



## SUMMARY

**Santa Maria Clinic  
Kantys maternity ward**

**57, avenue de la Californie  
06200 Nice  
(Parking Lenval)**

Reception:  
04 92 03 02 45

Delivery rooms:  
04 92 03 02 35

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# Before your stay

## Getting to the maternity ward

Beautifully located in the heart of Nice on the famous Promenade des Anglais, the Clinic welcomes you in an exceptional setting with a sea view. Our team is committed to ensuring that your stay takes place in the best possible conditions and is always ready to listen to your needs.

**Map and access information**

Polyclinique Santa Maria  
57, avenue de la Californie\*, 06200 Nice  
\*Parking Lenval

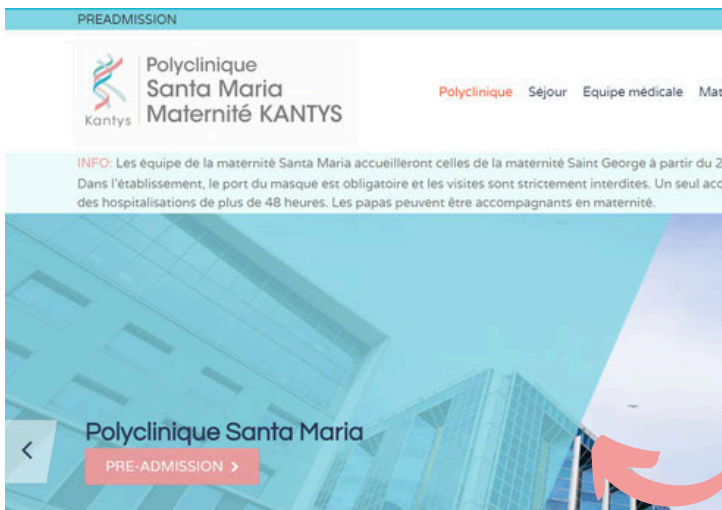
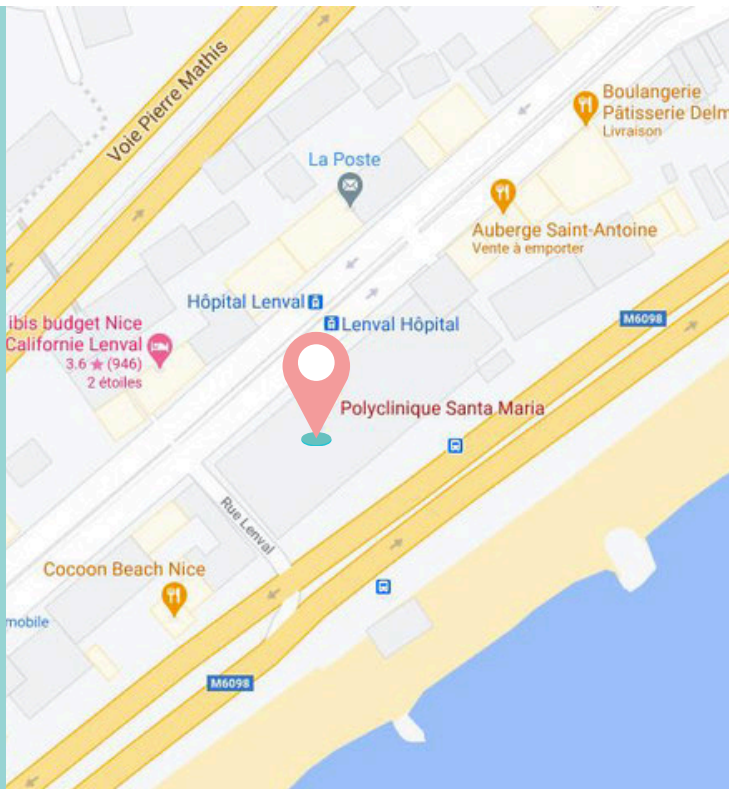
**Means of transport**

