

## Welcome to the Maternity Ward

This leaflet contains specific information about the Maternity Ward. For general information about the hospital, please refer to the booklet 'Information about admission to Amstelland Hospital'. For information about giving birth in the hospital, you can consult the leaflet 'Giving birth at Amstelland Hospital'. If you have not received these leaflets, ask one of the nurses.

Pregnant women, new mothers and babies are cared for on the Maternity Ward.

The following gynaecologists work on the ward: Mr A. Mozes, Ms K. Overmars, Ms A.J. Padt, Ms C.C. Zeijl, Mr B. Wibbens, Ms A.M.H. Koning.

### Global daily routine

|                         |   |
|-------------------------|---|
| 6.00 a.m. - 7.30 a.m.   | You are woken, and the nurse carries out the necessary checks. If necessary, you will be given your medication.   |
| 7.30 a.m.               | Breakfast (unless you have to fast).  |
| 8.30 a.m.               | Doctor visits.  |
| 8.00 a.m. - 9.30 a.m.   | <ul style="list-style-type: none"> <li>• Daily care. If you are not able to look after yourself, the nursing staff will assist you.</li> <li>• You, your partner or a nurse can bathe your baby.</li> <li>• Please complete the menu options list. If necessary, the dietary assistant can help you with this.</li> </ul> |
| 9.30 a.m. - 10.30 a.m.  | Coffee and tea time. There is one round throughout the ward, in which you may ask for several refreshments.   |
| 10.30 a.m. - 11.30 a.m. | Visiting time.  |
| 12 noon                 | Lunch.  |
| 2.30 p.m.               | Checks by nurses. Coffee or tea time, there is one distribution round again.  |
| 4.00 p.m. - 8 p.m.      | Visiting time.  |
| 5.00 p.m.               | Hot meal.   |
| 8.00 - 9.30 p.m.        | Coffee or tea time, there is one distribution round again.  |

**Visiting times**

The visiting times of the Maternity Ward are 10.30 - 11.30 a.m. and 4.00 - 8.00 p.m. Partners are always welcome on the ward!

**Doctor visits**

The on-duty gynaecologist visits each day at approximately 8.30 a.m. Do not hesitate to ask any questions you may have. Time pressure in the delivery rooms and emergencies could result in the visit being delayed. If you and/or your partner would like a meeting with

one of the gynaecologists, you may speak with a nurse to arrange this.

**Care for breastfeeding**

Amstelland Hospital operates in accordance with the guidelines from the World Health Organisation (WHO) and UNICEF. These guidelines have been designed to provide parents with accessible information and to support them with breastfeeding. The hospital has a lactation consultant on staff. She can advise and support you with breastfeeding while you are on the Maternity Ward. For more information, see the leaflet 'Care for breastfeeding'.

**Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).