

## Women's hospital

*Woman-focused medicine  
and obstetrics – exceeding  
your expectations.*



*Born*  
*at Bürgerhospital*

---

We look forward to greeting you and your new-born baby here at Bürgerhospital Frankfurt.



Prof. Dr. med. Dr. med. habil. Franz Bahlmann

*Dear parents-to-be,*

*The information presented here describes the services that Bürgerhospital provides, so that your child is born healthy in comfortable surroundings, while accommodating your individual wishes.*



Prof. Dr. med. Dr. med. habil. Franz Bahlmann

Bürgerhospital Frankfurt am Main and Clementine Children's Hospital merged in 2009 and offer a wide range of healthcare services for patients of any age. In obstetrics in particular, our experienced doctors, midwives and nurses provide a broad array of expertise and individual care. Bürgerhospital is one of the few tertiary care centres for perinatal medicine in the Rhine-Main region, with a level of prenatal diagnostics that exceeds the standards by far. Our neonatal surgery, paediatric surgery and paediatric urology as well as our neonatal intensive care unit provide comprehensive paediatric care and form the core of our professional perinatal centre. Cutting-edge medical technology enables reliable, state-of-the-art diagnostics, particularly for high-risk pregnancies and multiple births.

We are equipped and prepared for almost any potential birth event. Both at Bürgerhospital and Clementine Children's Hospital, our partner institution for paediatric and adolescent medical services, you will find holistic medical care tailored to your individual needs. It is our pleasure to support you before, during, as well as after the birth of your child.

---

What matters most:

## *Your trust in us*

*We know you can only relax and trust us when you are able to rely on the quality of our care. We invite you to get to know the doctors, midwives and nurses of our women's hospital.*

The best way to do this is to visit us at Bürgerhospital (if you don't know us already) and become acquainted with our midwives, doctors and nursing staff.

We offer the security and safety of modern medicine, while striving to make your experience as personal and comfortable as possible. We aim to meet your individual needs and support you expertly and safely during your pregnancy, delivery and during your first days with your new-born.

**Important: Please inform yourself in advance about the current visit and accompanying regulations.**



---

When you are expecting your baby, there is someone expecting you:

## *That's us*

*With over 4.300 deliveries a year, Bürgerhospital offers care based on expertise and reliability, while leaving room for individual attention.*

We aim to support you as parents-to-be so you can welcome your baby into the world in safety and comfort in a restful atmosphere. Supporting the natural birth process is our priority. Necessary measures are only taken after having spoken with you beforehand. We limit these measures as much as possible should you find them unpleasant or uncomfortable.

### **Antenatal clinic**

In our antenatal clinic you can register for your delivery at Bürgerhospital and receive information about preparation for birth, midwifery care during labour and outpatient CTG checks. Our family center "Zehn Monde" offers various courses such as birth preparation courses, postnatal exercises, acupuncture, homeopathy, yoga or baby massage.



---

So that everything goes perfectly for you and your baby:

## All-round care

*We provide a relaxing atmosphere and specialist monitoring of all aspects of prenatal care, pregnancy and birth. Bürgerhospital is one of the few institutions in Frankfurt to offer a comprehensive range of obstetric services under one roof.*

### **Prenatal diagnostics and treatment**

Bürgerhospital employs experts with the highest level of ultrasound training (DEGUM II and DEGUM III). Our sophisticated and highly respected prenatal medical department enables early identification of diseases, structural malformations and chromosomal abnormalities. In some situations, it is possible to treat the baby while it is still in the womb. In particular, this includes non-invasive procedures using the latest generation of high-resolution ultrasound which gives parents a sense of security.

### **Our diagnostic services**

- First trimester diagnostics (NT measurement, gestational week 11–14)
- Amniocentesis
- Chorion villus sampling
- Cordocentesis
- Fetoscopic laser therapy
- Specialist ultrasound diagnostics (week 18–22)
- Intrauterine blood transfusion
- Colour Doppler ultrasound
- Foetal echocardiography
- Intrauterine shunt placement
- 3D/4D ultrasound
- Diabetes care
- Multiple pregnancy monitoring
- Prenatal counselling



---

### **Our service for multiple births**

We have set up a **Twin Clinic** for double (or multiple) bundles of joy. Multiple pregnancies are always special and we take great joy in providing the care they require, because multiple births are not simply a series of single births, but involve many other factors which must be considered in light of the individual situation. We can identify all eventualities promptly in our Centre for Ultrasound Diagnostics and Prenatal Medicine and provide you and your babies with optimal care.

### **We are here for you!**

Women with multiple pregnancies are not the only ones who need special attention; so do women with IVF or ICSI pregnancies. We also offer psychological counselling and support for parents dealing with congenital anomalies and malformations in their unborn children.

Call us whenever you have questions or need advice during your pregnancy. If inpatient treatment becomes necessary during your pregnancy, the nurses and midwives in our prenatal ward will support our doctors in caring for you.