> **BUS**

- Line 12: Centre Commercial CAP 3000/Nice Promenade des Arts
- Line 32: Caucade/Place Sainte-Marguerite
- Express 3: Halte Routière de l'Ara/Albert 1er-Verdun

> **TRAM**

- Line 2: Aéroport et CADAM (Lenval Hôpital)



**Your online pre-admission**

You can arrange your pre-admission from home by logging on to:

[www.polyclinique-santamaria.fr](http://www.polyclinique-santamaria.fr)

## Pre-admission

### > Your online pre-admission

In order to save you time, we provide you with a simple and free Patient Portal to arrange your admission and complete your medical file. To do so, simply follow the steps below:

1. Go to the website:  
[www.polyclinique-santamaria.fr](http://www.polyclinique-santamaria.fr),
2. **Click on:** [PRE-ADMISSION >](#)
3. Create your account in 2 minutes:  
You will receive a code by SMS to activate your account in complete security,
4. Fill in your application form
5. Once your application has been submitted, you will be informed by the clinic that your application has been registered.

### > Your pre-admission to the Clinic

You can also visit our admissions office:  
Monday to Friday from 1 p.m. to 4.15 p.m.  
The office is located to the right after the reception desk.



## Your Maternity Ward

The entire maternity team works tirelessly to maintain the highest level of care practices and to promote :

> The natural approach to childbirth, as close as possible to your wishes, in a gentle and safe way, in order to ensure that this moment is a pleasant and special experience.

A screenshot of a login page. At the top, it says 'Accédez à votre compte'. Below are three input fields: 'Identifiant (votre adresse mail)', 'Mot de passe' (with an eye icon for visibility), and 'Connexion'. At the bottom, there are two red double-upward-pointing arrow icons and a link that says 'Mot de passe oublié ?'.

### Documents to be scanned for your online pre-admission

- > A personal ID
- > The "carte vitale" with the opened rights for maternity (if you are a resident of France)
- > Your complementary health insurance ("mutuelle") if you have it

### Documents to be provided to the admissions office

- > A personal ID
- > The "carte vitale" with the opened rights for maternity (if you are a resident of France)
- > The estimate signed by you and the Administration office if you are not socially insured in France
- > The pink maternity admission file (which will soon be computerised and will no longer need to be brought in)
- > Your french complementary health insurance ("mutuelle") if you have it
- > A deposit cheque if you wish to have a private room

> The understanding of your newborn's needs and rhythms while protecting their health and encouraging the best possible bond with their parents.

- > The mother/child closeness with a special place given to the other parent.
- > The feeding guidance for your newborn.

The KANTYS maternity hospital is a level 2 paediatric maternity unit in France.

## A team at your service

You are expecting a child and our team is happy to welcome you. Here you will have access to:

- > An obstetrician-gynaecologist
- > An anaesthetist
- > A paediatrician
- > A team of midwives, nursery nurses, nursery assistants, nurses, nurses' aides, hospital service staff, medical secretaries
- > Physiotherapists, dieticians and psychologists
- > An osteopath
- > A psychomotor therapist

As the Kantys Maternity Hospital is a University hospital, you may be in contact with students in medical or paramedical training.



## Gender diversity of our teams



Both women and men occupy the posts within the areas of consultations, ultrasound, delivery room, anaesthesia, hospital service, etc... Your free choice is limited only by the necessary organisation of the medical and paramedical teams. Consequently, you accept in advance the fact that your care may be carried out by male or female personnel.

## Visit your maternity ward

> The obstetrical block is composed of:

- 8 birthing rooms, including 2 rooms for physiologic childbirth equipped with a bathtub, one of which is equipped for chromo-therapy,
- A central monitoring system enabling midwives and doctors to monitor your child's heartbeat without interrupting your privacy,

- Large and warm delivery rooms equipped with birth support ropes, birth balls and delivery tables allowing multiple positions during labour.

Everything is designed to ensure that the newborn's first care is as close as possible to the parents and a special attention is given to the place and role of the second parent during this process.

