

	<b>Form</b>	<b>F – TN – 180 – 07</b> version 7 / 2016
	Thomayer University Hospital <b>Department of Gynaecology and Obstetrics</b> Vídeňská 800, 140 59 Praha 4 - Krč	Page 1 of 2

## WHEN TO COME TO THE MATERNITY HOSPITAL

- The recommended time for coming to the maternity hospital is when the woman is experiencing **regular contractions** that are intensifying, the interval between them is shortening, forcing her to change the position of her body and the rhythm of breathing. Intervals between contractions should be about 5 minutes, and it is impossible to ignore them. A woman who is giving birth for the first time (she feels the baby's movements, she is not bleeding, her water has not broken) should feel these contractions for about 2 hours and during this time she should try a bath or shower in pleasant warm water of 37–38 °C. **IF** regular uterine contractions (pain) appear in the **37th week of pregnancy and earlier**, it is necessary to go to the hospital **immediately**.
- **If her water breaks**, the woman takes a pad. The colour of the amniotic fluid is clear or pinkish with an admixture of film. After the amniotic fluid has drained, it is advisable to check the baby as soon as possible. If the amniotic fluid is discoloured (yellow, green, brownish or with bright blood), the woman should go to the maternity hospital **immediately**. Amniotic fluid drains until the baby is born.
- If a woman **begins to bleed bright blood** – she must go to the maternity hospital **immediately**. Spotting or mucus with blood may appear the day after a vaginal examination.
- If a woman has any **doubts about the baby's movements** – it moves little or to such an extent that it hurts – it is good to come to the hospital to have the baby checked on a control monitor. Nobody will be angry.
- If a woman feels **pressure on the rectum**, as with severe constipation, she should come to the maternity hospital, even if the interval of regular intensifying contractions is longer.
- **Mucus plug passage** – It is not necessary to go to the hospital when the mucus plug passes, but it is likely that contractions will begin within 24 hours. The mucus plug can be pinkish, very watery or even thick mucus-like.
- **“Prodromal contractions”** are contractions that prepare the birth canal for birth but do not yet lead to birth. They can be very uncomfortable, often painful, but they do not have a regular interval, do not intensify, in a warm bath they often subside and weaken, and they do not affect the opening of the birth canal.

## WHAT TO TAKE ALONG TO THE MATERNITY HOSPITAL

### DOCUMENTS

- **the completed** questionnaire on the baby's name (available for download on the maternity hospital's website)  
+ necessary documents for the registry office (birth certificate, marriage certificate, paternity determination, etc.)
- pregnancy card, ID card and insurance card

### FOR THE DELIVERY

- medications you take regularly
- washable slippers (possibly shower shoes), toiletries, two towels, mouthwash, body lotion, lip balm, washcloth, warm socks, bathrobe, favourite CD
- a shirt is available (if you prefer your own shirt, shirts for breastfeeding women are helpful)
- drink in a small plastic bottle (non-carbonated), small snack(s)
- thigh-high compression stockings (as recommended by your doctor)
- we also recommend, e.g. a warming pillow with cherry pits or massage oil
- **on the other hand, we do not recommend carrying large amounts of cash, expensive items and jewellery**

### IN THE DELIVERY ROOM WE ALSO OFFER YOU

- **Vaginal steaming** (everything needed, including herbs, is available in the delivery room)
- **Rebozo scarf** (can be borrowed from us)
- **Aromatherapy** (aromatherapy lamps and oils are prepared in individual rooms free of charge)

### BIRTH COMPANION

- the birth companion changes into **clean, laundered clothes** (i.e. a comfortable shirt and trousers) and puts on **clean, washable shoes** in the delivery room
- possibly other things according to the epidemiological situation (current guidelines are always available on the website [www.ftn.cz](http://www.ftn.cz), Department of Gynaecology and Obstetrics)
- the possibility to bring a mobile phone, camera or camera – however, the maternity hospital is **NOT LIABLE** for these items

### FOR YOUR STAY AFTER BIRTH

- tea for nursing mothers
- 2 nursing bras, bra pads, possibly nipple ointment
- An adequate supply of panties or single-use panties (we recommend mesh panties, which are available for purchase at medical supply stores and pharmacies)
- **pads are available at the hospital**

### FOR THE BABY DURING YOUR STAY

- perfume-free wet wipes (clothes, diapers and cosmetics are available in the ward)
- **writing implements!**

### FOR THE BABY'S TRIP HOME – you can have these items brought to you the day before you are released

- washed and ironed diapers (2) or disposable diapers (2)

- onesie, bodysuit, jacket, overalls, cap, socks (slippers)
- a wrap or blanket to wrap the baby, possibly a car seat cover – all depending on the season
- car seat – think about your baby's safety