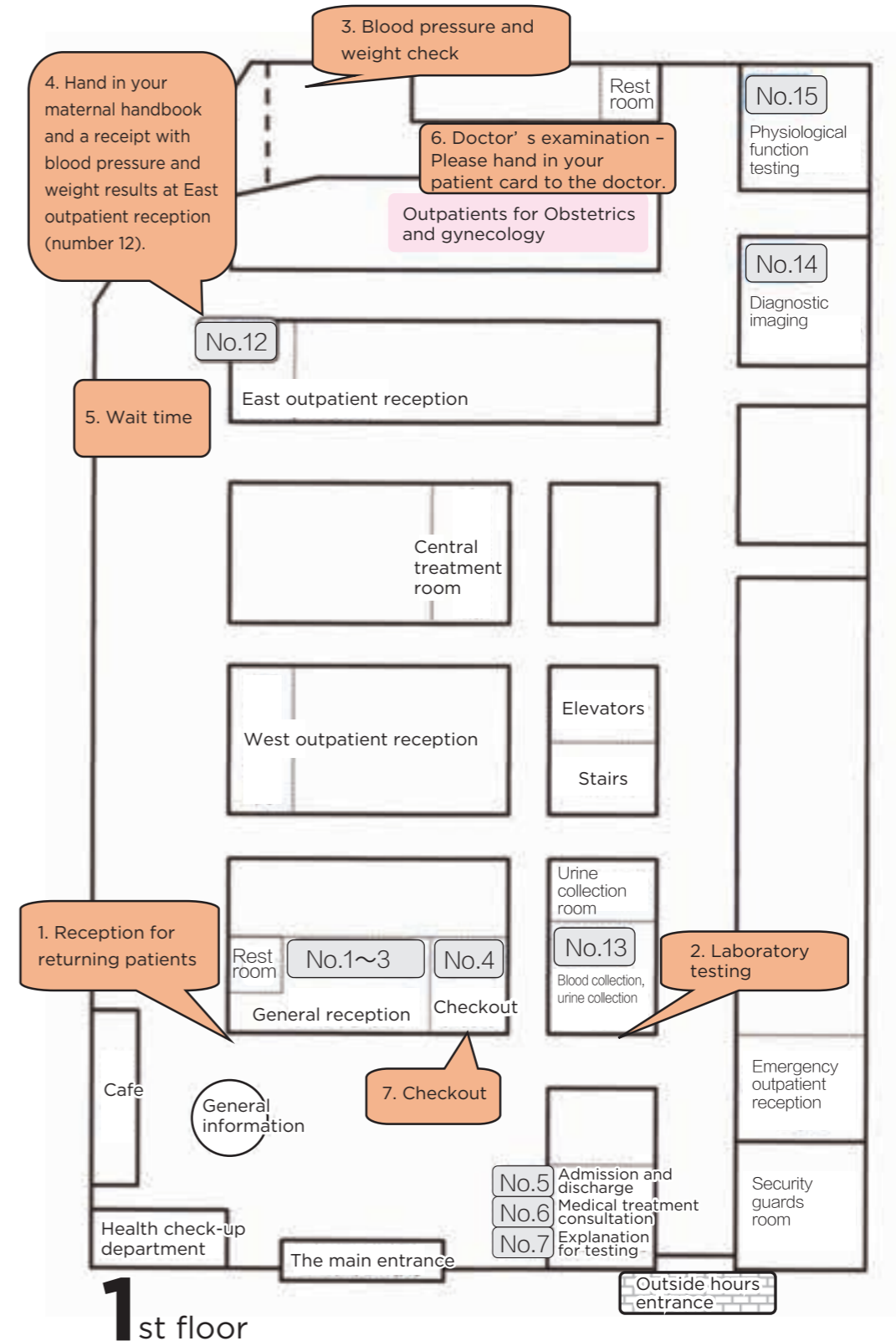
You will have an outpatient check-up by a midwife if there are no complications.

[You will start having weekly check-ups. \(Please follow your doctor' s direction.\)](#)

II. Check-up procedure

(Floor plan is on the next page.)