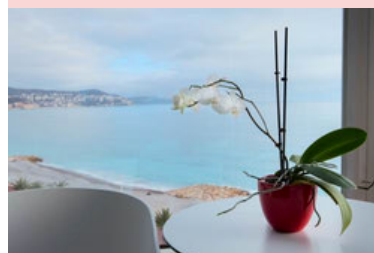
> The postnatal department is composed of:

- 40 private rooms and 8 double rooms, some of which can be privatised,
- 1 nursery with a medical monitoring station on each floor of the maternity ward.

> The neonatology department

- Located on the 4th floor,
- Equipped with 5 kangaroo rooms allowing you to stay with your baby even if they need special care.

## Come and visit our maternity ward !



Monday and  
Thursday  
From 3 p.m.  
to 4 p.m.

+33 4 92 03 02 42

This visit will allow you to discover the premises and ask your questions directly to a midwife from our team.





# In your luggage

## > For your administrative admission

Please make sure that you (or the other parent) come to the admissions office with the following:

- A personal ID, passport or a residence permit (titre de séjour)
- Family record book for married couples (livret de famille) or the early recognition of your child if you have made one
- Carte vitale or your up-to-date social security certificate (if you have it)
- Up-to-date certificate of your supplementary health insurance: CMUC (La couverture maladie universelle complémentaire), AME (L'aide médicale de l'État) or any other that may apply
- Name and phone number of the person to contact in case of need
- Commitment to pay agreement (for any additional costs)
- 2 recent blood group tests
- Anaesthesia record
- Obstetrics record containing your coagulation results, bacteriology results and when necessary your pelvic x-ray (this will soon be computerised and will no longer need to be brought in)



## The kit that you will find in your room upon arrival

- > 1 pack of nappies
- > 1 pack of baby wipes
- > Baby care products "Né à la maternité Kantys" in travel size (page 9)

## > For the birthing room

### For your medical file:

- 2 recent blood group tests
- Laboratory or medical imaging results (biological examinations, ultrasound scans)
- Completed "Designation of a trustworthy person" form
- Completed "Free and informed consent of the patient" form in case of a scheduled caesarean section

### For your baby:

- 1 bodysuit
- 1 pyjama
- 1 warm vest
- 1 hat
- A pair of socks or booties
- 1 sleeping bag
- 1 diaper made with cotton
- 2 small, clean baby blankets for skin-to-skin contact
- 3 clean baby sheets to cover the crib mattress

### For the mother:

- 1 disposable underwear
- 1 water spray

### For the other parent:

- Snacks
- Your music device for listening to music during the labour, headphones

## > For the postnatal stay

### For your baby:

- 2 towels
- 6 pyjamas
- 6 bodysuits
- 4 wool or acrylic vests
- 1 or 2 sleeping bags
- 1 rectal thermometer
- 2 pairs of socks or booties
- An outfit for going home in, depending on the season
- 1 or 2 hats
- Bibs
- 5 disposable changing pads
- 1 pack of nappies
- 1 pack of cotton wool
- 1 baby hairbrush or comb

### For the other parent:

- Their health record
- Correct nightwear

### For the mother:

- The health record
- Comfortable post-delivery clothing (nightie, t-shirt, etc...)
- Toiletries (soap, toothbrush, toothpaste, etc.)
- Bathroom linen (towel, face towel, bath mat, ...)
- Disposable or cotton underwear
- 1 packet of super-absorbent sanitary or maternity pads
- 1 pair of slippers
- 1 hair dryer



Remember to wash your baby's clothes, linens, comforters before their first use, preferably with a natural detergent



## If you wish to breastfeed:

- Nursing pillow
- A 100% lanolin nursing balm for nipples
- 3 front-opening or loose-fitting nighties or tops
- 2 nursing bras
- 1 box of tissues
- Breast pads

## For the ride home:

- Car seat (suitable for newborns)

