

HIRSLANDEN KLINIK AARAU*

KLINIK BEAU-SITE, BERN

KLINIK PERMANENCE, BERN

SALEM-SPITAL, BERN*

ANDREASKLINIK CHAM ZUG*

CLINIQUE LA COLLINE, GENÈVE

KLINIK AM ROSENBERG, HEIDEN

CLINIQUE BOIS-CERF, LAUSANNE

CLINIQUE CECIL, LAUSANNE*

KLINIK ST. ANNA, LUZERN*

KLINIK BIRSHOF, MÜNCHENSTEIN BASEL

KLINIK BELAIR, SCHAFFHAUSEN

KLINIK STEPHANSHORN, ST. GALLEN*

KLINIK HIRSLANDEN, ZÜRICH*

KLINIK IM PARK, ZÜRICH*

* CLINICS WITH MATERNITY WARD

KLINIK IM PARK

MATERNITY UNIT

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EXPERTISE YOU CAN TRUST.

ADVICE AND INFORMATION

HIRSLANDEN HEALTHLINE 0848 333 999

HIRSLANDEN 
KLINIK IM PARK

HIRSLANDEN baby

KLINIK IM PARK YOUR FAMILIAR MATERNITY CLINIC

OUR MATERNITY UNIT OFFERS A STYLISH AND FAMILIAR
ATMOSPHERE IN WHICH PARENTS-TO-BE WILL FEEL
COMFORTABLE AND SECURE.

HIRSLANDEN
A MEDICLINIC INTERNATIONAL COMPANY



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Any references in all contributions always correspond to persons of both sexes.

WELCOME TO OUR CLINIC



Stephan Eckhart
Director
Klinik Im Park

On behalf of all the staff, we would like to warmly welcome you and thank you for the trust that you have placed in us by choosing Klinik Im Park for the birth of your child. Klinik Im Park is a modern private clinic in Zurich and is part of the leading Hirslanden Private Hospital Group.

Our affiliated doctor system allows you to experience the birth with your trusted doctor in the clinic of your choice. Our experienced team of doctors and midwives work closely

together to ensure you are in good hands and feel secure.

Approximately 600 babies are born annually in the Labour Ward of Klinik Im Park. Our Labour Ward was renovated in November 2012 and now has an outstanding, modern medical infrastructure, while providing a warm and secure atmosphere. By selecting Klinik Im Park, you will give birth in one of the most modern maternity units in Switzerland.

We present our labour and maternity wards on the following pages. Important information about the birth of your child at Klinik Im Park is also provided.

We will be pleased to answer any questions you may have or provide you with further information. You can reach us by contacting:

PATIENT ADMISSIONS

Monday to Friday, 8.00h–18.00h
T +41 44 209 21 60
F +41 44 209 25 00

LABOUR WARD

T +41 44 209 22 42
F +41 44 209 22 26

POSTNATAL WARD

T +41 44 209 21 30
F +41 44 209 22 26

RECEPTION

T +41 44 209 21 11

Our team will make every effort to make your stay with us as pleasant as possible – so that you and your new-born child feel completely at ease.

Best wishes
Stephan Eckhart,
Director Klinik Im Park

PREPARING FOR THE BIRTH WE'RE THERE FOR YOU RIGHT FROM THE BEGINNING

We offer a wide range of services so that you can prepare yourself for the birth of your child. These services include a tour of the Labour and Postnatal Wards, a personal consultation with the midwives and antenatal classes.

TOUR OF THE LABOUR AND POSTNATAL WARDS

Get to know the Labour and Postnatal Wards in advance. Then you will feel at home immediately on the day of your admission. We will guide you around the Labour and Postnatal Wards and show you our comfortable, modern rooms. You can also meet the midwife in charge and ask any questions that concern you. In order to ensure that we are able to allocate enough time for your visit, please make an appointment directly with the midwives by calling T +41 44 209 22 42. You are also warmly invited to attend one of

our Birth Experience information evenings, which are held every four weeks.

MIDWIFE CONSULTATION

In a first meeting with the midwife four weeks before the due date, all the important information related to the birth will be discussed and recorded and any questions answered. Your needs are important to us and we respect your wishes.

ANTENATAL CLASSES

We offer a wide range of courses for expectant mothers and fathers-to-be. The aim of the courses is to provide comprehensive information on the subjects of pregnancy, the birth, the post-birth period and breastfeeding. We will help reduce any uncertainties and postnatal period fears that you or your partner may have.

