



UNIÓN EUROPEA
FONDO DE ASILO,
MIGRACIÓN E
INTEGRACIÓN
Por una Europa plural



GOBIERNO
DE ESPAÑA

MINISTERIO
DE EMPLEO
Y SEGURIDAD SOCIAL

SECRETARÍA GENERAL
DE INMIGRACIÓN Y
EMIGRACIÓN
DIRECCIÓN GENERAL DE
MIGRACIONES



This guide is designed to explain to future parents the ways in which we will accompany them during the **normal birth of their child at La ARRIXACA**, making them the protagonists of their baby's birth.

A normal childbirth is the process by which women carry their pregnancy to term (between 37 and 42 weeks of completed gestation). It starts spontaneously, develops and ends without complications, culminates with the birth of a healthy newborn baby and requires no further intervention than comprehensive and respectful support. For other situations that may be known in advance or arise during your stay with us (such as C-section, twins, induced labour, etc.), these cares may vary to a greater or lesser extent, according to each case. Therefore, in these cases, things may not be as described in this guide.

HOW WILL I BE ATTENDED?

In a normal childbirth, mother and baby will stay with us until the second day after birth.

1. ON ARRIVAL

The first thing is provide your details in **ADMISSIONS**, where you will have to show your "Tarjeta Sanitaria" [health card] and a personal ID document. There we will open your clinical record and you will be given an ID wristband to wear, which is important for security reasons. You must wear it throughout your stay at the hospital. Then a nurse will interview you to find out why you have come.

If labour is already underway, a midwife will check you and your baby, and the doctor will confirm your admission. In the event of it not being the case, we will advise you to go home and wait for labour to start spontaneously. We do this because we know it is better to wait so as not to alter the normal process.

If you are admitted, we will help you to change, take care of your personal belongings and take you to the **LABOUR & DELIVERY** area.

2. IN THE DELIVERY ROOM

It is a single room where you can be accompanied by the person you choose during the entire process. Here dilation will be completed, delivery will take place and you will enjoy your newborn's first hours of life.

Upon arrival, you will be attended by the midwife and auxiliary nurse. They will guide you, accompany you and take care of you all this time. They will also monitor the evolution of labour along with the doctor.

If you want any type of analgesia (such as epidural) we will inform the anaesthesiologist. It will be provided if all requirements are met. If, on the contrary, you prefer not to have analgesia, the midwife will inform you and support you concerning the use of other alternative pain relief methods.

When delivery time arrives, you will be assisted and accompanied by the midwife and auxiliary nurse. There is direct communication at all times with your obstetrician and paediatrician in case situations arise that may require their presence. After delivery, we will facilitate skin contact with your baby. We want to encourage that special bond that starts at birth.

During labour, you may ask the professionals attending you to use mobile phones or cameras to take photos. They will tell you when you can do it and when you cannot. Video recording is not permitted during any stage of labour.

After delivery, you will be kept under surveillance for about two hours, to ensure that everything follows its normal course. At this time we will encourage the first breastfeed. We will also inform you on how to do the paperwork to register your baby at the Civil Registry, something that can be done from our hospital.

After that time, we will accompany you to the room assigned to you on the **WARD**. There your family can meet the newborn.

3. ON THE WARD

Upon arrival, the nurse and the auxiliary nurse will attend you and give you the necessary attention.

Your stay will last approximately two days. During this time we will be attentive to the evolution of you and your baby. We will issue your baby's health card and perform some tests on the baby to rule out different problems, such as the deafness screening or the heel prick test.

You may be accompanied by the person you choose throughout the day. In addition, during visiting hours (one p.m. to ten p.m.) you may have one more visitor in your room.

In your room you have a telephone, with its number written on it. You can give it to your relatives so they may contact you. You can also use this phone to make an appointment and manage your baby's birth registration in the Civil Registry without having to leave the hospital.

During your stay, we will advise you on breastfeeding, because it is known to be the best food for your baby. If you have any doubts about it, the nursing staff and the breastfeeding midwife will

help you to resolve them. The paediatrician and obstetrician will follow up the mother and newborn until discharge time.

On your hospital discharge day, we will give you a report with the steps you should follow for looking after yourself and your baby. We will tell you which tests remain to be performed. We will also help you with how to apply for maternity and/or paternity leave.

At La ARRIXACA you have a team of professionals at your disposal that strive to make normal childbirth a natural process. We wish to provide quality care for you and your family so you can live the experience in a respectful, private and secure environment.