



## FAQ PREGNANCY/ BIRTH AT KLINIKUM DRITTER ORDEN

### 1. WHERE DO I CALL IF I WANT TO COME TO THE BIRTH?

**Before coming to the hospital, please call the delivery room:**

- For questions about childbirth and in case of emergency: Phone: **089 1795-1369**
- For organizational questions and appointments for a follow-up examination, please contact make an appointment at the antenatal clinic: Phone: **089 1795-1367**  
Available Monday to Friday, **08:00 am – 02:00 pm.**

#### **Check-ups After Due Date**

If your due date has passed, check-up appointments are usually conducted by your gynaecologist – typically every two to three days starting from the calculated due date. If one of these appointments falls on a weekend or public holiday, please contact the Pregnancy Outpatient Clinic in advance to schedule an appointment.

If your baby has not been born by the 7th day after the due date or if your gynaecologist requests an earlier check-up with us, please also arrange an appointment at the Pregnancy Outpatient Clinic.

### 2. WHEN SHOULD I GO TO THE HOSPITAL?

- **If you feel unsure or have concerns:** You can always call the delivery room for advice.
- **During contractions:** It is a good time to come to the hospital when contractions occur every 5 minutes and last about 1 minute each. If the contractions are irregular but already quite intense (e.g., for mothers who have given birth before), you can also come in.
- **Amniotic fluid:** If amniotic fluid is released or the amniotic sac ruptures, stay calm – this is not an emergency. It often happens at night. Use a sanitary pad and call the delivery room. We will discuss important details with you, such as the color of the amniotic fluid, baby's position, movements, and the result of the Streptococcal swab. Together, we will decide whether you can wait at home for labor to begin or when you should come to the hospital.
- **If you have premature contractions (before the 37th week of pregnancy):** Please call us immediately and come in as soon as possible.
- **If you experience vaginal bleeding:** Inform us immediately. For heavy bleeding, please call emergency services and go to the nearest hospital.

**Before heading to the hospital:** Call us before you set off. You will find us on the 4th floor of the Children's Hospital at Franz-Schrank-Straße 8. You do not need to register at the main desk – you can come directly to us. Your companion can bring your bags from the car later.

### 3. WHERE IS THE BEST PLACE TO PARK?

**Free parking:**

- On Menzinger Straße (opposite the Botanical Garden)
- Along Franz-Schrank-Straße and In den Kirschen

**Paid parking:**

- In the Children's Hospital parking garage on Franz-Schrank-Straße. From there, you can take the elevator directly to the 4th floor.
- At the Main Building on Menzinger Straße (about a 10-minute walk to the delivery room).

**Alternative:** If you are in a hurry, you can drive through the barrier to the roundabout in front of the Children's Hospital. Your partner can accompany you to the delivery room first, but the car must be moved quickly afterward.

### 4. WHERE CAN I FIND THE DELIVERY ROOM, THE ANTENATAL CLINIC OR THE POSTNATAL WARDS?

**Delivery Room, Antenatal Clinic and prenatal consultation:**

- Located on the 4th floor of the Children's Hospital.

**Maternity Wards:**

- Ward 40 on the 4th floor of the Children's Hospital
- Ward 11 on the 2nd floor of the Adult Hospital

**Family Rooms:**

- During your registration appointment, you can let us know if you would like a family room after the birth. We will note your request in your file. However, please understand that we cannot guarantee a family room, as availability depends on occupancy on the wards.

### 5. WHO CAN I BRING WITH ME TO SUPPORT THE BIRTH?

You are welcome to bring your partner or another person you trust to support you during the birth.

### 6. I WOULD LIKE TO USE THE DELIVERY BATH DURING THE BIRTH. DO I NEED TO BRING AN EXTRA TEST?

Our bathtubs are cleaned and disinfected with a special cleaning agent after each use. You do not need to present a special test, as there is no risk of germ transmission in the water.

### 7. MY STREP SWAB WAS POSITIVE; DO I HAVE TO REPORT THIS IN ADVANCE?

No, it is sufficient if you tell us the result when you are admitted to the delivery room, or we can see the result in your maternity record. If your membranes rupture prematurely and you are not in labor, call us and we will ask for the result over the phone.

## 8. UMBILICAL CORD BLOOD DONATION, IS THAT POSSIBLE?

Yes, you can store stem cells from umbilical cord blood with us. We cooperate with Eticur and Vita 34. Please bring the collection kit from the respective company to the birth and let us know upon your arrival in the delivery room that you would like the collection immediately after birth.

