

At the Etlik Zübeyde Hanım Hospital, our labor and delivery team will do everything possible to ensure that you are comfortable and prepared for your baby's birth. Our hospital has been a "Baby Friendly Hospital" for 24 years. The labor and delivery staff consists of experienced ob&gyn specialists, midwives, pediatricians, assistant doctors, anesthesiologists, nutritionists, psychologists providing 24/7 service. For problematic babies we also have a neonatal intensive care unit.

Welcome Desk: When you arrive at the hospital through the emergency entrance, be prepared to take a wheelchair up to the ground (first?) floor; otherwise, you will be directed to the floor on your own and will check in at the secretaries' station. The clerk at the desk will most likely ask you a few preliminary questions to facilitate coordination of the next steps

Triage: Before you are admitted (and unless you are clearly about to deliver a baby), a doctor and a midwife will evaluate you in the triage room to assess your condition and what stage of labor (if any) you're in. The doctor will get a brief health history on you and your pregnancy, and check your cervical dilation as appropriate, and perform basic ultrasonographic assessment. The midwife will also check your vital signs.

Labor Room: We have six rooms with three beds each and four modern private rooms. Once you are in active labor and a doctor officially admits you as a laboring patient, a midwife will help settle you into the labor room. You will have to change into a gown and be hooked up to a bed side instrument called "fetal monitor", which will track your baby's heart beats and contraction pattern of your belly. Pre-delivery rooms are for expecting mothers who need a bed rest before giving birth under close medical supervision, either due to conditions related to the mother or the baby. We also have multiple operating rooms set up to accommodate emergency or planned C-section deliveries,

Private delivery Rooms: You will go through labor and delivery in a specially-designed birthing suite, which are equipped with:

- Bathroom with a full-size shower
- Jacuzzi for hydrotherapy
- Comfortable sofa beds for family members
- 48-inch HD TV with cable access
- Educational materials, labor bars and birth balls

Hydrotherapy, the use of water for physical or psychological benefits, has been commonly used around the world for many years. In order to have a more agreeable labor experience, it is essential that women's pain be properly controlled. Warm water immersion

hydrotherapy during labor provides comfort, supports relaxation, and is a safe and effective non-pharmacologic pain relief strategy that promotes physiologic childbirth. Those that wish to use a more natural method without pharmaceutical pain medications believe that hydrotherapy is a safer and more preferable alternative. Labor in water can be safely offered to women with **uncomplicated pregnancies** and should be made available by qualified maternity care providers.

Delivery Rooms: We have four delivery rooms designed to give birth to a single pregnant woman. Once the baby is born, there is equipment in the room to handle newborn care as well. While the immediate care of the newborn is best-handled under skin to skin contact with the mother, if there is an emergency or a need for specialized equipment, the delivery room is prepared with a warmer for the baby and life-saving resuscitation equipment. Mother and her baby will stay in this room almost one hour, then they are transferred to the post-delivery unit on the first floor. All babies -except newborns requiring supervision under the intensive care unit- remain in the room with the mother 24 hours a day to initiate the bonding process.

Discharge: If no unforeseeable problem arises, the mother and the newborn will be typically discharged 24 hours after vaginal delivery, 48 hours after cesarean delivery



formina





yürü

Kokay Sabunlu
Çevre

Sarıya

NEKİNDİ DİNLEMEK İÇİN
YAKINLA İYİ DİNLE

