

Overnight stays for companions / family rooms:

We always endeavor to make it possible for you to make a start together as a family. After registering in advance, a companion / father can also stay the night alongside mother and child in one of our family rooms. Please bear in mind that at times of very high occupancy we may not always be able to provide this. The first night is free of charge, each additional night costs **€25** (without meals). To do this, please complete a *Companions Contract (Begleitpersonenvertrag)* at the entrance. Alternatively, the porter can also give you information on a guest room in House A for **€15 / night**.

Check-up for newborns:



The first check-up examination U1 is carried out immediately after childbirth by the attending midwife. The U2, also known as the **basic examination for newborns** normally takes place between the 3rd and 10th day. It will be carried out by our pediatric and neonatal experts, usually in the maternity clinic. It involves examining the newborn's state of health; the heart and lungs will be listened to, skin will be checked for blood circulation, and muscle tone and inborn reflexes are checked carefully. In addition, the oxygenation of the blood is examined in order to detect heart defects early on.

As well as that the organs, genitals, skin and bones will be examined, and digestive activity and nervous system reflexes. If it is medically necessary, our pediatric doctors will perform ultrasound examinations to check the normal development of, for example, the brain, hips, kidneys or urinary system. This allows developmental disorders to be ruled out at an early date.

Blessing:

If you would like your child to be blessed, our nursing staff will be happy to put you in contact with pastoral workers.



Quality seal according to criteria of WHO / UNICEF initiative: "Baby friendly Hospital"

Postnatal ward

St. Elisabeth Hospital,
Wittlich



Verbundkrankenhaus
Bernkastel / Wittlich



Verbundkrankenhaus Bernkastel / Wittlich
St. Elisabeth Hospital

Department for Gynaecology and Obstetrics
Heads of the Department: Dr. P. Locher / T. Domagalski
Koblenzer Str. 91, Wittlich • Phone: 06571 / 15-32 500

Welcome to the postnatal ward!



Just a few hours after the birth of your child we will already be welcoming you to our postnatal ward. Now you have time as a family to get to know each other and enjoy your happiness in peace and quiet. During your stay you will be visited daily by the doctor and the midwife. You can use these visits to ask any questions you may have.

Room at the postnatal ward

The day before you are discharged, a final medical examination and another detailed discussion will take place. During your stay you can also ask for extra meetings with doctors, skilled nurses or with a midwife, if needed. Our obstetrics team of midwives, doctors, healthcare and pediatric nurses, breastfeeding and lactation consultants, as well as our service staff will be at your side to provide advice and support.

Our postnatal ward offers you:

- 24 hour mutual support for mother and child
- Daily follow-up care consultations
- Breastfeeding advice and help in your room
- Free guide for an optimal start with your child (“The baby is born..”)
- Breakfast buffet at the “Stork’s Nest Café”
- Physical therapy in the postnatal unit: postnatal exercises
- Personal support, familiar atmosphere
- Free Wi-Fi access at admission
- “Babysmile” offers baby and family photography

The postnatal ward team is looking forward to being your partner on your baby’s journey into life. Together with you we want to achieve a safe, healthy and successful beginning!

Your postnatal ward team

Meals on the postnatal ward

Use the opportunity to have breakfast in a relaxed atmosphere with other mothers, talk about your birth experiences and discover things you have in common. A lavish **breakfast buffet** gets the day off to a good start:

From 7:00 a.m. to 9:45 a.m. daily, in the “Stork’s Nest Café” (Room 3102). A menu assistant will take your booking in your room.

You are very welcome to also book breakfast for a **companion / father** (please pay separately in the canteen). Companions / fathers also have the possibility of having breakfast in the canteen, to eat their lunch there or to have food (which has been ordered and paid for), delivered to the room on the ward.

Lunch (12 noon – 1:00 p.m.) and

Dinner (5:30 – 6:30 p.m.) will be brought to you in your room.

Canteen (basement level 1) opening hours:

Breakfast		7:00 a.m. – 9:30 a.m.
Lunch	Mon. - Fri.:	11:30 a.m. – 2:00 p.m.
	Sat. / Sun.:	12:30 p.m. – 1:00 p.m.

Kiosk / Café (ground floor) opening hours:

Mon. - Fri.	8:00 a.m. – 6:00 p.m.
Sat./Sun./public holidays	10:00 a.m. – 2:00 p.m.

On the postnatal ward you can serve yourself drinks, yoghurt, quark and fruit in between meals from the chilled cabinet in our “Stork’s Nest Café” (self-service). Please return empty deposit bottles to the “Stork’s Nest Café”.

If you would like to store groceries in a fridge, there is one available in the parents’ kitchen (Room 3114). You can help yourself to water and tea from the cart in the ward corridor at any time. If you wish, we are also happy to prepare tea for you, if you prefer in your own teapot or thermos.



Breakfast at the Stork’s Nest Café