## When to come to the birthing room ?

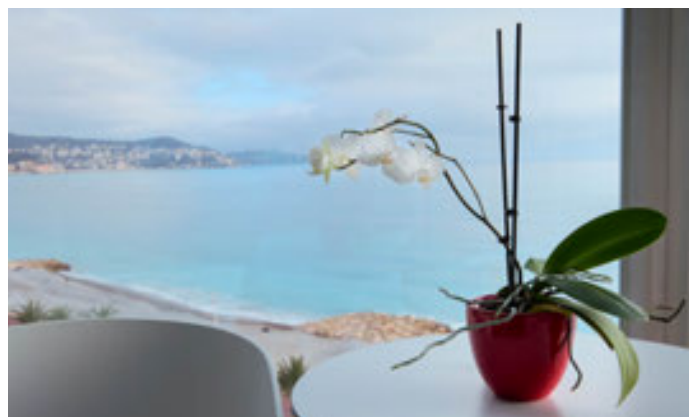


You have any unusual sensations or new symptoms but you are unsure or hesitant to come to the delivery room?

Contact our team of midwives for advice:

04 92 03 02 35

Phone line available every day.



## Valuables and money



Do not keep any valuables with you (jewellery, means of payment, etc.).

The institution cannot be held responsible for the disappearance or deterioration of objects that you have kept under your responsibility. In the individual rooms, a safe is at your disposal.

## In my room

### > Prestige room with a sea view

This room is equipped with a bathroom, a gift set with different products, bathroom linen, TV, coffee machine and tea maker, and a lounge area with sofa bed.

### > Parent's room with a sea or street view

It includes an extra bed and breakfast for the other parent as well as a shower room and a TV.

### > Private room with sea view

### > Private room with street view

### > If I have chosen a private room

When admitted, you can request a private room. For any other “hotel services”, they can be requested during your stay (ask for price list).

**We will do our best to respect your choice within the limits of our availability.** This service is subject to a special price list.

Before your stay, please check with your french complementary health insurance if these expenses are covered.



# OUR PRICES



PRACTICAL  
INFORMATION  
PRICING

NEW RATES APPLICABLE FROM 01/01/2024

SUPPLEMENT FOR PRIVATE ROOM	RATE* / DAY
<b>Private room in maternity:</b> Shower room / WC / Television / Extra bed	<b>Street view: €105</b> <b>Sea view: €160</b>
<b>Parental room in maternity:</b> Shower room / WC / Television / Two beds	<b>Street view: €150</b> <b>Sea view: €180</b>
<b>Prestige room:</b> Bathroom / Towels / WC / Television / Coffee and tea machine / Sofa / Sea view	<b>€240</b>

The daily hotel package, charged for each calendar day of hospitalization, including the day of discharge, is €20. The insured flat-rate contribution amount is €24 (excluding stays in cosmetic surgery).

HOTEL SUPPLEMENTS	RATE*
<b>Classic accompanying meal</b>	<b>€15.00</b>
<b>Accompanying breakfast</b>	<b>€6.00</b>
<b>Soft drinks / Fruit juice</b>	<b>€2.00</b>
<b>Mineral water</b>	<b>€1.50</b>
<b>Accompanying bed with breakfast (in medicine / surgery)</b>	<b>€20</b> per day
<b>Other specific requirements excluding supplements</b>	<b>On estimate</b>

\*All prices inclusive of taxes





# The care products "Né à - la maternité Kantys"



In the kit which is provided for you in your room, you will also find one organic care product for your baby, consisting of one 30 ml sample.

These products are part of the "Né à la maternité Kantys" items, set up in partnership with the "Né à" company.

## > Who are "Né à"?

"Né à" is a French company that produces dermocosmetic products for babies (cleansing gels, cleansing milks and moisturisers), available to maternity hospitals and parents.

These products have been created in partnership with health professionals to best meet the specific needs of a baby's skin.

