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Leonardo Zoe Celeste Renate **Christine** Lois Valerie Susi Joschuar Andreas
ka **Laura** Kevin **Amelie** Amanda **Maria** Lea Julia Miriam Elias Caspar Lara
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When it's time

Information on giving birth for expectant mothers

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The last few weeks before the birth of a child are an exciting time. Most women give birth during the 14 days before or after the calculated due date. This date, as it is written in your "Mutter-Kind-Pass" (pregnancy and early-childhood medical record book), is just an estimated statistical average and all babies are different.

How does birth begin?

To date nobody really knows what triggers labour. However, there are a few relatively reliable indicators that tell you that the waiting is almost over.

What happens?	What is it?	When does it happen?
Feeling that your tummy has dropped down	»Drop« – the baby's head has descended into the pelvis.	Several days before the birth
Increased discharge tinged with blood	»Bloody show« – the mucous plug that sealed the cervix during pregnancy starts to come away	Several days before contractions begin, sometimes immediately prior to contractions beginning
Regular, recurrent cramp-like pain in your back and lower abdomen	»Contractions« – the uterus contracts and the cervix begins to dilate	Labour has begun
Release of liquid (can be a lot, or a little. Usually clear but can also be bloody or greenish in colour)	»Waters breaking« – the thin membrane that holds the baby in the amniotic sac filled with fluid, has ruptured.	Usually after contractions have begun, sometimes several hours before contractions start.

And what if it's all just a false alarm?

Many women are afraid of arriving at the hospital too early and then having to wait a long time for the birth, or being sent home again still pregnant and “empty handed” as it were. Here in the clinic, every expectant mother who comes to the labour and delivery unit with contractions is examined and kept for two hours for observation. In the case of a “false alarm”, she can go home again if she wishes. However, depending on the situation, expectant mothers are often recommended to remain as an in-patient until labour contractions begin. This option is discussed on an individual basis with each expectant mother, taking into account circumstances such as the distance between her home and the hospital, her family situation and her personal needs and wishes.

Listen to your body!	Probably a “false alarm”	Probably “real contractions”
How frequent are the contractions?	Irregular, intervals vary between contractions	Contractions become more and more regular, the intervals between them become shorter, lasting between 30 seconds and one minute
What happens when I change position?	The contractions stop if I walk about or lie in a different position	The contractions continue, even when I move about
How strong are the contractions?	Weak contractions that don't become any stronger	Contractions become steadily stronger
Where do I feel the pain?	At the front only, between the belly button and pubic bone	Pain begins in the lower back and moves towards the front

You must come to the hospital immediately if the following occurs

- ▶ Your waters break (liquid suddenly trickles or flows out of the vagina)
- ▶ Heavier bleeding (not just blood-tinged mucous)
- ▶ The pain does not stop between contractions
- ▶ You have the feeling that your baby is moving less often.

How do I get to the hospital?

Come to the hospital by ambulance: You can call the emergency call centre by dialling 144 free of charge from any landline phone or mobile phone in Austria. Tell them that you need to be taken to the clinic in Innsbruck to give birth. Don't forget to take your "Mutter-Kind-Pass" with you. This medical record book of your pregnancy contains information that is also important for the ambulance staff. Travel in a lying position, especially if you are unsure whether your waters have broken.

Partner – Birth Companion

If your partner/birth companion is driving himself/herself to the hospital, he/she can find you as follows:

- ▶ The "Frauen-Kopf-Klinik" (building no. 3) is the large building with a dark metal facade and silver-coloured roof located in the centre of the clinic grounds (see page 7). The labour and delivery unit is situated on the 2nd floor.
- ▶ The main entrance is open between 7 am and 8 pm. You can ask the porter there for information at any time.
- ▶ During the night the building can only be accessed via the MZA – Medizin-Zentrum Anichstrasse (building no. 1, Anichstrasse entrance). A porter is stationed there round the clock and can give directions to the labour and delivery unit. (Night-time access via the northern side entrance of the "Frauen-Kopf-Klinik").
- ▶ The labour and delivery unit is situated on the 2nd floor of the "Frauen-Kopf-Klinik" building. Please use the intercom – a member of staff will attend to you immediately.

What happens once I have been admitted to the labour and delivery unit?

As soon as you enter the labour and delivery unit, you will be examined by the midwife on duty and a doctor from the team that is on duty. The examination includes the following:

- ▶ CTG examination (monitoring of foetal heart rate and contractions)
- ▶ Gynaecological examination to determine dilation of the cervix
- ▶ Usually an ultrasound examination
- ▶ At this time it is important to present your “Mutter-Kind-Pass” and any other medically relevant documentation - (e.g. blood pressure pass, diabetic ID card, allergy ID etc.) that is not included in the “Mutter-Kind-Pass”.

Can I contact you by telephone?

- ▶ The labour and delivery unit phone number is 050 504-231 04 (local rate applies from anywhere in Austria). For reasons of data protection, the midwives do not give any information over the phone. However, they are happy to connect incoming calls to you or the person accompanying you.
- ▶ You can, of course, request that nobody be informed that you have been admitted to the labour and delivery unit, in which case no information about you or your baby will be disclosed even after the birth.

