

Discharge from obstetrics and maternity department



In this folder we give you practical tips, because you are (almost) leaving our hospital. We appreciate it if you leave the suite between 9.30 and 10.00 AM on the day of your discharge due to the flow of families from the delivery suites.

Maternity Care

Please do contact your maternity care organization after the birth, so a maternity nurse can come to your home on the day of discharge. You will receive documents for the maternity nurse with all the important information concerning your pregnancy and birth.

Maternity bed

During the maternity period a midwife or general practitioner (GP) will visit your home.

The documents for the midwife and GP with all the important information concerning your pregnancy, birth and post-partum period will be sent digitally

Information after epidural analgesia

If you experience any of the following symptoms after the epidural analgesia: *renewed loss of muscle strength, difficulty urinating or incontinence of defecation, severe back pain, severe headache (which weakened when you lie flat), fever, neck stiffness or inflammation of the puncture site*. Please contact your midwife.

Follow-up

- If you gave birth in our hospital on medical grounds, you will receive a check-up appointment for six weeks after delivery with the obstetrician/gynecologist. The appointment will be sent to your home address.
- If this is not necessary, you will have a check-up with your own midwife who supervised your maternity bed.

Follow-up check at the pediatrician

If the pediatrician has examined your child after the birth, the pediatrician will determine whether and when your baby will return for follow-up. This appointment will then be sent to your home. Do not forget to have a patient card made of your child before the appointment.

The parents' proof of identity is required to register the baby.

Civil status declaration

You must declare the birth within three days at the registry office in Delft. The day of birth does not count. Does the last of the three days fall on a weekend or national holiday? Then it is extended by one day. You are authorized to register a birth if you are one of the parents or if you were present at the birth. You can make an appointment via www.gemeentedelft.nl or by phone number 140 15.

The declaration can be made online if both parents have Dutch nationality and have a DigiD code. You will need proof of identity, marriage certificate or recognition papers for the declaration. If you give the hospital permission in advance to send your data to the local authority, you will **not** receive a statement from the hospital

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Health insurance

Notify your insurance company of the birth. Then your child will be co-insured.

Centre for youth & family

During the maternity week you should contact the consultation office. You can also report a Birth via the website at www.jgzzhw.nl. Here you will find all consultation offices in the region. If you have any questions or problems, you can call the contact desk on 088 - 054 99 99.

Breastfeeding organizations

Through the La Leche League foundation, you can find a contact person in your area. This help is free of charge.

Reach out by phone; 0111 - 41 31 89 or www.lalecheleague.nl

Useful Breastfeeding Websites

www.borstvoeding.com

www.nvlborstvoeding.nl (for help and questions related to lactation)

www.voedingscentrum.nl

Safe sleeping

Information on safe sleeping, visit the website; www.kinderveiligheid.nl

Points of attention

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| <input type="checkbox"/> Contact maternity organisation | Yes/Inapplicable |
| <input type="checkbox"/> Contact midwife | Yes/Inapplicable |
| <input type="checkbox"/> Follow up gynaecologist/obstetrician | Yes/Inapplicable |
| <input type="checkbox"/> Birth certificate | Yes/Inapplicable |
| <input type="checkbox"/> Heel prick screening test | Hospital/Home |
| <input type="checkbox"/> Prescription of medication (digitally arranged) | Yes/Inapplicable |
| <input type="checkbox"/> Follow up pediatrician | Yes/Inapplicable |

We wish you a good maternity period

Important telephone numbers

Reinier de Graaf Gasthuis 015 - 260 30 60

Maternity ward 015-260 35 35

Urgency or discomfort during pregnancy 015 - 260 33 30

Start of labor 015 - 260 32 30