## > Why such a partnership?

### Because it reflects the values of our maternity hospital

"Né à" care products are organic, made in France, non-comedogenic and free of endocrine disruptors that respect the skin and health of your newborn. They are recyclable to protect the environment and above all, they are COSMOS\* certified.

All these characteristics are part of the quality and responsible care that we aim to provide you.

### Continuing your journey at home

During your stay in our maternity ward, we will advise you and give you all the information you need for a stress-free return home.

In order to maintain a continuity between the maternity hospital and your home, the "Né à la maternité Kantys" care products are distributed by the "Né à" company to the Fabron pharmacy (opposite the clinic) and available online at [www.ne-a-maternite-kantys.com](http://www.ne-a-maternite-kantys.com).

## Because we care for our team

While we take care of you and your newborn, we also want to give our teams all the necessary tools to provide you with optimal support.

The proceeds from the sales of the "Né à la maternité Kantys" care products are therefore used to help fund the training of our staff in order to provide you with the best possible service.

## > The care products "Né à la maternité Kantys"

### Hair and body cleansing gel



This cleansing gel is used for your baby's bath. It has a neutral pH and is therefore safe for your newborn's skin.

### No-rinse cleansing milk for nappy changing



This nourishing cleansing milk can be used for different purposes:

- for nappy changes,
- to refresh the face and body.

It also has a neutral pH and is quickly absorbed by the skin (a dab will do).

### Moisturiser (not supplied as a sample)



You can use this cream daily to moisturise your baby's skin. It is also suitable for baby massages.

It is suitable for atopic skin and for baby massages.

\*Highest Ecocert certification



# Consultations and workshops

## Your prenatal consultations

### > Consultation with an anaesthetist

This will be prescribed to you during the consultation of the 8th month. It is mandatory and allows the anaesthesia team to get to know you better before the delivery. You will also be able to get answers to your questions (for example, about epidural).

### For your consultation with an anaesthetist, please bring:

- > An up-to-date "carte vitale" or other french social security certificate
- > Test results obtained during your pregnancy (lab, ultrasound, etc...)
- > 2 recent blood group tests
- > Your vaccination record

**+33 4 92 12 44 80**

#### Consultation times:

Monday to Friday, 8 a.m. to 8 p.m.  
Saturday mornings, from 8 a.m. to 2 p.m.

### > Information on epidural

The epidural is a local anaesthetics administered by an anaesthetist during labour to ease the pain of childbirth when you feel the need. However, it may also be deemed necessary on medical grounds.

In our maternity ward, we use PCEA (Patient Controlled Epidural Analgesia): it allows you to manage the dosage of the product according to your needs.

You will also have the opportunity to receive a walking epidural so that you can continue to move around during labour.

### > Birth plan

Talk to your obstetrician-gynaecologist or contact +33 4 92 03 02 42\*

Putting together a birth plan means being able to talk freely about your wishes to the medical team.

This is a written document containing your wishes concerning childbirth (natural birth or calm, caring and participatory caesarean section, epidural, skin-to-skin contact, the other parent, delivery positions, episiotomy, etc.) which enables our professionals to respect your wishes.

If you have a birth plan, it is very important to discuss it with the medical team during a dedicated consultation. Please note that this plan can be changed at any time depending on the progress of the birth. The primary role of the team is to ensure your and your baby's safety, while trying to follow your wishes.

\*Every day from 1 p.m. to 4 p.m. except on Wednesdays.



## > Consultation with a psychologist

06 07 90 13 17\*

A psychologist is at your service to discuss with you all the questions that you and/or your partner may have about your pregnancy and your unborn child.

If needed, you can talk to them before, during and up to three months after the delivery. These consultations are free of charge.

\*Every morning except on Tuesdays.

## > Preparing for the birth

The Kantys maternity clinic offers consultations of sophrology in the maternity ward.

The sessions are paid for by the clinic and last one hour.

Our midwife will offer you various types of support: relaxation, sophrology, medical hypnosis, information on homeopathy and haptonomy.