## 9. HOW LONG WILL I STAY IN THE HOSPITAL AFTER THE BIRTH?

This depends entirely on how you and your baby feel after the birth and how you are both doing. Most mothers stay until the third day of life to have the U2 examination done in our clinic. On this day, during the risk months, pediatricians also offer RSV immunization. You will receive more information about the RSV vaccination during your registration interview.

If you have already contacted a pediatrician and clarified in advance that he or she will do the U2, you can also go home earlier. The U2 examination can be carried out on the newborn between the third and the 10th day of life. If you are thinking about an early discharge, please also make sure that your postnatal midwife will visit you promptly and regularly.

Women after a caesarean section usually stay one to two days longer, depending on their mobility and support at home.

## 10. WHEN IS THE OFFICIAL DISCHARGE TIME?

The official discharge time on the day of discharge is **11.00 am**. Please make sure that all personal belongings are packed and that no valuables have been forgotten. Also, check that you have received all important documents (e.g. your child's medical report also known as yellow booklet, maternity pass).

## 11. I HAVE NOT FOUND A POSTPARTUM MIDWIFE YET.

You can search for a midwife at [www.hebammensuche.de](http://www.hebammensuche.de) or [www.hebavaria.de](http://www.hebavaria.de).

## 12. WHERE CAN I ATTEND PRENATAL, BREASTFEEDING, AND POSTNATAL COURSES?

Check out courses near your place of residence, for example, at midwifery practices in your neighborhood. Alternatively, visit [www.hausderfamilie.de](http://www.hausderfamilie.de) for the current program of prenatal, breastfeeding, and postnatal courses.

## 13. ARE THERE TOURS OF THE DELIVERY ROOM?

Yes, if the delivery room situation allows, tours are offered every Thursday at 5:00 pm. On the same day (from 3:00 pm), check the Dritter Orden website for a pop-up message confirming that the tour will take place. If the pop-up does not appear, the tour will not be held.

Alternative: Watch our video on the website to see the delivery rooms and learn about the available facilities.



## PACKING LIST FOR YOUR HOSPITAL STAY

**Dear expectant mother,**

**this is a small list of things you can bring with you to the clinic:**

### **For the delivery room:**

- ☐ Maternity pass and health insurance card
- ☐ Comfortable clothing for you and your companion
- ☐ Warm socks
- ☐ Slippers/flip-flops
- ☐ Personal care products (fragrance-free deodorant)
- ☐ Lip balm and hair tie
- ☐ Drinking bottle, preferably with an integrated straw
- ☐ Snacks: e.g. cereal bars, energy balls, cookies, fruit
- ☐ Snack for the accompanying person
- ☐ Favorite massage oil and room fragrance
- ☐ Jukebox for playing music

### **For the stay on the ward:**

- ☐ Bathrobe
- ☐ Comfortable nightgowns, pajamas that can be easily opened at the front
- ☐ Nursing bra and nursing pads
- ☐ Butt shower
- ☐ First set for going home, hat and baby blanket
- ☐ Child seat for the car only on the day of discharge
- ☐ The KAYA swaddle will be provided to your baby during the inpatient stay

**We wish you a pleasant pregnancy and look forward  
to seeing you again in the delivery room soon!**

**Your midwives from the Klinikum Dritter Orden.**



## REGISTRY OFFICE

We midwives report the birth of your child to our responsible registry office in the KVR Munich using the birth notification that you filled out when you registered the birth with us.

This is completed by the midwife in charge immediately after the birth. For this report we only need the surname of the newborn.

On the homepage [www.geburtenbuero.de](http://www.geburtenbuero.de) you will find all further information and the naming form to download.

**You can request your child's birth certificate online from the registry office at the earliest 10 days after the birth.**

To do this, the registry office must have the naming form filled out and signed by you, on which you have clearly entered the child's first name(s). In the case of unmarried couples, the acknowledgment of paternity must also be stated there (on the back of the naming form).

Please put this form in the specially provided mailboxes on both of our postnatal wards.

These are located in front of the children's rooms.

If you have any questions, please contact the Registry Office Munich KVR – Birth Office.

E-Mail: [geburtenbuero.kvr@muenchen.de](mailto:geburtenbuero.kvr@muenchen.de)