- ▶ If you choose to give birth anonymously, then please request the special leaflet from us. The leaflet, which contains all the information, is also available on our homepage (www.frauenklinik.at) under Service > Brochures.
- ▶ You may use your mobile phone in the labour and delivery unit. However, we kindly ask you to show consideration and limit use of your phone as far as possible to absolutely necessary calls only.

And my partner/birth companion?

One person (partner, trusted person, friend...) can be present at the birth. In the labour and delivery unit, there are always several women being cared for at any given time. Discretion and consideration are, therefore, of the utmost importance, which is why we request that any other relatives/friends etc. accompanying you wait in the waiting area outside the labour and delivery unit. A changeover of birth companion is possible, but only after consulting the midwife or doctor.

Photos: Your birth companion may take photographs of you and your baby as long as this does not cause any disruption. If you wish to take photographs which include midwives and/or doctors, then you must ask for their permission beforehand. We would like to point out that photographs depicting members of hospital staff may only be published with the explicit permission of hospital management. This also applies to the publishing of photos on homepages.

Parking – the »Stork Ticket« for your birth companion

If your partner/birth companion comes to the hospital by car, he/she can park free of charge in the blue short-term parking zones located around the clinic grounds. Short-term parking zone are free during the night (9 pm – 9 am) and all day on Sundays and public holidays. Please note that parking charges apply in Speckbacherstrasse on Saturday mornings. Reduced-fee parking tickets are available from the labour and delivery unit for the “Beselepark” car park (formerly “Westgarage”). During the daytime your partner can obtain a so-called “Stork Ticket” from the patient invoicing office (Patientenverrechnungskassa) on the ground floor of the “Medizin Zentrum Anichstrasse”. For a set price he/she can park in the hospital underground car park for up to 24 hours. The ticket entitles you to a single entry and exit.

Smoking ban

There is a total ban on smoking in the labour and delivery unit and in all the waiting areas.

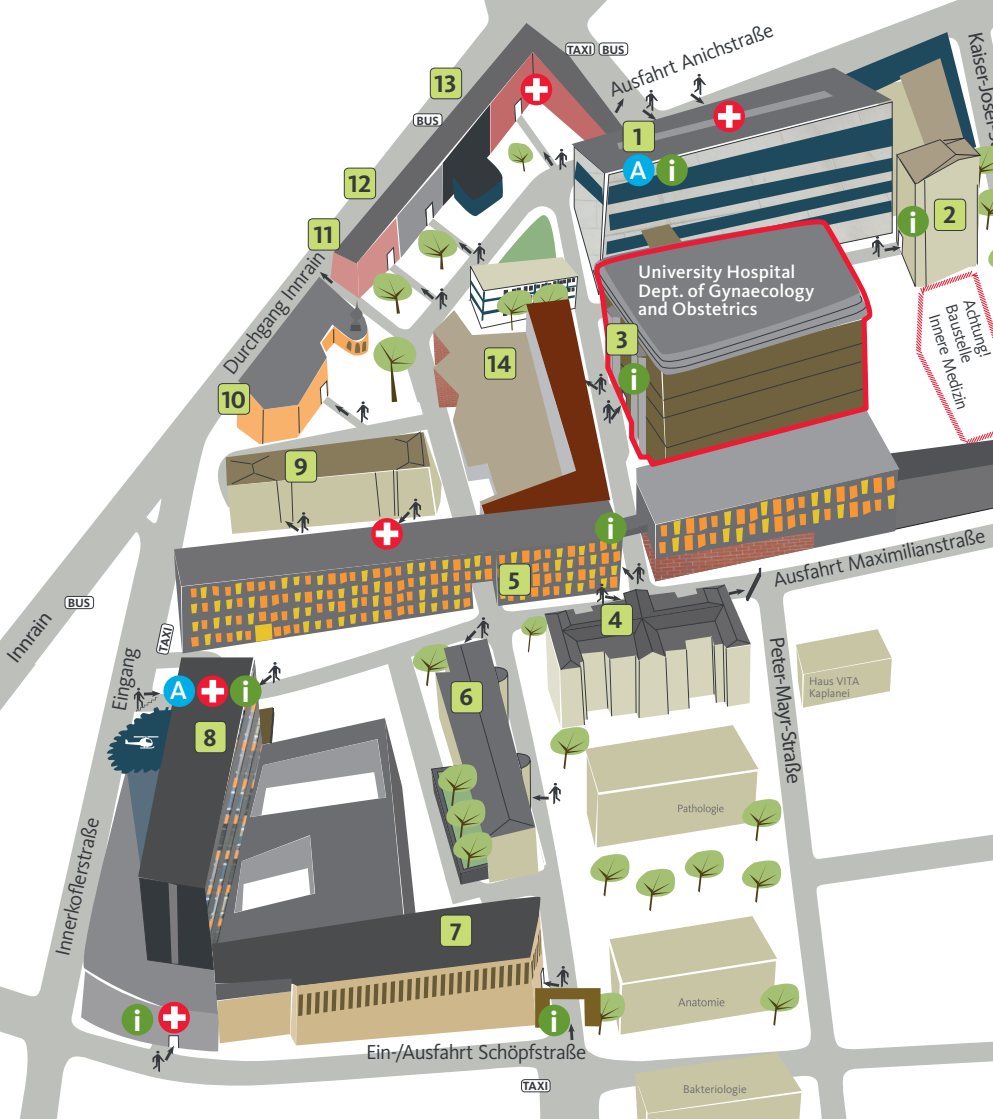
What happens after the birth?

