

MARIENHAUS KLINIKUM EIFEL
STANDORT BITBURG



*Welcome to our
Labor and
Delivery Ward*



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Gynecology and Obstetrics

Pregnancy and the birth of a child is one of the most significant events in our life. It is a time full of hope and happiness, but can also be a time fear and uncertainty. We see it as our calling to support expectant parents during this unique experience and to put forward faith, in anticipation of the birth of your child.

As a patient of our obstetrics and gynecology department, you will receive expert care from an experienced and competent team of gynecologists, midwives and nurses to meet your individual needs during your pregnancy, birthing and postpartum care and will work with you to understand your pregnancy and support you and your growing family.

The department includes 19 beds in modern and comfortable furnished rooms. Under the leadership of Dr. med. Franz-Rudolf Jerono, approximately 500 babies are born annually.

On the following pages you will find information on the offerings of our clinic.

We wish you all the best during the course of your pregnancy and look forward to seeing you in our facility.



Obstetric Care



Dr. Franz-Rudolf Jerono
Chief Physician



Claudia Pütz
Secretary



Melanie Hölz-Netzer
Nurse

Office Hours:

Monday, Tuesday, Thursday
2 p.m. – 4 p.m.
and/or by appointment

phone: 06561 64-2351

In Germany, obstetric care is regulated by national clinical guidelines by which our clinic operates. It includes:

- **Screenings:** monitoring your overall health status through regularly scheduled examinations
- **Diagnosis and therapy:** individual examinations based upon personal risks factors of the expectant mother with the goal of a timely treatment of possible problems
- **Information and guidance** for the expectant mother about the development of her unborn child – this raises awareness of changes of the body that occur during pregnancy and takes the fear of these changes that you might have. At the same time, it offers opportunity of open discussion and builds a trusting relationship between you and the obstetrician, and acceptance of the routine prenatal care visits, as an important factor.

Routine examinations include but are not limited to, fetal heart monitoring and fetal position by using sonogram (ultrasound) in 3D/4D with the option to save images on a CD.





Delivery room tours / Childbirth Classes



Anja Böttel
Midwife

We offer, in regularly scheduled intervals, informational events in the English language for expectant parents. Contents of this evening include: introduction to the department, what to expect during your stay in our facility from the moment of admission, to birth and discharge from the hospital with your newborn; changes during pregnancy and the different stages of the birthing process, various type of support be it physical, medicine or other aids.

Use the chance to ask questions and talk about things that motivate you, so you are confident and well informed and ready for the birth of your child.

You can register through Dr. Jerono's office starting at 24 weeks of gestation.

Phone: 06561 64-2351

About the Birth



Linda Andres
Head Midwife

When does it start?

This question crosses every expectant parents mind prior to the birth: When should we make our way to the Labor & Delivery ward? If you are having regular contractions every 5-10 minutes, if your water breaks or vaginal bleeding occurs, these are all good reasons to make your way to the hospital. If you are not sure, feel free to call the Labor & Delivery ward at 06561-64-2356, we are available around the clock.

Rooms and equipment

Labor & Delivery includes:

- Three modern equipped delivery rooms with toilets and showers and bathtubs
- One water birth tub
- Examination room
- One “Parent Room” with a king size bed and TV in cases of late night admissions

Furnishings:

- Fetal heart monitoring in every delivery room
- Relaxing and birthing tub
- Birthing stool, ropes, exercise ball
- Stereo system for your individual musical wishes
- Newborn screening unit





The Birth

The birth of a child is a very intimate and exciting experience in the life of a human. We, the obstetric team of the Marienhaus Klinikum Eifel in Bitburg, are honored to accompany and support you during this experience. The birth of your child should be comfortable, safe and according to your wishes. We will help you achieve this!

You have many options of pain management to choose from. From acupuncture, homeopathic remedies to pain medication ranging from light to strong are available. Epidural anesthesia, that provides you with a nearly pain free birth, is administered by our experienced anesthesiologists around the clock, including weekends.

Approximately every third child in Germany is born by caesarean section in which the newborn infant is born through an operative incision to the mother's womb. Should a caesarean section be indicated in your case, it will be planned and scheduled with our obstetrician team. Under normal circumstances, the procedure will take place under partial anesthesia, the so called spinal anesthesia. This way, you will be able to experience the birth of your child and afterwards have the opportunity to have skin contact (Bonding). As support, you can choose to have someone in the operation room with you. Unplanned caesareans are possible in our hospital around the clock. Generally, spinal anesthesia and the presence of your partner is still possible.

After the baby is born



Melanie Grohsmann
Head Nurse

After the birth you and your child will spend a few days on our Maternity Ward. Here you will be cared for by our experienced nursing staff, with advice and practical help around the clock. They can support you with breast feeding and in caring for the newborn.

Our concept of care basically supports post-natal care of the mother and 24-hour-Rooming-in, in which the child is in the room with the mother at all times, in preparation of going home. Of course, all mothers have the choice to place the infant in the nursery, so they can rest after a strenuous birth.

If capacity allows, you and your partner can utilize a family room together so you can care for the newborn together.

Breast milk is the best nourishment for a newborn. It contains all important contents to ensure healthy development. Surely you have thought about how you want to nourish your child. Should you choose to breast feed, the nurses and midwives can help with lactation support, positioning. Please do not hesitate in asking for assistance should insecurities arise.