## Your preparation for birth and parenthood

### > Preparing in advance will help you

- Learn about the pregnancy process, the birth and its implications,
- Get answers to your questions,
- Prepare yourself physically and psychologically,
- Get to know your body and listen to it,
- Learn the techniques or positions that will help you during labour,
- Meet other parents, talk and share your feelings,
- Adapt your breathing to better manage the intensity of the contractions.

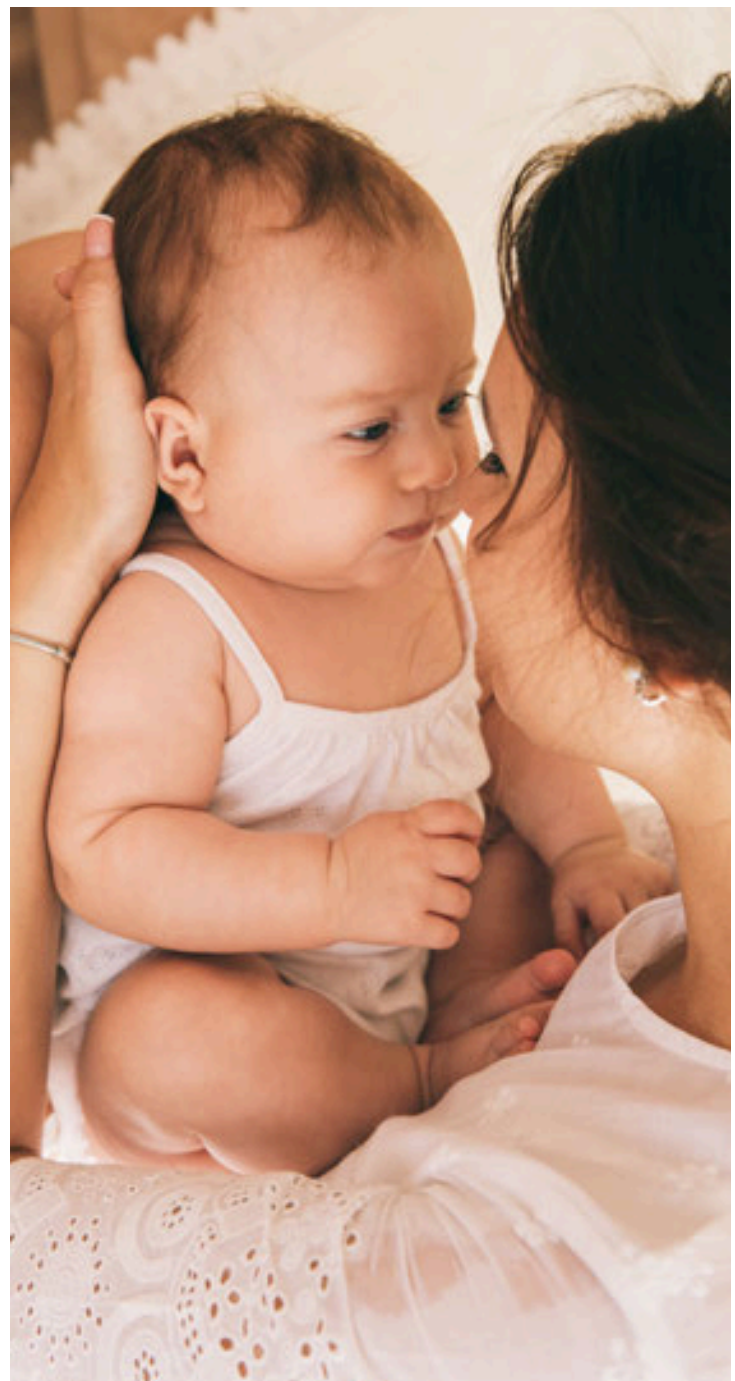


## > Emergency obstetric care

04 92 03 02 35

- If you are bleeding (red blood, more than just spotting)
- If you have fallen or received a shock on your stomach
- If you feel your baby moving differently
- If your body temperature is higher than 38.5°C, ...