1. **Reception** – Please insert your patient card into the reception machine for returning patients and take the receipt with your number.
2. **Laboratory testing (number 13)** – Please insert your patient card into this (different) check-in machine.
You will have a urine test (every time) and blood test (only with the direction of your doctor).
3. **Blood pressure and weight check** – Please measure at the waiting room on aisle E and take the receipt with your results.
4. **East outpatient reception (number 12)** – Please place the measurement results and your maternal handbook in a blue clear file, hand in at East outpatient reception (number 12).
5. **Please wait for your doctor' s examination.** – Please wait at the waiting space in front of East outpatient reception.
When your number is displayed on the electronic board, please proceed to the waiting room on aisle E.
(Please advise our receptionist if you wish to leave and wait outside the hospital. They may advise you when to return. Please make sure you let them know when you come back.)
We will call you in when all your testing results are ready, so patients who have checked in after you may be called prior.
6. **Doctor' s examination** – Interview, internal examination and transvaginal ultrasound
You will have a transvaginal ultrasound after 16 weeks of your pregnancy.
Please confirm your next appointment.
*Please give your patient card to the doctor when you come into the examination room.
***You will be given a guidance paper, booking receipt and prescription (only under doctor' s direction). (There may be a wait.)**
7. **Checkout** – Checkout counter (number 4)
Please hand in the clear file with the guidance paper at the checkout counter.
If you live in Kawasaki-shi or Yokohama-shi, please also hand in your public expense benefit ticket (Kouhi hojoken) at every visit.



III. Booking into hospital for delivery

Firstly, you will pre-book the date of admission for delivery. No registration involved.

Your doctor will advise you of your expected due date around 10 weeks into your pregnancy.

Once advised, please come to the admission and discharge counter number 5 where you will be registered.

***If you wish to cancel the booking, please advise our nursing staff immediately**

***Please note that your booking (including pre-booking) will be cancelled without notice if we do not hear from you for a month.**

***If you decide to have your delivery at another hospital, we may ask that you go there or another hospital for your check-ups.**

<Room request> We will process your room request following your booking.

1. Obstetrics suite (LDR) extra 24,000yen/day (tax excluded)
2. Private room (A) extra 17,000yen/day (tax excluded)
3. Shared room (4 beds) No extra charge

1. Obstetrics suite (LDR)

(For patients whose husband are present during labour. This room can be used throughout your stay at the hospital).

Please advise our nursing staff if your husband wishes to be by your side during labour.

Your husband needs to hear the explanation of your delivery plan and rules for LDR before use.

***If this is your first pregnancy**, please join our mother' s class. For the 5th lesson, we ask your partner to join too and a midwife will explain the rules for LDR after the class.

***If this is not your first pregnancy**, please book a guidance run by a midwife from 30 weeks into your pregnancy. You need to come with your husband and a midwife will explain your delivery plan and rules for LDR. (Extra charge for the guidance after the first 30 minutes)

2. Private rooms & 3. Shared rooms

(Private rooms in 3 west Himawari ward are only 'Private room (A)' .)

You can change your request for the rooms anytime, but please note that you can have the room only if it' s available at the time of your admission.

***Please see the last page for visitor' s rules.**

Average length of hospital stays:

In case of natural birth -----6 days (from the day of your delivery until 5th day after your delivery)

In case of caesarean section - 9 days (from the day before the operation until the 7th day after the operation.)

IV. Doctor' s examinations and testing

1. Doctor' s examinations

Internal examination - Your vaginal discharge will be examined. (each time)

Cervical condition and width will be examined. (after 37 weeks)

Ultrasound -

<Transvaginal ultrasound> Size of fetus will be checked. (until approx.16 weeks)

Length of uterine cervical canal will be examined to confirm if there are any signs of miscarriage.

<Transabdominal ultrasound> Size and position of the fetus will be checked. (after 16 weeks)

Palpation - Abdominal size and uterus will be measured, and it will be examined if there is no edema. (after 20 weeks)

2. Testing

Urine test, weight and blood pressure tests (each time)

Blood test (once at all trimesters, and only when there is a doctor' s direction)

Others

*At first trimester - Below will be checked from blood test only at first trimester.

Blood type, rubella antibody, blood-borne infections (lues, hepatitis B, hepatitis C, HIV, Human T-cell leukemia virus)

'Consent form for HIV test' will need to be filled.

*At 15-19 weeks - during doctor' s examination

Vaginal cultivation test (Candida, Gram-negative bacteria B (B streptococcal) etc.), chlamydia test

*Around 28-32 weeks - Transabdominal ultrasound (at diagnostic imaging room number 14)

Only one extra adult will be permitted in the room.

The test will be run by a laboratory technician, but our obstetric doctor will give you an explanation for the image afterward the test.

