

When should you call the hospital?

Do you experience contractions?

Please call the hospital in the following situations:

- First pregnancy: Call when you have contractions every 4 minutes for one hour
- Subsequent pregnancy: Call when you have contractions every 5 minutes for one hour
- Previous caesarean section: If you have had a caesarean section in the past, please call when you have contractions every 4 minutes for one hour

Other situations in which you should call:

- Suspected amniotic fluid loss: Call if you think your water has broken.
- Vaginal bleeding: Call immediately if you notice any bleeding.
- Concerns or questions: If you are worried or unsure about contractions or fluid loss, do not hesitate to contact us.

These guidelines apply from 37 weeks of pregnancy. If you experience contractions, fluid loss, or bleeding before 37 weeks, please call immediately.

Contact

You can reach us 24 hours a day at (040) 888 9551.

Route

Route 105 – Maternity Suites.

What should you bring to the hospital?

Prepare a hospital bag ahead of time and take it with you when labour starts.

Your bag should include:

- Identification (including marriage certificate and acknowledgment of paternity, if applicable)
- Important phone numbers
- Camera
- Toiletries for you and your partner
- Comfortable, loose-fitting clothing
- Nightgown and bathrobe
- Warm socks or slippers
- Underwear
- A (nursing) bra

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

- A two-euro coin (for use of a wheelchair)
- A breastfeeding pillow (if you have one)
- A bottle, in case your baby needs to be bottle-fed, so you can use the same type of teat at home and avoid switching
- For the baby: a baby blanket, baby clothing, and a jacket
- A car seat to take your baby home safely

For more information, visit www.geboortezorgmmc.nl. www.mmc.nl/wearepregnant