The birthing room is open and will welcome you at all times.



# The workshops offered during your stay

(times and days may vary, feel free to ask our midwives for information during your stay)

## Workshops covered by the clinic



Visit of the maternity ward



Visit for a scheduled caesarean



Early prenatal care



Birth plan



Preparing for the birth



Workshop Fathers' Forum



Parenthood consultations



Information on the environment and endocrine disruptors



Physiologic childbirth consultations



Nursing information



Nutrition during and after pregnancy

Information & online reservation



## Consultations by external caregivers\*

\*Not covered by the clinic



Osteopathic care & physiotherapy

More information







## During your stay

### The birth

You have chosen to give birth in our maternity hospital.

We are happy to provide the best possible support for you, respect your wellbeing and wishes, and ensure that you're always safe and in good health.

### The delivery

On the day of your delivery, we will do our best to follow your wishes and to respect your birth plan.

In the event of a scheduled caesarean section, we will do everything we can to avoid the separation between child and parent.

### Training and commitment

Our staff members are highly qualified and equipped with knowledge and experience to help you make the best choices for you and your child. We follow the WHO International Code, which aims to provide appropriate infant diet by encouraging breastfeeding and the proper use of formula.

With all the changes that the birth of a child brings, your baby needs your presence and your contact, so we will make sure to avoid any unnecessary separations. Your partner is welcome to share these moments of intimacy with you and the baby and may stay overnight with you if you wish so..

In the delivery room, we will offer you the opportunity to put your baby skin-to-skin.

We'll help you recognize the signs that your baby is ready to be fed and we will support you in this process.

At the end of your stay with us, our team will remain at your service for any help and will inform you about people who can support you outside the maternity ward.

### The feeding

During your pregnancy, in your OB-GYN appointments or in birth preparation sessions, you may have already discussed the question of your child's nutrition.

We also will talk about the benefits of breastfeeding, so you will have all the necessary information to make an informed choice.

During your stay, if you have chosen to breastfeed, we will show you the different positions as soon as your child expresses the wish to do so. Their breastfeeding will be done on their request and unless medically indicated, they will only receive your milk.

The staff will help you start breastfeeding and guide both you and your baby in the learning process.

From October 2022, a breastfeeding consultant will also be available from Monday to Friday.

She will visit you after the delivery to discuss your needs.

She will be available every day for mothers who wish to have further support in starting breastfeeding.

If you have chosen to bottle-feed your baby, we will show you how to prepare it and give it to your baby. We will also help you recognise your baby's needs and adapt the quantities of milk.

In accordance with the regulations, no shop bought formula will be accepted. Specially adapted formula will be supplied to you by the hospital throughout your stay.

# Daily life in the maternity ward

## > Your stay in the room

As soon as you arrive, you will be welcomed by the midwife and the nursery assistant of the department.

The midwife will help you settle in your room and will explain you the upcoming care. The nursery assistant will take care of your baby in the presence of the other parent, to whom she will hand over the delivery certificate.

She will use this opportunity to explain to them the steps to be taken in order to register the birth at the town hall.

An online pre-declaration is available on the Ville de Nice website.

ATTENTION: This doesn't replace the declaration at city hall that is required within 5 days of the birth.



## > Your meals

**Breakfast:** 7.30 a.m.

**Lunch:** 11.45 a.m.

**Dinner:** 6.00 p.m.

A choice of meals will be proposed to you the day before by a member of the hospital service staff. If you wish to have any dairy products for breakfast, they are available by request.

## > The organisation of your medical care

Your obstetrician will visit you during your stay and will be there for you if you need any medical information.

The midwife will visit three times a day (morning, afternoon and at the end of the evening). Of course, you will be able to call her at any time by ringing the bell.

She will give you your treatment throughout the day, together with explanations about it.

If you are under a personal treatment, you should tell her that upon arrival and she will continue administering it as prescribed by the doctor. However, in case of a medical contraindication, the doctor will not prescribe it.