*At 33-35 weeks --- Vaginal cultivation test

*After 36 weeks - NST (Non-stress test)

What is NST? It' s a test to check the fetus' health condition and mother' s abdominal tightness without stress (contraction).

Two sensors (one to hear the fetus' heartbeat, another to check abdominal tightness) will be attached to your stomach and will be monitored continuously for 30-40 minutes. You will be lying on a reclining chair during the test.

We understand that you might feel uncomfortable when you lay on your back during the third trimester. If you feel uncomfortable, please lay on your side as this may feel better for you.

Attention: As you won' t be able to move for 30-40 minutes, please avoid taking your child to this test.

Please note that children cannot come into the lab.

3. Outpatient check-up by midwives

Around 32, 37 and 39 weeks into your pregnancy, you will see our midwife for an examination and guidance.

Only if there is no complication, the doctor will advise about the guidance.

Please come to the hospital a little earlier than the booking time as each patient needs to have a booking and has only 30 minutes for the check-up.

Please collect your urine, measure your weight and blood pressure, hand in your patient card and maternal booklet to the reception when you arrive at the hospital.

V. Suggestions for check-ups

To ensure a smooth check-up, please choose clothing that is easy to undress (to show your stomach) and take off your underwear and socks. Please avoid boots as it could be dangerous when changing.

As we can check your health condition from your face, please put on minimum make up and light-colored nail polish. We recommend you cut nails short and stop using nail polish especially from the third trimester.

To prevent infection, we suggest you **wash your hands and rinse your mouth** when you come home. We recommend you **wear a mask** inside the hospital as we have the internal medicine and pediatric departments in the same building.

[We recommend you get the flu immunisation. You can get it anytime throughout your pregnancy and after you give birth.](#)

You will have an internal examination each time. As we do not have a facility to look after your child, please bring a babysitter for the child if he/she cannot wait by him/herself.

If you come with your child independently, please ensure your child is secure with a belt in their stroller.

As we have the internal medicine and paediatric departments in the same building, we do not recommend bringing your child **to prevent infection**.

To ensure a smooth check-up, please note that we ask your family to wait outside the doctor' s examination room while the doctor operates an ultrasound test.

Only one extra adult is allowed when the ultrasound test is operated at the lab.

Please let our staff know if there' s anyone who can' t be in the lab.

We ask your family to listen to the doctor' s explanation with you.

Please note that your appointment can be delayed because of emergency operations or other situations.

Thank you for your understanding and cooperation.

Please note that you might need to wait longer if you are late for your appointment.

If you wish to change your outpatient appointment, please call the phone number below. Please note that you can change it within one week from your existing appointment.

**Reservation center 044-933-8140
(Weekdays 14:30 - 16:00)**

[The frequency between pregnancy check-ups are based on law, please follow your doctor' s direction.](#)

[Please note that we may reject your delivery at the hospital if you are unable to follow it.](#)

We do not have pregnancy check-ups on Thursday and Saturday.

Guidance for maternal booklet (Boshi techou)

Once your pregnancy is confirmed (around 7-10weeks), please receive the maternal booklet at the city office in your residential area. This booklet is a small but important clinical record. Please take it with you always. Please remember to fill out sections such as your name and residential address.

Please hand it in at each check-up. Our obstetrics and gynecology will fill out the **'History of pregnancy'** section.

Please take out anything between pages as there' s a chance for you to lose it while we handle it.

If you live in Kawasaki-shi or Yokohama-shi, please hand in your public expense benefit ticket (Kouhi hojoken) each time at the checkout counter.

The expenses you have spent before you received the tickets will be returned.

If you have a mother' s class on the same day of your check-up, please let the east outpatient reception know when you hand in your maternal booklet.



VI. Suggestions during pregnancy

Bleeding

You may experience a slight amount of bleeding or/and mild stomachache during your first trimester.

It happens in a healthy pregnancy but this could be a sign of a miscarriage or threatened abortion.

However, even if you visit the hospital right after you start experiencing minor bleeding, currently there's no effective treatment for it.

Therefore, if you experience minor bleeding or a mild stomachache at night or on the weekend, visiting emergency is not always necessary and you can simply wait until the following weekday or your next appointment.

Currently, **there is no effective medication for threatened abortion during your first 12 weeks of pregnancy, and we will just need to monitor the condition.**

There's a study giving evidence for rest to be effective when a hematoma (clot of blood) inside the uterus results in a threatened abortion.