2 to 4 hours after a normal birth, you and your baby will be taken to the Mother-and-Baby Ward on the 5th

floor of the “Frauen-Kopf-Klink” building. If you want to give birth as an outpatient, that is if you want to return home immediately after leaving the labour and delivery unit, then please let us know as soon as you are admitted since in that case special measures must be taken, for example a paediatrician must be called to examine your baby before you leave. We provide all the necessary information with regard to post-natal care by a registered midwife or your family doctor. Please get in contact with a registered midwife and paediatrician several weeks before the due date with regard to care before and after the birth (see separate information brochure entitled “Outpatient birth”).

Come and visit the Dept. Of Gynaecology and Obstetrics!

We offer guided tours of the labour and delivery unit every Monday and Thursday at 3 pm (no pre-registration required). Together with your partner/birth companion, you can look around the delivery rooms, the obstetrics department and the Mother-and-Baby ward. Midwives and doctors are on hand to answer your questions. At the end of the tour you can register yourself for the birth at the midwifery outpatient department. There all the paperwork can be completed beforehand and you can ask any questions you may have so that when the time comes you can concentrate on the unique experience of giving birth.



Checklist before giving birth

It is important to organise all the important things before the birth of your baby. This will put your mind at rest. Go through the following questions with your partner:

- ▶ How long does the ambulance need to get to my home and then to get from there to the hospital in Innsbruck? Do I need to take traffic congestion, e.g. at the weekend or during rush hour, into consideration?
- ▶ Don't plan to drive to the hospital with your own car. Call an ambulance! Is your home easy to find? Is the house number clearly visible? Is the name on the doorplate correct?
- ▶ Do you have your "Mutter-Kind-Pass" ready to hand?
- ▶ Do you have the patient transportation referral ("Transportschein") from your consulting physician or family doctor for the ambulance journey to the hospital in your "Mutter-Kind-Pass"?
- ▶ Have you packed a bag with all the toiletries and clothes you will require for several days in the hospital?
- ▶ Is your mobile phone charged and/or do you have enough credit on your prepaid card?
- ▶ Have you organised someone to look after your children, your pets? Do your neighbours and relatives know where they can reach you?

Michael Samuel Simon Mehmed Monika Lynette Lena Matteo Phillipp Sara
 Nuray Dario Ruth Helga Lucia Paul Celina Franz Emma Peter Rubi Georg
 Antonia Patrik Enderson Sigrid Joseph Fabian Laurin Kristijan Yusuf Nelly Shalik
 Thomas Kevin Anastasia Merlin Eva Viktoria Heinz Raphael Anja Katharina
 Pia Tamara Manfred Josef Clea Toni Paula Justine Viktor Pamela Emeli
 Gusta Oskar Meriem Helena Daisy Janos Valentina Zita Hans Arianna Jens
 Alma Lukas Nick Esra Julian Gudrun Livia Serafin Nora Raquel Nuray Pasqual Kresz

University Hospital
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 (local rates apply)
 Fax +43 (0)50 504-23055
 Email: lki.fr.klinikleitung@tirol-kliniken.at
 Homepage: www.frauenklinik.at

Outpatient Clinic for Expectant Mothers
 Tel. ext. -23070
 Email:
lki.fr.schwangerenambulanz@tirol-kliniken.at
 Outpatient clinic opening times:
 Mon – Fri 8 am – 3:30 pm
 By appointment only
 Emergency cases will be seen without an
 appointment
 Location: Frauen-Kopf-Klinik, building no. 3,
 2nd floor, room 34

Midwifery Outpatient Clinic
 Tel. ext. -81463
 Email:
lki.fr.hebammenambulanz@tirol-kliniken.at
 Outpatient clinic opening times:
 Mon – Fri 8 am – 3:30 pm
 By appointment only
 Emergency cases will be seen without an
 appointment
 Location: Frauen-Kopf-Klinik, building no. 3,
 2nd floor, room 123

Labour and Delivery Unit
 Tel. ext. -23104 · Fax ext. -24789
 Email: lki.fr.entbindung@tirol-kliniken.at
 Staffed 24 hours a day
 Guided tours of the labour and delivery unit
 every Monday and Thursday at 3 pm.
 Location: Frauen-Kopf-Klinik, building no. 3,
 2nd floor