We will look after you in the following situations (amongst others):

- Premature labour
- Nausea and vomiting during pregnancy
- Cervical insufficiency
- Premature rupture of the membranes
- Gestational high blood pressure
- Gestosis (pre-eclampsia)
- Gestational diabetes
- HELLP syndrome
- Clotting disorders
- Bleeding
- Intrauterine growth disorders

Centre for Ultrasound Diagnostics and Prenatal  
Medicine (DEGUM III)

Telephone: +49 (0) 69 15 00-828

[praenatalmedizin@buergerhospital-ffm.de](mailto:praenatalmedizin@buergerhospital-ffm.de)

We are optimally set up for you and your baby:

## Comfort and closeness

*The birth of your child should be a wonderful positive experience for you. This is why modern single, double or family rooms (as an optional service for 123,76 Euro/day) are available for you during your stay at Bürgerhospital.*

Rooming-in is possible in all rooms, allowing you to care for your baby as you would in your own home. It is important to us to provide the help you need to gain confidence and skill, so that you and your new-born baby feel ready when it's time to go home. All rooms are equipped with sanitary units. There is a baby-changing table with a heat lamp in every room, as well as baby linen for the time of your hospital stay.

How long you have to stay at the hospital depends on how the birth had happened and on the development of your child in the first few days. It cannot be specified in general terms. Regardless of the duration, we want you to feel well looked after and leave the Bürgerhospital with a good feeling.



---

For the most relaxed delivery possible:

## *Security is a good feeling*

*We make the surroundings as pleasant as possible for the birth of your baby. There are seven different delivery rooms with modern equipment and two birthing tubs.*

Our focus is on enabling a natural birth. We do our best to accommodate your special wishes. With us you will have everything to facilitate and assist the natural birth process:

- broadly equipped rooms with multifunctional birthing beds
- Water birthing tub, birthing stool
- Hanging slings, Pezzi ball, floor mats etc.

All modern approaches to support birth and provide medical care for mother and child are readily available. Midwives and doctors continuously monitor the birth process and motivate and assist you in every phase of your delivery. Even if a midwife or doctor is not in your immediate vicinity, your baby's heartbeat is recorded and monitored at regular intervals.

### **Personal rather than clinical**

By using familiar colours and warm lighting, medical equipment is moved into the background, creating a comfortable atmosphere that awakens trust.







Our relaxation methods help to relieve your labour pains.

### **Relieving labour pain**

Several relaxation methods are available to relieve your labour pain. Tell us your wishes and ideas, so our team can meet your needs as well as we possibly can.

### **Alternative pain relief**

- Assistance with correct breathing
- Variable birthing positions
- Homeopathy, acupuncture
- Warming cushions/ compresses
- Relaxation baths, aromatherapy

### **Pain relief medication**

In addition to these alternative approaches, antispasmodic agents or painkillers can be used as needed to make delivery easier. Our anaesthetics department in the hospital provides the option of regional anaesthesia procedures such as an epidural or walking epidural anaesthesia if desired.

In search of a midwife? These links might help:

- [ammely.de](http://ammely.de)
- [hebammensuche.de](http://hebammensuche.de)
- [babyclub.de](http://babyclub.de)

A focus on holistic care:

## Getting started in life together

*Breakfast, lunch and evening meals are served in your room. You can choose your meals from our menu.*

Breastfeeding is the most natural, simplest and in medical terms, the best form of feeding. Nothing can replace it. Breastfeeding means offering the breast whenever, as often and as much as your baby needs it. The integrated maternity ward team will be happy to advise and assist you. If breastfeeding is not possible for you, we provide infant formula in accordance with the latest findings in infant nutrition research.

### Our aims in caring for you

- We give mothers the opportunity to take care of their new-born baby from the start while midwives, nurses, paediatric nurses and doctors provide advice, guidance and support.
- We design the surroundings so that adapting to the new situation is made easier for mother and baby.
- Mother and baby can enjoy intimate time together in a comfortable atmosphere.
- Parents can become involved with their baby and learn to adapt their behaviour to the baby's rhythm and needs.
- Our doctors and nursing team have the specialist expertise to prevent and/or identify complications promptly and, where necessary, treat them.

You can apply for your baby's birth certificate within seven days after birth at the branch office of the Registrar of Births here at the Bürgerhospital. Please obtain information beforehand from the Registrar of Births for Frankfurt Mitte under "Required documentation for the registry office" on the internet ([www.frankfurt.de](http://www.frankfurt.de)) or by phoning +49 (0) 69 212-7 35 05.



---

Whether for your first check-up or intensive care:

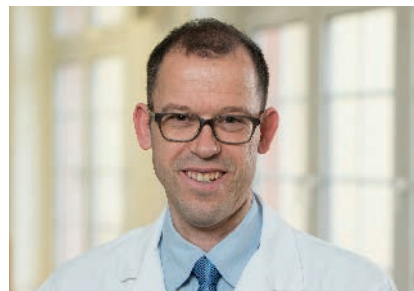
## *You're in the best of hands.*

*For the medical care of your children and their well-being there is an experienced team of nurses, paediatric nurses, midwives, a consultant for children and adolescents, a registrar specialized in neonatology and paediatric intensive care, all of them available at any time, day and night, including Sundays and public holidays.*

You can have your new-born baby with you day and night, and you will be supported in looking after your baby by competent nurses and breast-feeding consultants.