However, please visit the hospital immediately **after contacting them by phone** if you experience a large clot of blood or severe pain in your lower abdomen, or were told by the doctor that you have a chance of having an ectopic gestation (It has been called an ectopic pregnancy until recently. It means to be pregnant outside the uterus or around the ovary.) (The hospital is available 24 hours for this case.)

When you have nausea during your pregnancy, we suggest you try and eat whatever you can whenever you feel able. Once you stop having nausea, please maintain a balanced diet. (rough standard is 2,000 calories a day.)

Hyperemesis is a condition causing severe nausea and you cannot drink much water and do not pass urine at all. If you experience this condition for a few days, we recommend you visit the hospital. (Please visit by 11:30am on weekday.)

'Threatened abortion and threatened preterm labor'

The uterus contracts (your lower abdomen feels tense) before the normal period for delivery (earlier than 37 weeks into pregnancy). If you feel heavy in your stomach, your stomach feels tense, or experience pain in your lower abdomen, we suggest lying down and resting. If your condition does not improve or it happens often, we suggest visiting the hospital no matter when your next appointment is.

Please make sure to **call the hospital first.** (available 24 hours)

'Membrane rupture'

The coat around the fetus (vitelline coat) breaks and amniotic fluid will gush out. It usually smells different from urine and you cannot control the leaking. You will feel a gushing of fluid from your vagina.

(Medication for vagina could make the vaginal discharge watery.)

If this happens, **please call and check yourself into hospital immediately.** (available 24 hours)

'How to deal with fetal activities (What to do when fetal activity goes weak suddenly?)'

The fetus sleeps and wakes up every 20-30 minutes. A recent study shows after 28 weeks into the pregnancy it counts 10 fetal activities in 10-12 minutes when the fetus is awake and when counted properly. It's considered quite constant until the third trimester.

If you notice that 'you feel less activity' or 'it suddenly goes weak', please call the hospital. In some circumstances, we might ask you to visit the hospital and have a test to check the fetus' heart rate and if it's healthy.



Notes

We suggest you **visit your dentist** after the nausea goes away (and after your due date is advised.)

You can have x-rays on your teeth only if your abdomen is blocked from the radiation properly. Please tell your dentist that you are pregnant. If required, you can have cavity treatment done as well as tooth extraction. Oral medication, cephem antibiotics and acetaminophen are permitted.

You can dye and perm your hair, but you may experience a rash as your skin is more sensitive.

After your second trimester, rings on your fingers may be more difficult to take off because of your weight increase or swelling. We recommend you take it off earlier as soon as you feel any difficulty.

We recommend you avoid going out as much and coming into contact with anyone unwell especially when any epidemic infections such as flu, norovirus or slap cheek disease go around.

If you have any symptoms of an epidemic infection, please call the hospital before making an appointment to see a doctor. (to prevent further infection to the other pregnant women)



VII. Guidance during pregnancy

1. Mother' s class

Our mother' s class is for women who have their first pregnancy. If you are having your first pregnancy and requesting the use of LDR, please make sure to take the class.

You are going to take three sessions with the same members.

Please book in advance and we can have a maximum of 17 people per class. We will ask if you have taken the class when we confirm your booking into the hospital. Please advise our nursing staff if you wish to take the class. (We do not accept bookings by phone.)

Please see more details on **page 15**.

Detailed schedule will be in another paper.

All paid classes. (including textbooks)

Please pay in advance at the checkout counter (number 4) when you make a booking.

Please keep your receipt and hand in to the midwife on your first class.



2. Pre-mothers orientation (guidance by midwife)

This orientation is **for all women who do not take our mother' s classes**.

(If you have had a caesarean section in our hospital before, you do not need to attend.)

You will attend one around 20 weeks into your pregnancy and need to make a booking.

Our nursing staff will explain after the doctor' s check-up, please make a booking at 3 west himawari ward.

(Please note that we do not take bookings by phone.)

Details: breast care, kangaroo care in our hospital, breast feeding, sharing a room with mothers and babies, explanation for the timing of admission

Time: 30 minutes

Location: Number 1 guidance room at outpatient obstetrics and gynecology department

Please arrive before your booking time and be at the waiting room (on aisle E).

*Other guidance our midwives can offer

All by advanced booking and private guidance.

Other than pre-mothers orientation, we offer pregnancy guidance (weight control, nutritional guidance, private guidance for mother' s classes, explanation of LDR), breast care after giving birth, breast feeding support, mothering consultation.

