

Welcome to St. Joseph Hospital

We thank you for your interest in our maternity clinic. To make sure we are able to provide you with all the information you need we prepared a summary of tonight's information evening:

St. Joseph Hospital is a catholic hospital, though naturally this does not mean we only treat a certain group of patients. Our hospital is open to people from all religious backgrounds and of all sexual identities.

We put special focus on the highly sensitive first bonding between parents and newborns. For example, as soon as the baby is born we allow for as much skin contact as possible (unless medical indications require otherwise) reducing the separation of parents and child to a minimum. We especially wait for the newborn to breastfeed for the first time before mother and child may be separated for follow-up medical examinations.

We especially encourage breastfeeding, therefore all the midwives and nurses employed by St. Joseph Hospital undergo further trainings on this subject. However, if you feel that breastfeeding is not for you, this is absolutely fine. We will be there for you to find the best solutions for you and your baby.

While you are delivering your baby, we will assist you in finding the best sitting, kneeling or lying positions for you to feel the most comfortable and also painkillers to help you along. Please do not hesitate in letting us know your wishes concerning this matter.

On our puerperal ward we provide a 24-hour rooming-in service. This means you will keep your baby with you in your hospital room for your entire stay with us. Most of our rooms are double rooms, although we do offer family rooms to allow for your partner to stay with you and your baby.

Our family rooms cannot be booked in advance so please let us know whether you would like to stay in one of them after your baby is born.

Most women stay with us for two to three days or four to five if they had a C-section. You may have our doctors do the second check-up (German: U2) as well as the screening of your baby during your stay but if you prefer to see your personal pediatrician for this that is absolutely fine.

If you want to deliver your baby at St. Joseph Hospital we ask you to make a registration appointment after your first trimester (twelfth week of pregnancy). To do this, please call [030 7882-2546](tel:03078822546) if you have statutory health insurance or [030 7882-2172](tel:03078822172) if you have private health insurance or if you opt for direct-pay. You may also register online calling [030 7882-5050](tel:03078825050) with your smartphone. You will then be sent a link that will lead you to our online registration service.

Your appointment will be with a midwife. If you are aware of any medical indications that may suggest a risk for a normal pregnancy please let us know so that we can make sure one of our doctors will also be present at your appointment.

We wish you a wonderful and healthy pregnancy and all the best for you and your child. Kind regards,

Prof. Dr. Michael Abou-Dakn

Head of department of the
maternity clinic at St. Joseph Hospital