All new-borns are examined by our paediatricians in the presence of their parents. This includes the U1 and U2 examination, neonatal screening, metabolic check and hearing test. Parents are given answers to their questions and expert advice regarding their baby's further medical care. We are above all dedicated to the individual care and treatment of the children. Should a baby actually become sick, treatment is initiated here and remains with the same team during its stay at Bürgerhospital.

Our highly specialized and periZert certified clinic for neonatology and paediatric intensive care provides the entire range of neonatal intensive care, including postnatal medical and nursing care of premature and sick new-born babies and post-surgical care of new-born and premature babies. Therefore, the perinatal centre Level I (highest level of care) is prepared for any conceivable event.



Professor Steffen  
Kunzmann MD, head  
of the neonatology  
and paediatric  
intensive care  
department

Our neonatal intensive care unit ensures:

- Treatment of premature babies (including intensive medical treatment of premature babies with an extremely low birth weight)
- Care of seriously ill new-born babies
- Pre- and postoperative treatment of congenital malformations (in collaboration with our hospital's established department of neonatal and paediatric surgery and urology)

With the competence of all the departments in charge – from the center of diagnostic sonography and prenatal medicine to the neonatology department through to neonatal and paediatric surgery and urology – our certified Perinatal Center Level I provides an interdisciplinary treatment for both mother and child.

New-borns who previously needed intensive care are treated in our aftercare ward until they can be discharged from the hospital. New-borns with diseases which do not require intensive care are also looked after here. Our aim is to provide medical, holistic, family-oriented care. An experienced team of psychologists, social pedagogues and pastors accompanies the families. The Bürgerhospital opens the door for an optimal start in life.



---

Before birth in the "Zehn Monde" Family Centre:

## *Counselling, care, birth preparation and more*

*Our midwives at the "Zehn Monde" Family Centre provide personal and professional support and care during pregnancy and labour and in the postnatal period.*

### **Birth preparation courses**

#### **Acupuncture**

Acupuncture during pregnancy is intended to harmonise body and soul in preparation for the forthcoming birth to allow labour and birth to be as uncomplicated and harmonious as possible.

#### **Birth preparation courses**

Today many couples prepare together during pregnancy for the birth and the postnatal period. We have an extensive range of courses to offer:

- Courses for women
- Courses for couples (completely or in part)
- Weekend courses

Our aim is that these courses to make the birth a positive experience for all involved. Muscle training, body perception, relaxation and breathing exercises allow you to get to know your body better and activate unexpected strengths.

In this way you deliberately take time for yourself and your baby. We are happy that we can accompany couples some of the way during this important time.

#### **Prenatal yoga**

Yoga in pregnancy is a useful addition to classic birth preparation. Yoga confers calmness, strength and tranquillity. Practising yoga regularly during pregnancy has a number of positive effects on the physical and mental condition of mother and baby. Breathing, movement and relaxation exercises are of great benefit.

Further information about our courses and appointments obtainable by phone:  
**+49 (0) 69 15 00-853**

#### **Acupuncture clinic**

Information and registration through antenatal clinic, Anne Christine Gladow  
Telephone: +49 (0) 178 458 2344  
Appointments by individual arrangement.



---

After the birth in the “Zehn Monde” Family Centre:

## *Postnatal exercises, yoga, baby massage and more*

*The Family Centre also offers a broad range of counselling and care after birth.*

### **Postnatal exercises**

Postnatal exercises are usually started eight to twelve weeks after birth. They promote general physical fitness and strengthen the pelvic floor which represents the centre of our body. Active postnatal training can help correct bladder weakness which may occur after birth.

### **Postnatal exercise with yoga**

Yoga confers calmness, strength and tranquillity also in the postnatal period. The aim of the exercises is to restore the new mother’s personal and physical balance.

### **Baby massage**

“Harmonious baby massage” is a way of creating optimal conditions for babies’ physical and mental development. A baby can understand the message conveyed by loving touch long before it knows any language. The immune system and self-awareness can be strengthened with gentle massages, conferring a feeling of safety and security.



---

## Our team





---

## Contact us:

### Antenatal clinic

Registration for delivery, birth counselling, outpatient CTG checks, course registration (preparation for birth, postnatal exercises, acupuncture).

Telephone: +49 (0) 69 15 00-853

### Delivery room

Telephone: +49 (0) 69 15 00-328

### Centre for Ultrasound Diagnostics and Prenatal Medicine (DEGUM III)

Telephone: +49 (0) 69 15 00-828

[praenatalmedizin@buergerhospital-ffm.de](mailto:praenatalmedizin@buergerhospital-ffm.de)

### Integrated maternity ward - N3/A7

Telephone: +49 (0) 69 15 00-353/4318

### Prenatal ward – 05

Telephone: +49 (0) 69 15 00-317

### Surgery scheduling

Telephone: +49 (0) 69 15 00-412

## How to find us:

### Parking

At the multi-storey carpark of the German National Library (subject to charge, only open during the day).

### Public transport

U5 or bus 32, stop: German National Library / Nibelungenallee