All guidance requires payment.

Mother' s class guidance

*There is one midwife in charge

The 1st session	12-16 weeks The 2nd Monday	1. Introducing yourselves 2. Suggestions for your pregnancy 3. Weight control 4. Nourishment during your pregnancy by nutritionist
The 2nd session	23-27 weeks The 4th Monday	1. Care for your breasts 2. Baby goods 3. Troubles during your pregnancy 4. What you need to bring at admission
The 3rd session	30-35 weeks The 1st Saturday	1. Delivery plan and suggestions post delivery 2. Timing of admission and suggestions for your stay in hospital 3. Hospital tour
The 4rd session	3-4 months after birth	1. Exchange of ideas about childcare 2. About baby food *Free participation

*For the first session, please meet in front of the east outpatient reception by 13:00. (The midwife will tell you which room you need to go to for the second and third sessions.)

*Time: 13:00 - 15:00

*What to bring: Textbook (given at the first session), patient card (only at the first session), a pen, maternal booklet

*If Monday is a public holiday, it will be postponed to Tuesday.

Yearly schedule

Please see more detailed schedule on another paper.

Due date	The 1st session The 2nd Monday	The 2nd session The 4thMonday	The 3rd session The 1st Saturday
Mid Jan - Mid Feb	August	October	December
Mid Feb - Mid Mar	September	November	January
Mid Mar - Mid Apr	October	December	February
Mid Apr - Mid May	November	January	March
Mid May - Mid Jun	December	February	April
Mid Jun - Mid Jul	January	March	May
Mid Jul - Mid Aug	February	April	June
Mid Aug - Mid Sep	March	May	July
Mid Sep - Mid Oct	April	June	August
Mid Oct - Mid Nov	May	July	September
Mid Nov - Mid Dec	June	August	October
Mid Dec - Mid Jan	July	September	November

VIII. Admission into hospital

1. Timing of admission (More details will be advised at pre-mother' s orientation or mother' s class)

Please call the hospital when your contraction starts or water breaks, the doctor will examine you and decide if you are going to be admitted or not.
(Our nursing staff will advise if you should come to the hospital after they check your condition over the phone.)

Our hospital staff are available on the phone for 24 hours. Please call **044-933-8111** (main) and advise your pregnancy period and current situation.

It will be transferred to our nursing staff in the below wards, please explain your situation again.

Weekdays 8:30-16:30 & The 2nd and 4th Saturday 8:30 - 12:00 - To the outpatient obstetrics and gynecology department

Other times - To 3 west himawari ward

If you are earlier than 37 weeks, they will transfer you to obstetrics and gynecology department.

Indication of contractions

*Women in their first pregnancy: When you feel lower abdominal pain lead by your abdominal tightening every 10 minutes or 6 times per hour.

(Please note that they might advise you to wait for another few hours at home.)

*Women who have given birth before:

When you feel lower abdominal pain lead by your abdominal tightening every 10-15 minutes and it lasts for an hour.

Or When the pain gradually increases after every time you feel your abdominal tightening.

Or When you notice that the abdominal pain lead by tightening every 5 minutes.

Indication of membrane rupture

*When you feel gushing of fluid from your vagina, the liquid smells different to urine, or you find liquid in your vaginal discharge.

Your child who is younger than primary school age cannot enter the ward until you finish your delivery. Please make sure you leave your child to someone else or bring a babysitter to the hospital.

2. Visitors (Please see more details on the last page.)

More details are shown on the last page of this guidance.

We will explain it at mother' s class and pre-mother' s orientation.



3. Admission in hospital - Weekdays 9:00 - 17:00, The 2nd and 4th Saturday 9:00-12:30

Please register at number 5 Admission and discharge counter.

If you arrive out of the hours, please register after you are admitted.

You will need 50,000yen as a deposit, your healthcare card and stamp (hanko) at the registration.

4. What to bring to the hospital

(More details will be advised at pre-mother' s orientation and mother' s class)

*What you need for registration - your patient card, mother' s booklet, healthcare card, deposit, seal (hanko) and a pen

*What you need for delivery - a long one-piece type of pyjamas with front slip

(Except when you are planning to have a caesarean section, we will ask you to wear the hospital gown until delivery.)

Obstetric binder (available for 1,000yen + tax at the hospital) or waist nipper

(You can purchase the obstetric binder at the kiosk underground the hospital building.)