Our lactation room offers all mother privacy to breast feed, especially when sharing a room with another patient or visitors are in the room. When first starting to breast feed, quiet and patience is very important to be successful. If you can't or do not want to breast feed, we offer help in choosing the formula that is just right for baby, there are many options available.



Examinations

In order to detect and treat abnormalities or irregularities at an early stage, with your consent, your child will undergo various examinations and screenings in the first days after birth.

The second examination will take place on the third day after birth by pediatricians that work for our facility and are conducted in house.

Hip Ultrasound: are done to check for malposition of the hips. Early detection can be easily treated

Hearing Screening: hearing capacity testing is done and is painless for the child and only takes a few minutes

Newborn Screening: this test is done to detect rare metabolic diseases that are not clinically evident in newborns. Our nurses draw a few drops of blood from the baby's heel.



Q & A

Q: I don't plan on breast feeding; do I have to bring my own formula?

A: No, you will be supplied with formula.

Q: What do I do if I have an emergency?

A: During business hours contact Dr. Jerono's office; after hours contact the Labor & Delivery ward. They will instruct you on what to do.

Q: Do I have to pay extra if I want a room to myself or when someone stays with me in the room?

A: TRICARE covers semi-private rooms. Please check with the nurses if room is available and with the Admissions Office on pricing. Chaperones must be registered through the Admissions Office.

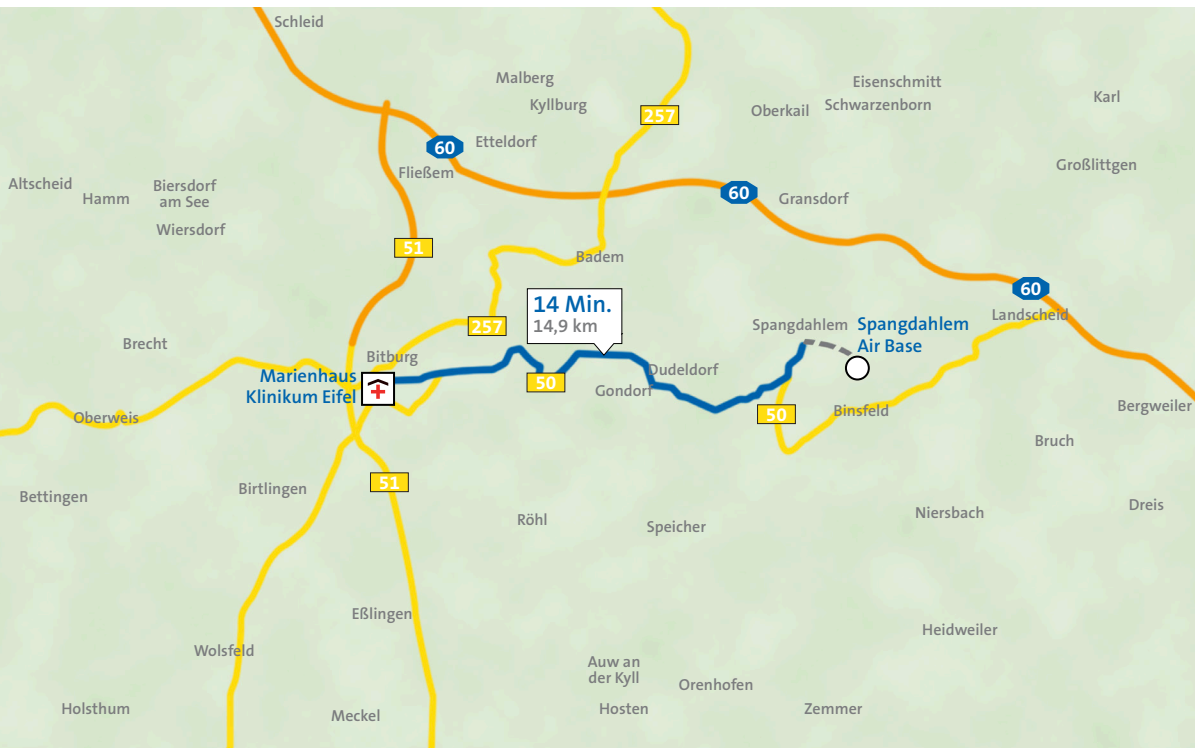
Q: Is parking available?

A: There is an abundance of parking availability surrounding the hospital.

Q: Does the hospital have internet access and how much does it cost?

A: Yes, upon request you can receive a generated username and password at the Information Desk in the main lobby. It is free for patients during their stay in the hospital.





Directions from Spangdahlem

Directions via B50:

- Head northeast toward L46
- Exit the roundabout onto L46 (1km)
- At the roundabout, take the 2nd exit onto B50 (12.1km)
- At the roundabout, take the 2nd exit onto Albachstraße (1.6km)
- The hospital will be right in front of you

MARIENHAUS KLINIKUM EIFEL STANDORT BITBURG



MARIENHAUS KLINIKUM EIFEL

Krankenhausstraße 1
54634 Bitburg
phone 06561 64-0

Obstetric Care

Dr. med. Franz-Rudolf Jerono
phone 06561 64-2351

Labor & Delivery

phone 06561 64-2356 (24h)

www.marienhaus-klinikum-eifel.de