Our range of courses includes theory and practical exercises, including breathing and relaxation techniques, birthing positions, gymnastics and tips on handling your newborn baby. We also offer courses for siblings and grandparents, so that the entire family is able to prepare for the new addition.

At www.hirslanden.ch/impark/kurse, you will find detailed information about our complete range of courses. You can also register for the courses via this link. Please note that the number of places available on our courses is limited. Our midwives will, of course, be pleased to provide you with further information on the courses should you require.



OUTPATIENT MIDWIFE CENTRE

In addition to the inpatient care, we also have an outpatient midwife centre that offers a wide range of services. The services include consultations and informative discussions, outpatient pre-natal checks as directed by the consulting doctor and a wide range of courses. Please contact the Midwife Centre by calling T +41 900 47 11 09.

ALTERNATIVE THERAPIES

Our midwives undergo specialist training in traditional Chinese medicine. The midwifery team has been using alternative therapies for more than 10 years: acupuncture, aromatherapy, homoeopathy and Ayurveda massages are offered as a support both before and after the birth. Not only can the birth be facilitated with these methods, but also discomfort during pregnancy can be alleviated. For example, acupuncture can provide relief for

nausea, heartburn, backache and carpal tunnel syndrome. Acupuncture offers complementary support during normal preparations before the birth. The stimulation afforded by acupuncture needles helps to relax the cervix and thereby shortens the dilation phase. After the birth, acupuncture can help with breastfeeding problems such as breast engorgement, sore nipples and insufficient milk production.



THE BIRTH FAMILIAR ATMOSPHERE ON OUR LABOUR WARD

The time of the birth is an emotional moment. You will receive professional care from the doctors and midwives on our Labour Ward, while the ward itself offers a warm and friendly atmosphere with a modern, medical infrastructure of the highest quality.

EXPERIENCED AND EFFICIENT TEAM

In order to plan the impending birth as well as possible, the procedures and interfaces for our doctors and midwives are clearly regulated and they work in close collaboration. Thanks to continual, intensive further training, our midwives are familiar with the latest developments in obstetrics care and will accompany you safely and expertly during the birth.

MODERN INFRASTRUCTURE

The Labour Ward at Klinik Im Park offers a comprehensive and modern infrastructure. It is fitted with the latest medical equipment and offers a quiet family atmosphere.

Unique lighting effects and natural materials

The lighting concept, with the large LED light screen, is based on the five elements of traditional Chinese medicine and supports you during the birth. You can select the lighting moods yourself, for a calming, animating or relaxing effect as required. The oak wood used on the ward provides a calm, secure and homely feeling.

Freedom of choice in the delivery suites

Klinik Im Park has two modern delivery suites with a birthing pool, multifunc-

tional birthing station and a birthing stool. So, you as a mother-to-be, have the greatest freedom of choice. This freedom of choice is a central element of our birth philosophy.

Integrated theatre for caesareans

The operating theatre integrated into our Labour Ward allows the mother-to-be to remain in familiar surroundings during the birth, even in the case of a caesarean. Klinik Im Park thus ensures the highest level of safety, as emergencies can be handled swiftly and efficiently. Additionally, the mother, child and father are able to remain together after the caesarean, promoting bonding – the relationship between mother and child – at all times.





PAIN RELIEF METHODS

Whether a comforting compress, an easing massage, calming aromatherapy, a relaxing bath or specifically targeted acupuncture – we offer many different forms of naturopathic therapies during the birth to help you relax and to help reduce the pain. If required, conventional pain relief is also available.

We are the first clinic in Zurich to be able to offer self-controlled pain relief administration with a pain pump during the birth. The mother-to-be can administer pain relief herself during the birth with the push of a button. The pain-relief drug used is Remifentanyl (Ultiva™), a potent, short-acting morphine derivative. The infusion can be inserted in just a few minutes and the mother-to-be

retains full mobility. The drug works very quickly and is also eliminated rapidly from the body.

Our anaesthetists are also able to perform a PDA (peridural anaesthesia) at any time if necessary.

CARE DURING BIRTH

Comprehensive, integrated support is our top priority. You will be cared for by specialists you know during the birth. Your doctor is responsible for the overall management of the birth and will work in close cooperation with our midwives. During the most intensive phase, we guarantee one-to-one support so that you feel safe and cared for at all times.

THE POSTNATAL WARD

COMPREHENSIVE CARE AND PAMPERING

After the birth of your child on our Labour Ward, we will accompany you to your room on our Postnatal Ward. Our qualified nursing staff, midwives and doctors will expertly and attentively take care of both you and your baby. You will spend the first few days on the Postnatal Ward together with your baby, where you will be able to get to know each other.