*Sanitary pads will be given at admission.

*Others: drinks and straws

*What you need for your hospital stay: pyjamas, underwear, towels, a box of tissues, thin baby washcloths, baby milky lotion, earphones (if you wish to watch TV in a shared room)

*What you need at discharge: Baby' s clothes

Others - Please make sure to bring ongoing medicine (if you need any), left over pre-scripted medicine and your medicine record booklet.

Rental pyjamas and towels

Pyjamas for after birth, bath towels, face towels (no limit with fee)



5. Reminder for pregnant women who are going to be admitted for delivery

If one of the conditions below applies to you, antibiotics by drip will be administered.

1. GBS (Group B streptococcus) was positive from the vaginal cultivation test.

2. You had an early rupture of membranes before you came to hospital. water broke before contractions started.)

IX. Contacts

Phone: 044-933-8111 (Main)

*Weekdays 8:30 - 16:30

The 2nd, 4th and 5th Saturday 8:30 - 12:00

(East outpatient reception or Obstetrics and gynecology outpatient department will answer.)

*Out of hours

Earlier than 37 weeks of your pregnancy - Obstetrics and gynecology will answer.

Later than 37 weeks of your pregnancy - 3 west himawari ward will answer.



Visitors for 3 west Himawari ward

(Obstetrics and gynecology department)

Mothers and babies will stay in shared rooms, we are always working on prevention of infection and protection against theft. After giving birth, mothers are often awake for breast feeding in the middle of the night and they often need to rest during the day. Please follow our visiting hours below.

<Visiting hours>	Weekdays	13:00 – 20:00	
	Weekends & public holidays	11:00 – 20:00	You are not allowed to visit the hospital outside of the hours above.

<Who can visit the hospital>

Husbands, your own children, parents and parents in law

(During pregnancy, the child (elementary school student and under) can not enter the hospital)

<Rules for visitors>

If you have a fever, cough, runny nose, vomiting, diarrhea or concerning rash, you are not allowed to visit.

To prevent infection, we prepare antiseptic solution at the door of each patient' s room.

Please use it after you wash your hands with soap and running water.

You are not allowed to enter the hospital from the emergency stairs.

If you have more than 3 people in your group, loud conversations may disturb other patients' rest. Please use the day corner in the ward.

When your own child (younger than primary school age) visits you, please take his/her temperature at the work station. They are permitted to come into the ward if it' s under 37.4.

They are not permitted to go in the shared rooms. Please use the day corner in the ward.

It might disturb other patients' rest if they are noisy, please also use the visiting room 'pantry' outside the ward.

<Registration>

Please register for your visit at the disaster control center on the 1st floor, receive a tag and attach it to your chest so that our nursing staff can see it.

At 3 west ward, please write down the name of each visitor on a chart and finish your health check. Once completed, please take a tag for visiting himawari ward and attach it to your chest. We also ask you to sanitize your hands.

Please make sure you return the tags to each location before you leave the hospital.

<Rules for delivery waiting room>

Only husbands are permitted to be in the delivery waiting room. During your delivery and for 2 hours afterward, he is permitted to be with you regardless of the time.

If you are not having contractions and it' s not necessary for your husband to be in the hospital, we might ask him to go home.

We strictly prohibit for other family members than your husband to wait inside the hospital for your baby' s birth no matter the time.

It' s important for mothers who have just given birth to rest well. Your husband, own child and parents are permitted to visit on the day just after the delivery but please be mindful of the length of your stay.

<Rules for LDR>

You can use the LDR throughout your stay at the hospital (including giving birth).

Only your husband can be beside you during delivery. You and your husband also need to hear the midwife' s explanation of the LDR at the mother' s class or midwife' s guidance in advance, and sign an agreement of the use.

If you are not having contractions and it' s not necessary for your husband to be in the hospital, we might ask him to go home.

During your delivery and for 2 hours afterward, he can be with you no matter what time it is.

It' s important for mothers who have just given birth to rest well. Your husband, own child and parents are permitted to visit on the day just after the delivery but please be mindful of the length of your stay.

<Visiting patients after caesarean section>

On the day of operation, only if necessary, a guarantor will be allowed to visit even out of our visiting hours. It' s not allowed to be in the patients' rooms, please wait at the visiting room outside the ward 'pantry' .

When visiting outside of visiting hours, please be mindful of how long you stay.

On the day of operation, only your husband and own parents can visit and please be mindful of how long you stay.