

Information for expectant mothers coming to delivery

Dear Patient!

Welcome to Duna Medical Center on behalf of the staff of the obstetric center. Our highly experienced team provides the best to make childbirth a positive experience for life and to meet your personal needs during your time in our institution. The purpose of this information sheet is to help you prepare for the days you spend at our institution and to summarize the practical information needed.

Signing the contract

The recommended date for signing the contract for maternity packages is at 34-36 week of pregnancy. Prior appointment is required for contracting. During the meeting, we will discuss the most important information and answer any questions that may arise.

What to do if birth starts naturally?

If you feel that childbirth has begun, if you feel the pain in every 4-5 (four-five) minutes which lasts for min. 40 seconds and/or your waters break please call us +36 1 790 7080 or the chosen midwife. If you are unsure about the start of childbirth, we provide ongoing medical and midwifery care at our obstetric center where we are happy to answer any questions you may have and if necessary we check the condition of the expectant mother. The chosen obstetrician specialist will be notified by prior arrangement.

Arrival for scheduled caesarean section

Take the medications according to the physician's instructions. The day before the surgery it is very important to drink plenty of fluid, at least 3 (three) litres and you can eat until midnight. On the day of the intervention, up to 3 (three) hours before you can drink only still mineral water or unflavoured tea. In 3 (three) hours right before the surgery you must not drink anything. On the day of the surgery you have to come 2 (two) hours before the scheduled surgery time, you have to attend at our reception desk on the 1st floor for the registration. After that you will occupy your room at our obstetric center on the 5th floor. Please take off all your jewelries, if you need help please contact the nurses. One accompany person can attend at our institution if the ofcial governmental regulation allows. The "golden hour" and the delayed umbilical cord clamping are also provided after C-section.

Parking

Parking is possible in the neighborhood street according to the actual parking conditions. If the delivery begun we can provide one parking place in our underground garage. You can park in the underground car park for up to 1 hour on arrival or departure after giving birth. In this case, the registration number of the car, the name of the mother and the expected time of arrival must be notified in advance to the maternity unit. After the delivery the parking place has to be free, in order to provide the place to the next patient who come to childbirth.

What equipment do I get and what do I need to bring with me?

	We provide	You have to bring
For mothers	<ul style="list-style-type: none"> - slippers - bathrobe - nightgown - sanitary pads - underwear for single use - towel - breast pump - breakfast, lunch, dinner - bakery products, sandwiches - small confectionery (gluten-free also) - juice - coffee, tea, mineral water - milk alternatives - cutlery, glass 	<ul style="list-style-type: none"> - ID card/Passport - address card - Social security card (TAJ) - pregnancy book - copy of the certificate of marital status in Hungarian language (if it is in foreign language then the certified Hungarian translation*) or paternity statement - underwear - water-bottle(flask) - personal hygiene products - medicines that you take regularly
For accompany person	<ul style="list-style-type: none"> - sterile gown for single use in case of requesting a family room: - slippers - bathrobe - nightgown - sanitary pads - underwear for single use - towel - breast pump - breakfast, lunch, dinner - bakery products, sandwiches - small confectionery (gluten-free also) - juice - coffee, tea, mineral water - milk alternatives - cutlery, glass 	<ul style="list-style-type: none"> - ID card/Passport - address card in case of requesting a family room: - comfortable clothes, personal hygiene products
For newborns	<ul style="list-style-type: none"> - clothes - diaper - cloth diaper - basic grooming products (wet wipes, diaper rash cream) - breathing monitor 	<ul style="list-style-type: none"> - clothes for your baby in that you carry home, and for the photos - baby carrier

*If the parents are not Hungarian citizens the foreign marriage certificate is required to bring with the certified Hungarian translation (Hungarian Ofce for Translation and Attestation, Budapest VI. Bajza u. 52.).

You can bring your own breast pump, nightgown, slippers. For both vaginal birth and caesarean section, mothers are required to wear the hospital nightgown and fathers to wear the provided sterile gown.

Placement

We operate single and double rooms in our obstetric center. If you buy a package that includes a family room, we will accommodate the accompany person who comes with you in our double room.

Stay at our institution

Babies born in our institution can be discharged after 2 (two) nights. For babies born after 4:00 p.m. and at night, the first night does not count in the two nights. The mother's health is checked every day between 8:00 a.m. and 9:00 a.m. and between 7:00 p.m. and 8:00 p.m. at the obstetric visits. The newborn is examined by the newborn pediatrician every morning. All visits take place in the room.

Newborn nurses and midwives help with the care of the newborn - e.g. diapering, breastfeeding or bathing. Our institution follows the zero-separation principal and we support breastfeeding. On request, the newborn's bathing is on the second day after delivery.

There is a nurse call system in the room and also in the bathroom. If you need anything you can signal our staff by pressing that button.

By prior arrangement, we offer a menu for breakfast, lunch and dinner suitable for any diet or food allergy. Should you have needs related to this please let us know upon signing the contract. It is possible to bring your own food which can be stored labeled in a shared refrigerator.

During your stay in the hospital our health visitor records the exact details of the newborn and begins the registration process.

Visit

One relative can be present in the room with the expectant mother, she can receive more visitors in the living room if it is not restricted by the epidemiological and ofcial regulations. In the case of double occupancy, the visitor may enter the room only if the other mother is not disturbed by breastfeeding or other activities. The visiting time is every day from 9:00 a.m to 7:00 p.m.

Baby photography

Each delivery package includes baby photography which is performed during your stay in the hospital. Detailed information including prices for photography packages can be requested from our photographic colleagues, who will contact all of our patients.

Extra stay

Our maternity packages include 2 or 3 nights stay. Based on the physician's recommendation it may be necessary to spend more nights, but we provide you the opportunity to request it on your own decision. All prices are available on our website. The physician's recommendation to additional hospitalization for 2 or 3 nights can be e.g. if the newborn has a lower birth weight or jaundice.

If you wish to stay more nights, please let our staff know no later than the day before the original discharge.

Discharge from hospital

After the obstetric and neonatal visit, the discharge summaries -for both mother and newborn-, other necessary documentations and prescriptions are given in the morning on the day of discharge. Please do not leave our institution without them. Following this procedure you can leave the room until 11:00 a.m..

What to do after discharge

Our institution will notify the health visitor and the selected pediatrician according to your place of residence. Please contact them also as soon as possible about childbirth after you return home.

Based on the preliminary data recording, your child's birth certificate and address card will be ready after the 10th working day following the child's birth at the Civil Registry Group (Anyakönyvi Csoport) of the Mayor's Ofce. Please call them in advance before you go to pick it up.

The social security card (TAJ) and the tax card will be posted automatically to the given address for Hungarian citizens.

You can choose also our institution or ask your physician's help in case if the delivery package does not include the postpartum follow-up examination.

The delivery packages include the suture removal, your physician informs you about that and gives you the appointment.

Thank you for choosing us!

Important contacts

Call Center on working days between 8:00 a.m. and 8:00 p.m

Appointments for outpatient services

+ 36 1 790 70 70

info@dunamedical.com

Obstetric Center, 5th floor (day and night,24/7)

Duty, signing agreement

+ 36 1 790 70 80

szuleszet@dunamedical.com

Free Wi-fi

Name: DMC-Guest

Password: Dunamedical123