



Obstetric Care



*Where miracles are born
every day!*



NARDINI KLINIKUM
St. Johannis · Landstuhl



Our team on the obstetrics ward at Nardini Klinikum St. Johannis will be glad to assist you with the most important decisions regarding the birth of your child.

Welcome!

Dear mothers, fathers, and expectant parents,

*The birth of your child is most likely the most important event in your life. Our team at the Nardini Klinikum wants to be there for you during this amazing time. **You can trust us and we are looking forward to being your partner, advisor, and companion. We are here for you day and night to answer all of your questions related to pregnancy, birth, postpartum care and often well beyond.***

Individual attention and personal advice coupled with our intuitive responsiveness to each expecting couple are just some of our strengths. Our goal is to develop a relationship with you so that we can assist you in creating a birth that is right for you. We want you to feel at home at the Nardini Klinikum and we will take very good care of you before, during, and after your stay with us. Please come in and get to know us!

Please join us at one of our expecting parent information nights. We would like to show you what it will be like to give birth at our state-of-the-art clinic. We open our doors to you several times per year with a visual presentation followed by a tour of the delivery room and maternity ward. **Please call 06371 84 2801 for exact dates and times.**

Your Obstetrics Team
with Chief Physician Muayyad Al-Alime





Good preparation for you and your Baby

*There is so much to do –
rely on us to be there for you.*

We would like to offer you individual attention in planning your delivery. **Please make an appointment with one of our midwives by calling 06371 84 2818.** This is an opportunity for you to get to know us personally, to tell us about your pregnancy, and to discuss your wishes for the delivery. Please allow us to alleviate your fears and insecurities during one of our birth pre-

Regardless of whether you have questions about medical prenatal check-ups or midwife prenatal care – we will be glad to answer any questions you may have.



paration classes. We have individual, partner, and small group classes to choose from and we would also recommend one of our pre-natal aqua fitness classes to help you stay fit during your pregnancy.

If you would like to have additional pre-birth exams in our hospital, such as ultrasound, doppler diagnostics, or amniocentesis, please feel free to make an appointment with our outpatient clinic by calling **06371 84 2801.**

Medical Prenatal Check-Ups

Preliminary Medical Examination

- » Ultrasound and Doppler diagnostics
- » Amniocentesis

Midwife Care

- » Prenatal care
- » CTG monitoring
- » Consultation and birth planning
- » Help with pregnancy discomforts
- » Acupuncture
- » Dorn therapy

Birth Preparation Classes

- » Single classes
- » Couples' classes
- » Weekend-Crashcourse for couples
- » Pregnancy water exercise class





The big day!

We want you to feel safe and comfortable when it's time for your delivery. **The best possible care awaits you, and your baby's birth will take place under optimal conditions!** Our team of midwives and physicians is present at the hospital around the clock and they are ready to welcome you at any time.

Our labor and delivery rooms have cozy and comfortable atmospheres with the most up-to-date equipment. Along with our general delivery rooms, we have two water birthing tubs, special birthing beds, and a family room where you can relax with comforts similar to home. We have birthing stools, rope walls, wall bars, and birthing balls. **Our midwives are experts in helping you find the most comfortable positions to alleviate labor pains and assist delivery.** You are not confined to one room during your stay with us. We encourage movement and we adapt to the natural rhythm of your body.

Of course, your partner or another trusted person may accompany you during delivery. You may also want to bring your favorite music along. **We want you to feel at home during your visit.** Music can also be motivating during your delivery. Our midwives have been trained in homeopathy, aromatherapy, acupuncture, and relaxation techniques. Please ask us about any of these services. We also offer pain medication and/or epidural anesthesia when needed. We work closely with the anesthesiology department who are also available around the clock.

If needed, we will consult with a pediatric unit of your choice. Our well-trained staff and our excellent equipment guarantee medical care on the highest level in accordance with state-of-the-art medical knowledge. **This care is embedded into a cozy, private atmosphere.**



A birth is an important event. We want the expectant mother to feel at ease. Whether you want to use our water birth tub or a birthing stool – we will help you find the position that is most comfortable for you.

What we offer

- » Cozy delivery room, special birthing beds and bathroom with water birth tub
- » Birthing stool or wall bars, rope or ball to change position for pain relief
- » Acupuncture and homeopathy
- » Aromatherapy and relaxation baths
- » Epidural anesthesia and walking epidural





Postpartum care

Our maternity ward team will also support you in the days after the birth. We will help you recover and establish close contact with your child. **We offer “rooming-in” if you wish to keep your baby with you at all times**, but our team members are also available to assist you and provide you time to relax, nap, or freshen up. We will also show you how to care for your baby and we are ready for all of your questions after the birth.

Our maternity ward has single, double, and family rooms. If you wish to have a single or a family room you should arrange this with your insurance company. Room availability is also based on capacity.

We try not to wake your baby for breastfeeding or personal care, instead we work within your baby’s natural rhythm. **There are breastfeeding experts available upon request and we are very proud of our lovingly furnished breastfeeding room that allows for the utmost in comfort and privacy.** We have baby strollers and baby slings on the premises so you can feel free to get out and get some fresh air. The maternity ward also includes a large, bright sunroom equipped with coffee and tea where you can host your friends and family at any hour. Visitors in your room are invited between 5 – 7pm. Your partner is welcome at any time.

We closely cooperate with pediatricians from the area as far as **the 2nd routine well-baby check-up is concerned.** In addition, our pediatricians come to our hospital to make their rounds every working day. If needed a pediatrician is always on call. The ultrasound exam of the hip is performed during the first days of life by the orthopedic specialists of Nardini Klinikum St. Johannis.



Our team will be glad to help you with tips and tricks and support you wherever possible.

What we offer

- » Breastfeeding room
- » Strollers
- » Baby slings
- » Baby bay (a baby bed that can be docked to the mother’s bed, and which makes it easier to lift the infant after a Cesarean birth)
- » Tummy tub
- » Diaper changing table in every room
- » Daily visits by a pediatrician
- » Audiometric screening
- » Guthrie test
- » Routine baby check-up with early hip ultrasound





Bathing, handling, or caring for your baby – we will gladly assist you in dealing with the “everyday” new challenges your baby brings to your life.

Going home – but not left alone!

**A new life is starting –
we will be glad to accompany you for a while.**

We wish you all the best when it is time for you to leave us. We strive for a seamless transition and to be sure, we can assist you in making arrangements to have a trained midwife visit your home. **Our competent staff can provide you with the best in postpartum care to include assistance with the care of your baby, breastfeeding questions, and the care of your perineal sutures, if present.**

Parents Café

On every last Wednesday of the month, moms and their babies are invited to join our midwives in the Wintergarten to **socialize, share experiences, and discuss any questions regarding breastfeeding and baby care.** Don't worry about getting a sitter, siblings are welcome too!

Postnatal Exercises

We recommend that you do **postnatal exercises after the birth** to strengthen your abdominal and pelvic floor muscles. We will be happy to assist you in finding the right way to exercise or a class for you.

We offer the following classes at our hospital

- » Postnatal exercise classes
- » Baby massage classes
- » Baby swimming classes
- » Dorn therapy
- » Postpartum acupuncture





Kontakt

E-Mail	obstetrics@nardiniklinikum.de
Delivery Room	06371 84 2818
Obstetric Care	06371 84 3821
Maternity Ward	06371 84 1210
Outpatient Clinic	06371 84 2801
Reception	06371 84 0



More Information under:
www.nardiniklinikum.de

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