

Your Birth Center



Welcome

"I'd never imagined being treated at University Hospital Zurich with so much warmth as well as expertise." This is feedback we're always hearing. Yes, USZ is a big hospital and if looked at from the outside, can make any expectant mother feel overwhelmed. But it's precisely because we're aware of that and can't boast 5-star facilities that we rely on the personal approach to accompany our expertise.

Bringing some 3000 children into the world every year has gifted us maximal experience in the optimal care of mother and child. Our own staff give birth here because they know that the quality of the medicine on offer is the best there is. We have built up an array of standard operating procedures enabling us to handle a host of medical problems. Our teams therefore know immediately how to respond in any given circumstance, ensuring that you're in the safest possible hands. Please know that you're always welcome with us, as much when everything is going smoothly as when you or your child need specialist help.

We look forward to having you!
Your USZ team

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Our **quality indices**

- Many USZ and most Birth Center staff choose to have their babies with us.
- We are the Birth Center of choice for many women's health doctors from surrounding hospitals.
- Our Center has the lowest rates of high-degree perineal tears, urinary catheter infection and blood transfusion in Switzerland.
- No Swiss center has so many specialists in fetomaternal medicine.

Do we never make mistakes?

No. But we deal with them openly and do everything we can to drive quality continuously forward. This includes systematic team debriefing after all births, an anonymized reporting system for problem cases and interdisciplinary review of special situations. Team timeouts before each operative procedure help prevent mistakes being made in the first place.

Our **expertise**

- 3000 deliveries per year make us the largest Birth Center in German-speaking Switzerland.
- While most expectant mothers come to us for a normal birth, many also come from other parts of Switzerland and our neighbors because they need our expertise.
- In the Perinatal Medicine Center we and our neonatology colleagues look after high-risk expectant mothers who give birth prematurely.
- In the Prenatal Diagnostics and Therapy Center we and specialist colleagues from the Children's Hospital take care of those babies in need of medical help while still inside their mother's womb.
- We are the largest European center for the operative repair of spina bifida in the womb, putting a life in which they are able to walk within the reach of affected children.
- We are one of the three Swiss centers performing intrauterine laser surgery for the complications of multiple pregnancy.

Setting **standards**

- **For professionals**
Our "Obstetric Handbook" is the most used manual of its kind in German-speaking Switzerland. More than any other in our specialty it embodies the use of evidence-based medicine.
- **For couples starting a family**
Our "Planning a Family", "Pregnancy", "Childbirth" and "Recovering from Childbirth" brochures are the most comprehensive and authoritative handbooks on having children. They have been certified by the Swiss Patient Organization and carry its logo.
- **For transparent communication**
We were the first Birth Center in Europe to offer all our mothers-to-be their test results and ultrasound scans on an app.





We operate as **a team**

- We conduct childbirth care on a team basis, headed by the midwife in uncomplicated cases and, where risk is involved, by a tailored team of obstetricians, midwives, neonatologists, anesthesiologists and specialists in adult medicine.

We foster **the next generation**

- We're forever hosting the next generation of practitioners, whether destined to become heads of department, primary care physicians, midwives or nurses.
- Juniors in all these groups receive clearly structured supervision 24/7 from an experienced specialist.
- Drills aren't confined to fire stations. We too use simulation in teamwork training because it's what makes the difference in emergencies.

Our pledge to you: **support at every stage**

- in planning your family
- all through your pregnancy, from outpatient appointments with experienced obstetricians, midwives, breastfeeding consultants and ultrasound experts
- back-up from a highly specialized antenatal team of midwives, nurses, doctors, physiotherapists, psychologists and social workers, should your pregnancy be in any way complicated
- during the birth itself, from a reassuringly extensive team of midwives, obstetricians, anesthesiologists, surgical assistants and neonatologists, available to you 24/7, 365 days a year
- after childbirth, from postnatal nursing staff, breast-feeding consultants and physiotherapists



Our infrastructure

Our medical equipment is the best of its kind, whether for ultrasound or for monitoring childbirth.

Our 40-year-old wards could admittedly do with a facelift but every room enjoys magnificent views. Our staff's professionalism and personal approach are more important than 5-star luxury. At the end of the day they are what count.

For all those for whom their child's safety is paramount:

Our neonatology unit is located right next to the Birth Center and can take care of your child within seconds if necessary.

Information on registration, booking fees, upgrades etc is available from the Birth Center office at geb_office@usz.ch or by phone on +41 44 255 51 03.

Individual daily routine and visiting times

We allow for the notorious overlap between day and night in the early postnatal period by providing a breakfast buffet from 7.30 am through 9.45 am. We've also introduced a 'Don't disturb' period between 12.15 pm and 1.00 pm to help mother and child recover from the stress of the preceding days free of all staff intervention except if medically indicated.

Visiting times on the labor and postnatal wards are from 1 pm through 8 pm daily. Our private beds welcome visitors 24/7.



