

What to get

You need a number of things for both a home birth as well as a hospital birth. Most supplies can be found in the maternity package from your health insurance. If your health insurance doesn't provide a maternity package, you can buy these items yourself at the pharmacy or at the drugstore.

- 10 fibre cloth mats
- under sheet/ bed tarp
- 1 umbilical clamp
- 1 bottle of alcohol, 70%
- 1 box of gauzes
- 10 cotton hydrophilic diapers
- maternity bandage
- thermometer
- hot water bottle (iron)
- bed lifters (Thuiszorgwinkel)
- bedpan (Thuiszorgwinkel)

What else to do?

• Maternity care

After your baby is born in the hospital or at home, you are entitled to maternity care. Make sure you apply for maternity care in advance, either through your health insurance or by yourself.

• Pack for the hospital

Whether you want to give birth at home or in the hospital; make sure your hospital bag is ready! Think of clothes for you and the baby, toiletries, Maxi Cosi, a camera, etcetera.

• Transport

You need to provide your own transport to the hospital day and night. It's not possible to ride along with us.

Last but not least

If you have any questions or special wishes, tell us! We are open to everything. After all, we would like your experience with childbirth to be a good one!



BIRTH COMING UP?

BE PREPARED WITH
DE VERLOSKUNDIGEN
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INFO FLYER

Almost time!

Your due date is getting closer and with it, the delivery of your baby. You may be wondering if there are things you need to know or organize before birth starts. In this folder, you'll find info on when to contact us and what to get in order to be well prepared for the big day.

Delivery: at home or in the hospital

Do you opt for a home birth or would you rather give birth at the hospital? The choice is yours. It's important that you and your partner choose a place where you feel good and safe. You don't have to make a choice in advance. You can still choose or change your choice during labour. Want to give birth at the hospital without medical indication? Note that costs are involved. Ask your health insurance in advance if these costs will be reimbursed.



How to contact us

Do you think you are going into labour, or are you in any way worried about yourself or the baby?

Call us 24/7 at:

emergency number: 06 55 14 68 28

No answer? Try our other phone number:

back up number: 06 29 81 83 98

Leave your name and number and we'll return your call as soon as possible.



When to call

• Reduced life

Is your baby moving less and less than normal? Contact us immediately.

• Contractions

Call us as soon as your contractions are well underway. That is when the contractions come every three to four minutes for an hour and last a good minute.

• Loss of amniotic fluid

Approximately 4% of deliveries start with the premature rupture of membranes. If your bag of water breaks, try to collect some amniotic fluid and look at the colour. Is it green or brown? Call us right away. Your baby may have pooped in the amniotic fluid. Don't throw wet underwear in the washing machine. We should have a look in case of doubt. Does the amniotic fluid look clear and smell ok? Then you can wait for regular contractions to come. If your water breaks at night and the fluid is clear, then you can wait until 9 a.m. before contacting us.

• Clear blood loss

Blood loss (with some mucus) around the due date is often the sign of releasing the mucus plug. If you lose a lot of blood or if you have any worries, call us.

• Severe pain or anxiety

Do you have abnormal pains or are you worried about the baby or about yourself? Don't hesitate to call us right away!