

Information for expectant mothers coming to delivery

On behalf of the entire Obstetrics Team at Duna Medical Center, we warmly welcome you! Our highly experienced team is here to ensure that you and your baby are in the best possible hands throughout this special journey. The purpose of this booklet is to introduce our institution, provide you with an overview of the services available, and share the most important practical information you may need.

Signing of the contract

Obstetric packages can be purchased at our institution from the 12th week of pregnancy. During the meeting, we will talk about the most important details and answer any questions you may have. An appointment must be scheduled in advance to sign the contract.

CONTACT PERSON:

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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.

Contractions every 4-5 minutes

lasting at least 40 seconds

Waters breaking

Bleeding



Call +36 1 790 7080!

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 oficial governmental regulation allows. The "golden hour" and the delayed umbilical cord clamping are also provided after C-section.



Please take your medication as instructed by your doctor.



Up to 3 hours before the procedure, only water or unsweetened tea is allowed.



Please arrive 2 hours before your scheduled appointment.



Please remove your jewelry!
(if it is possible)

	We provide	You have to bring
 <p>For mothers</p>	<ul style="list-style-type: none"> - nightgown, slippers, bathrobe - sanitary pads - underwear for single use - towel - breast pump - nipple shield in multiple sizes - breakfast, lunch, dinner - dessert, fruit <i>(considering dietary requirements)</i> - small confectionery <i>(gluten-free)</i> - coffee, tea, mineral water - regular and lactose-free milk - cutlery, glass - personal hygiene products 	<ul style="list-style-type: none"> - ID card/Passport - adress card - Social security card (TAJ) - pregnancy book - copy of the certificate of marital status in Hungarian language - <i>if it is in foreign language then the certificated Hungarian translation - or paternity statement</i> - underwear - water-bottle <i>(flask)</i> - medicines that you take regularly
 <p>For accompany persons</p>	<ul style="list-style-type: none"> - sterile gown for single use <p>In case of requesting a family room:</p> <ul style="list-style-type: none"> - towel, nightgown, slippers, bathrobe - breakfast, lunch, dinner - dessert, fruit <i>(considering dietary requirements)</i> - coffee, tea, mineral water - regular and lactose-free milk - cutlery, glass - personal hygiene products 	<ul style="list-style-type: none"> - ID card/Passport, adress card <p>In case of requesting a family room:</p> <ul style="list-style-type: none"> - comfortable clothes
 <p>For newborn</p>	<ul style="list-style-type: none"> - baby clothes - blanket - cloth diaper - diapers, wipes, diaper cream - breathing monitor - nursing pillow 	<ul style="list-style-type: none"> - going-home outfit and, if needed, clothing for photography - 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.).

When choosing a family room, the Exclusive Package also includes three main meals for the accompanying person. In the Premium Package, this service is available as an additional option. In the Premium Package, this can be requested as an additional service.

If desired, you may use your own items - such as a breast pump - or your own clothing - such as a nightgown. For both vaginal deliveries and cesarean sections, we ask that mothers wear the hospital nightgown and fathers wear the protective clothing provided!

Parking

Parking is available in the public area in front of the facility, which is a paid parking zone. When arriving for childbirth or leaving after giving birth, you may park in the underground garage for 1–2 hours. After loading and unloading, please vacate the parking space so that expectant mothers arriving after you can also park.

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 at our hospital may be discharged after a minimum hospital stay of two nights, and no earlier than 48 hours after birth. For babies born after 4:00 p.m. or during the night, the first night is not counted as part of the two-night stay. The mother's health condition is checked every day during the obstetric ward rounds held between 8:00 and 9:00 a.m. and between 7:00 and 8:00 p.m. The newborn is examined every morning by the neonatologist/paediatrician. All ward rounds and examinations take place in the room.

For newborn care, such as changing nappies, helping the baby latch on, or bathing, assistance is provided by our neonatal nurses and health visitor. Our Obstetrics Center is family-friendly, operates according to the principle of zero separation, and fully supports breastfeeding.

Upon request, the newborn's bath takes place on the second day, on the evening before discharge.

Our rooms and bathrooms are equipped with nurse call systems. If you need anything, you can notify the staff at the touch of a button.

For breakfast, lunch and dinner, we offer menus tailored to any dietary requirements or food allergies, based on prior consultation. Please indicate any related requests when signing the contract. You may also bring your own food, which can be stored, labelled, in a shared refrigerator.

During your hospital stay, our health visitor records the newborn's exact details and initiates the birth registration process.

Visit

The visiting time is every day from 9 a.m to 7 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

On the morning of discharge, following the obstetric and paediatric ward rounds, you will receive the discharge summaries for both the mother and the newborn, as well as any additional necessary documents and prescriptions. Please do not leave our hospital without these documents. On the day of discharge, after the above steps have been completed, you will be able to leave the room comfortably within 1 hour.

What to do after discharge

Our hospital will notify the health visitor responsible for your stated place of residence, as well as the paediatrician you have chosen. We kindly ask that you also contact them so they can be informed of the birth and your arrival home as soon as possible.

Based on the preliminary data collection, the newborn's birth certificate and address card will be issued by the Registry Office of the Mayor's Office after 10 working days. At present, these documents can be collected in person at 1092 Budapest, Bakáts tér 1. Before collection, please call to enquire whether the documents are ready.

For Hungarian citizens, the TAJ card and tax card are automatically sent by post by the relevant authorities to the address provided at the time of birth.

The maternity package does not include the postnatal check-up; however, you may choose our center for this appointment as well, or ask your attending physician for assistance.

The maternity packages include the fee for stitch removal, if required. Your attending physician will inform you about the timing and process.

If you have any complaints within 6 weeks after giving birth, please contact us. The examination is free of charge up to 6 weeks after birth and is included in the maternity package.

Thank you for choosing us!

Important contact information

Call Center (on working days between 8 a.m.-8 p.m.)

Appointments for outpatient services

 **+36 1 790 7070**

 **info@dunamedical.com**

Obstetric Center - 5th floor (0-24)

Duty, signing agreement

 **+36 1 790 7080**

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