

OBSTETRICS

Pre-labour advice



Welcome to the experience of being a mother

Everything you need to know before
giving birth

Dexeus 
mujer



Childbirth is one of the most important moments in the life of any woman; the experience marks a before and after in your life and in the lives of those around you. Dexeus Mujer would like to give you some practical tips to keep in mind before giving birth, so that you have everything ready for your special moment.

How do I know if I'm in labour?

The most common symptom of labour is the **onset of contractions**. The uterus hardens and causes discomfort in the stomach and back. This discomfort is intermittent, progressively rhythmic and doesn't go away if you change position or get up from the bed. They can also be accompanied by bleeding.

We recommend that you go to the hospital if:

- You break waters, even if you don't have painful contractions.
- Your contractions are increasingly close, painful and long, and continue every 5-10 minutes for more than an hour.
- You have vaginal bleeding that is the same or more than a period.
- You notice the baby moving less.

You should go to the emergency room if you have any questions, if other symptoms appear or if you're not sure if you're in labour. A team is on call 24 hours a day for examinations and to explain what you should do.



What am I going to need in the clinic?

To make your stay as comfortable and pleasant as possible, don't forget to bring:

- Nightdresses for after the birth
- Bathrobe
- Slippers
- Personal toiletries
- Clothes to go home in and whatever you need to keep you entertained in free periods.

What do I need to bring for my baby?

To avoid surprises we recommend that you have a bassinet prepared for your baby well in advance. It should include:

- 6 cotton or batiste long-sleeved bodysuits
- 6 fine wool or cotton sweater and pant sets
- 2 receiving blankets
- Toiletry bag: soap, comb and brush
- Baby wipes
- Suitable clothing for the trip home (outfit, sleeping bag, etc.).
- Nappies will be provided by the clinic, but it's a good idea to bring some extra.
- If you intend to breastfeed your baby, we recommend bringing a breastfeeding cushion.

Remember: umbilical bandages are no longer used to hold the cord.

If you want your baby to wear earrings, tell the Nursery staff. They will pierce your baby's ears and insert the **hypoallergenic earrings** (sleepers or diamante studs) recommended for the first 15 or 20 days.

Why Dexeus Mujer?

At **Dexeus Mujer** a team of professionals and specialists are on hand to ensure that you and your baby receive the best care.

To this end, the centre has a Neonatal Unit capable of dealing with all the complications that your baby may present, together with a maternal ICU ready to take care of you if you need it.

As a result, our centre offers you a range of services and amenities to make your stay and your visits from family members as pleasant as possible:

- 24-hour **public car park** 365 days a year. Enter on Gran Vía Carlos III, 75.
- In-room **hair and beauty services** by appointment.
- **Photo collection** of your newborn done by a professional photographer.

For those patients that go to the Emergency Room, pedestrian access is on the street Sabino Arana 5-19 and on the 3rd floor from the car park.



Dexeus Mujer has also created a set of additional services designed to cover any needs that may arise:

- **Lymphatic drainage** is a massage technique used to **improve blood circulation** and strengthen your immune system. Always performed under medical supervision, this is an ideal treatment to **relieve bloating** and feel better.
- After delivery it is very important to have a **pelvic floor assessment** to determine the state of your pelvic muscles (very important in preventing incontinence and sexual dysfunction).
- Our centre also offers the possibility of **psychology, nutrition, physiotherapy or acupuncture**, if you are concerned about aspects of your well-being that can help you.

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