LOOKING AFTER YOUR BABY

With our rooming-in-system, you can have your baby with you in your room day and night. If you wish to have time alone to recover from the birth, then your baby can be cared for by our nursery staff in the baby room. There, you and your partner can visit your baby at any time to bath your baby and change the nappy.

BREASTFEEDING ADVICE

Our breastfeeding counsellors will help you with breastfeeding, answer any questions and give you important tips. Our breastfeeding counsellors are also available for advice after you have left the clinic.

DOCTOR'S VISITS

Our doctors visit you during your stay on the Postnatal Ward to ensure the physical well-being of both you and your child.

Gynaecologist

Your gynaecologist will visit you daily, answer any questions and discuss your further care with the nursing staff.

Paediatrician

The paediatrician will examine your baby after the birth and before you are discharged. They will answer any questions and discuss the further care of your child with the nursing staff. If your baby requires specific medical care or monitoring, your baby will be expertly treated around the clock by our paediatrician and specialist nursing staff. Our medical technical infrastructure ensures the highest level of safety for your newborn.

VISITING TIMES

Relatives, friends and acquaintances can visit you between 13.00h and 21.00h to celebrate your new arrival. Your partner is allowed to visit at any time. If you do not wish to receive visitors for a certain time, simply inform the nursing staff.





PHYSIOTHERAPY AND MIDWIFE ROUNDS

Our aim is to aid your recovery wherever possible.

At 10.30h on Tuesdays and Fridays, our physiotherapist will show you back-friendly carrying and lifting techniques and provide advice on posture. The physiotherapy is a group session for those on the Postnatal Ward.

During your stay on the Postnatal Ward, a midwife will make a personal visit. On Mondays and Thursdays, the midwife will demonstrate pelvic floor exercises and stomach massage. Our midwives also offer relaxing acupuncture treatment to those on the maternity ward.

CELEBRATORY MEAL

In order to celebrate the happy event, we invite you and your partner to a festive 'dinner for two' during your stay at the clinic. You can choose between lunch or an evening meal served either in the restaurant or in your room (single rooms only).



FURTHER SERVICES AFTER THE BIRTH

We offer you support after the birth and your stay at our maternity unit with outpatient midwife services and various courses.

OUTPATIENT MIDWIFE SERVICES

Should you wish, an independent midwife will visit you at home. She will support and advise you in your new role as a mother. You can organise a visit by the midwife even before the birth. The Midwife Centre (T +41 900 47 11 09) will deal with any requests you may have.

RANGE OF COURSES

Learn how to perform a baby massage in the acclaimed Newar tradition of Nepal, and promote the physical and mental development of your baby.

Whether postnatal exercises, pelvic floor training or acupuncture for breastfeeding problems, we offer a wide range of courses to promote your health and fitness after the birth.

A list of our courses can be found at www.hirslanden.ch/impark/kurse. Our midwives, of course, will also provide you with any information you require.





CONTACT

Klinik Im Park

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CH-8027 Zürich
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klinik-impark@hirslanden.ch

Labour Ward

T +41 44 209 22 42
F +41 44 209 22 26
geburt.impark@hirslanden.ch

Maternity Ward

T +41 44 209 21 30
F +41 44 209 22 26
maternite.impark@hirslanden.ch

Patient Admissions

Monday to Friday,
8.00h-18.00h
T +41 44 209 21 60
F +41 44 209 25 00

Queries on upgrades

T +41 44 209 21 60

Accounting department

T +41 44 209 21 17/18
F +41 44 209 21 39

Reception

T +41 44 209 21 11
F +41 44 209 20 11

MAP AND ROUTE

Public transport

Klinik Im Park is easily accessible by public transport:

- Take Tram 7 from Zurich Main Station and get off at Billoweg
- Take the S1 to Enge Station, then continue with Tram 7 and get off at Billoweg
- Take the S8 or the S24 to Wollishofen Station, then transfer to Tram 7 and get off at Billoweg

Visitor parking

A limited number of chargeable parking spaces are available for visitors in the underground car park. Please note that behind the clinic (Kappelistrasse, Bellariastrasse), only a limited number of blue zone parking spaces are available. Larger car parks are located at Mythenquai (Succulent Plant Collection / public bathing beach, 500 m via Strandbadweg) and Honrain at the Landiwiese bus stop (400 m).

