

### What do you need?

You will need some things for the birth and the first week with your baby.

- Maternity package (check if you will receive one from your insurance)
- At least one thermometer
- 2 metal hot water bottles
- ± 10 hydrophilic cloths
- The bed must have a height of at least 80 cm. You can rent blocks to raise the bed, at the homecare shop in Hoofddorp or Lisse.

### What to bring to the hospital?

If you are planning a homebirth it is good to have a bag ready as well in case you unexpectedly have to go to hospital.

- Comfortable clothes for during the birth;
- Clothes to go home in;
- Toiletries;
- Baby clothes, make sure they are warm enough for the drive home;
- Maxi Cosi for the trip home (practice installing it in the car);
- Insurance card;
- Name and telephone number of the maternity care you are registered with;
- Camera, video camera (with respective batteries and chargers).

Our regional hospital is the Spaarne hospital in Haarlem. It is possible to attend an information evening in the hospital. Information can also be obtained from us or on the website: [www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl).

### After the birth

The midwife remains with you for 1-2 hours after the delivery. When you've had a home birth, the maternity nurse will stay a little longer. She will help you to shower, get dressed and feed the baby. When you are in the hospital, you will be helped by a nurse. The midwife and nurse will decide what time you can go home and how the maternity care will be informed. If during childbirth the care has been transferred to the gynaecologist, we would appreciate it if you call us (daytime) when the baby is born. In the week following the birth, the midwife will make a number of home visits, an opportunity to ask all your questions.

### Birth notification

Within three days the baby should be registered at the town hall of the place where he or she is born. Take an ID of both of you and (if applicable) the marriage certificate, the act of recognition or the document of choice of name.

If you would like some more information you can visit the following website; [www.deverloeskundige.nl](http://www.deverloeskundige.nl). Here they have brochures in multiple languages about preparing for birth, but also about the possibilities of natural and medical pain relief.



**Verloeskundigenpraktijk**  
Haarlemmermeer & Bollenstreek

### Nieuw-Vennep

Medisch Centrum Pionier  
Hugo de Vriesstraat 21  
2152 CT Nieuw-Vennep

### Hillegom

Garbalaan 2b  
2182 LA Hillegom

### Phonenumber

In case of emergency  
or when the delivery starts:  
+316 - 2279 7502

### Hoofddorp

Hoofdpoort  
Binnenweg 12  
2132 CT Hoofddorp

Medisch Centrum Toolenburg  
Markenburg 129a  
2135 DX Hoofddorp

### Floriande

Fanny Blankers Koenlaan 108  
2134 CP Hoofddorp



# The delivery

## The Delivery

The birth, the moment you have been looking forward to the past 9 months. How does it all work? In this brochure we want to give you some guidelines, so please read it thoroughly. These guidelines apply both to women who want to give birth at home and to women who want to give birth in the hospital. Usually the delivery begins between the 37th and 42th week of pregnancy. Not yet 37 weeks and do you think you have contractions or are losing amniotic fluid? Then please phone us directly.

Childbirth can begin in several ways.

## The contractions

It is difficult to define what exactly a contraction is, so we will give a broad description:

A contraction is a painful, recurring contraction of the uterus. Your tummy will feel hard and you can feel the pain in your tummy, in your back and sometimes in your upper legs. In the beginning, these contractions are irregular and feel like menstrual cramps. The best thing you can do is to look for some distraction, such as light household chores, watching television or try to sleep if it is night. This initial "cramping" will gradually turn into contractions that are regularly, every few minutes, and will certainly continue for a minute. During real labor it is no longer possible to talk through a contraction and you have to stop with what you were doing. Between the contractions your tummy is relaxed and you feel no pain. A quiet spot and heat in the form of a hot-water bottle, a hot shower or bath can help to deal with these contractions. If you are expecting your first child, you should take into account that the delivery may take 12 to 18 hours from the moment the regular contractions have started.

When to phone us:

### First baby:

If you have contractions every 3 minutes, which last about 60-90 seconds, persisting for 1.5 hours, which you really have to pant away.

### Second or subsequent child:

If you have contractions every 5 minutes, which last about 45-60 seconds, persisting for about 1 hour, which you really have to pant away.

## The rupture of the membranes

This can occur without any signs beforehand, but usually happens when your contractions have already started. Amniotic fluid generally has a clear, white or pink colour. There may possibly be some white flakes in it. You cannot stop amniotic fluid from flowing like urine and it smells sweet. Try to collect some of this fluid in a glass and save any wet pads you have. Should the baby's head already have descended and the waters break follow these instructions carefully:

phonenumber +316 2279 7502

- > **Daytime:** with or without contractions and the amniotic fluid is clear or has a green colour. Please let us know in both cases.
- > **Evening:** with or without contractions and the amniotic fluid is clear or has a green colour. Please let us know in both cases.
- > **At night:** after 22:00, without contractions and the amniotic fluid is clear: You can wait to call until 9:00 the next morning. Wait for the contractions to come, this can take a few hours.
- > **At night:** regular contractions: see contractions advice. Please let us know.
- > **At night:** Does the amniotic fluid have a green colour, with or without contractions: Always let us know!

In the last weeks of the pregnancy your midwife will tell you if your baby's head has descended into your pelvis. When the baby's head has descended you may continue to walk around. If the membranes are broken, regardless of the colour of the amniotic fluid, and the head has not descended, follow the instructions you received at your last check up with the midwife.

So, to sum up, always call when amniotic fluid is green, day or night, with or without contractions!! This is a sign that the baby has pooped in the amniotic fluid.

When the membranes are broken, there is an open connection with the uterus. If this situation goes on for too long (longer than 24 hours) there is a risk of infection. So, if the membranes have ruptured and you have no contractions yet, do not take a bath (shower allowed), no intercourse, no use of tampons and do not use (neutral) soap internally. We hope in

this situation, that the birth will start within 24 hours. When this is not the case, your care will be referred to the gynaecologist after 24 hours.

## Blood Loss

If you have a lot of blood loss over a period of time, you should always call us! Save bloody underwear or sanitary pads, this is important for a proper assessment of the quantity. A small spot of blood or blood mixed with mucus during contractions is normal. You do not need to call.

## The mucus plug

During pregnancy there is a mucus plug in the cervix. The mucus plug consists of a lot of mucus, mixed with blood (bright red or dark brown). Losing it may be a sign of the beginning of the delivery, however this is not always the case. The delivery may still be a few days or even weeks away. If you do not feel contractions and the membranes are not broken, then you can calmly wait and continue with daily activities. You do not have to call us.

## Worried?

Are you worried, do you have any questions or do you want to let us know that the delivery has started? You can contact us 24/7 on our mobilenumber.

## What next?

When labor has started, the midwife usually comes to your home. Depending on the progress she will remain with you for the birth or she will make an appointment with you when she will return. If you want a hospital birth, she will tell you when you can go to the hospital. She will also inform the hospital. If the birth progresses without complications the midwife will stay with you until the baby is born. Should a complication occur, she will refer you to a gynaecologist or paediatrician in the hospital.