

### **Information and material list for postpartum care at home**

After you'll leave the hospital I will assist you and your family as a professional. I will support you by getting used to day to day life at home. One visit lasts approximately 1 hour and consists of a control of mother and Baby, as well as instructions of baby care and breastfeeding.

#### **Cost recovery:**

There is a collective agreement between the midwives and the swiss concordat of health insurances:

- Postpartum visits up to the 10<sup>th</sup> day after the birth, as well as 3 breastfeeding consultations during the period of breastfeeding are covered by the basic insurances
- If there are needed more visits because of medical reasons, a prescription from the Gynaecologist can be requested. These costs are also covered by the basic insurance.
- If you would like a preliminary talk, we can arrange an appointment. The costs therefor amount to CHF 100 per hour. These costs are not covered by the insurance.

#### **Service personnel:**

The application for the postpartum care is binding. This means, that I will be available for you until the end of the postpartum time, or organise another midwife replacing me.

For this service the municipality will pay me CHF 115. If the application is not followed by a postpartum assistance through me, the client will be charged the amount of CHF 115.

In order to plan the postpartum visits I ask you to send one – 1st text message in the first 24 hours after the birth, one – 2nd text message, as soon as you know, when you'll leave the clinic. After receiving the 2nd sms, I will get in touch and propose an appointment for a first visit at home.

#### **Availability:**

During the postpartum period, that means from my first visit after the birth until the completion of the postpartum care, I will be available for you per phone.

Phone number: 044/ 724 40 60

mobile phone: 079/ 370 18 71

On my free days, or holidays, a colleague midwife will replace me. I will send you her contact ahead of time.

#### **Discharge from the clinic:**

Please bring along the birth information from the clinic.

Should there be a blood test from the Baby pending, or stitches, or clamps from a wound taken out, please give me notice in advance.

**Ombudsstelle** of the swiss midwifery alliance, Rosenweg 25c, 3000 Bern 23,  
[www.hebamme.ch/de/elt/ombud](http://www.hebamme.ch/de/elt/ombud) oder [ombudsstelle@hebamme.ch](mailto:ombudsstelle@hebamme.ch)