Upgrade options:

- **Albergo**
Standard insurance cover guarantees you a double-occupancy room or, if available, a single-occupancy room for an additional charge. Those with supplemental cover always take priority in room allocation, while continuing to receive standard medical care. If you are semi-privately insured, you can switch to a single room for an additional charge. Private insurance always ensures priority in room allocation.
- **Medico**
Those with standard cover can opt to be looked after by the senior Birth Center obstetrician or by one of the three attending obstetricians for a booking deposit based on the anticipated private care fee (itself governed by the tax regulations applicable to such fees).

24/7 Care

Experienced midwives, doctors and nurses with specialist qualifications in obstetrics and neonatology are in the Birth Center day and night. In critical cases the senior obstetrician or his deputy can be on site within 15 minutes. For us, the key lies in good teamwork. Nothing else enables us to act as fast or with such purpose in complex, extreme and potentially life-threatening situations

Outpatient Clinic

You're in good hands in our general Outpatient Clinic. It's where the many women with uncomplicated pregnancies see a doctor or midwife. The Breastfeeding Clinic caters for those with questions about their child's nutrition or who need feeding advice. We also offer specialist consultations with a range of experts in fetomaternal medicine:

- Problem Pregnancy Clinic (for expectant mothers with such conditions as diabetes, cancer, or congenital heart disease)
- Twin and Multiple Pregnancy Clinic
- Specialist Ultrasound and Prenatal Diagnostic Clinic
- Genetics Clinic

Private consultations for women with supplemental insurance

- Prof. Roland Zimmermann MD, Director, Chief physician
Wednesdays, 8 am through 4 pm
- Franziska Krähenmann MD, Attending Obstetrician
Fridays, 8 am through 4 pm
- Prof. Nicole Ochsenbein MD, Attending Obstetrician
Tuesdays, 8 am through 4 pm
- PD Tilo Burkhardt MD, Attending Obstetrician
Thursdays, 8 am through 1 pm

For an appointment or information about a private consultation, please contact us on +41 44 255 51 02.

Those with supplemental insurance will generally see the same doctor for their delivery.

Preparative advice and tutorials

The birth of your child and your well-being are important to us. The better prepared you are the more relaxed you will be, which is why we offer the following tutorials:

- Information evening for expectant parents
- Preparing for childbirth: brief and basic
- Preparing for childbirth: weekend tutorial for couples (German & English)
- Preparing for childbirth: evening tutorial
- Preparing for childbirth: elective caesarean section
- Caring for a newborn (German & English)
- Yoga for expectant mothers
- Back-to-shape workouts
- Pre- and postnatal bootcamps

Check out our homepage at www.geburtsilfe.usz.ch for locations, times and costs.



Our research

Medicine of the future

Thanks to our clinical research:

- Birth Center women lose less blood during delivery
- many women leave the Birth Center with their pelvic floor intact
- children with spina bifida can hope for life without a wheelchair
- very preterm babies survive with less risk of lifelong handicap

We owe these research results to the participation of countless women. May we ask the same favor of you?



Help & links

Registering your baby, obtaining a birth certificate, and acknowledging paternity

- Zurich civil registry office: entering the search terms “Stadt Zürich” and “Geburt im Spital” into Google will retrieve all the important information you need for registering your baby. The search terms “Stadt Zürich” and “Geburt” will answer any questions you may have about birth certificates and acknowledgement of paternity. [Please note: The links all come in German which Google will obligingly translate for you]

Help for new mothers and fathers

- Help for new mothers and fathers (‘mvb’), City of Zurich: www.stadt-zuerich.ch/mvb
- Offers and events for families, Canton of Zurich: www.lotse.zh.ch

Community postnatal midwifery service

- “Familystart Zürich” puts you in touch with freelance midwives who you can consult remotely and who can come to your home. We work very closely with this organization: www.familystart-zh.ch

Check out our homepage www.geburtshilfe.usz.ch for information on other topics

- “Planning a family” brochure
- “Pregnancy” brochure
- “Childbirth” brochure
- “Recovering from childbirth” brochure
- Pelvic floor training
- Nutrition in pregnancy
- Information on pain relief in childbirth
- Psychosocial support
- Pregnancy diabetes
- Stem cells in umbilical cord blood
- (Breast-)Feeding a newborn
- Motherhood, guardianship and the law
- Sex around pregnancy and childbirth
- Domestic violence: prevention and information



Key phone numbers

During office hours Monday through Friday, 8 am through 12.30 pm and 1 pm through 4.30 pm, please contact our Outpatient Clinic. In emergencies outside these times please contact our midwives!

- **Midwives (24h)** **+41 44 255 53 15**
- Outpatient Clinic (office hours) +41 44 255 50 42
- Private Consultations +41 44 255 51 02
- Switchboard +41 44 255 11 11
- Social Workers +41 44 255 52 08
- Breastfeeding Clinic (office hours) +41 44 255 40 08
- Birth Center office +41 44 255 51 03
- Director's office +41 44 255 51 01