Your first steps after delivery should be done in the presence of a professional.

If you have had a caesarean section, it will be done on the same day in the afternoon, as part of our early rehabilitation program.

## > Your baby's medical care

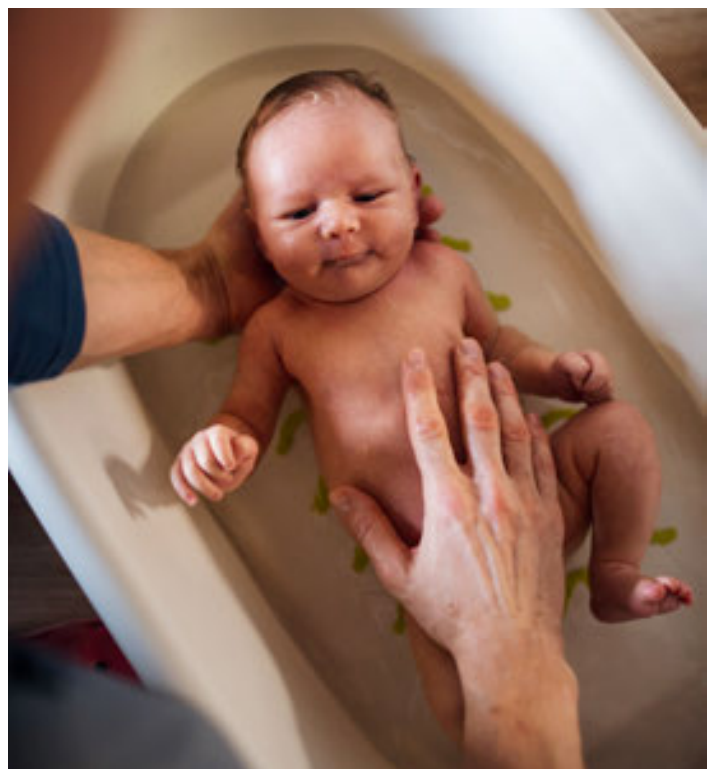
The paediatrician at the maternity hospital will make the **first visit** within the first 24 hours to make sure your baby is adapting well to their new environment.

The **second visit** will be made on the day of discharge in order to check the weight gain of the newborn and to explain to you how to proceed with its feeding and care.

The paediatrician is on site 24 hours a day, 7 days a week and can therefore be called in quickly if necessary.

On the second day, your baby's bath will be done in your presence by the nursery assistant in the nursery part of the room. She will then set up a programme for you to learn how to take care of your newborn's hygiene and comfort as well as to help you towards autonomy.

On the last day, your baby will be weighed in the morning. It is preferable to give your baby a bath at home so that the adaptation of your baby is done smoothly.



## > The birth declaration

This administrative part is mandatory and must be done within 5 days following the birth (if the last day falls on a Saturday, a Sunday, or a bank holiday, this deadline is extended to the next working day).

You may begin the process on the Ville de Nice website. However, the finalisation at city hall remains mandatory within 5 days of the birth. Remember to make an appointment!



## > The other parent

They can sleep in your room, depending on the services you choose. However, this option is not possible in a double room, in order to respect the privacy of the other patient.

This service is subject to a special fee (rates on our website) and is often covered by your insurance company (if you have one).

It is therefore necessary for the second parent to wear proper clothing and respect the time of care given to the mother and child.

## > Audiometric test

With your agreement, we will give your baby a hearing test. This service is free of charge.



## > Presence of a photographer on site

A photographer will come and offer you their services.



## Visits

> Authorised from 3 p.m. to 7 p.m. every day. The presence of the other parent is possible outside these hours.

Your stay in the maternity ward is a special time for you and the second parent to get to know your child and to gain confidence in your parenthood.

**We advise you to devote this time to your newly formed family and to organise visits from other family and friends for a later date at your home.**

> Visits are prohibited for children under 15 years of age (risk of contamination linked to childhood diseases) except for the baby's siblings.

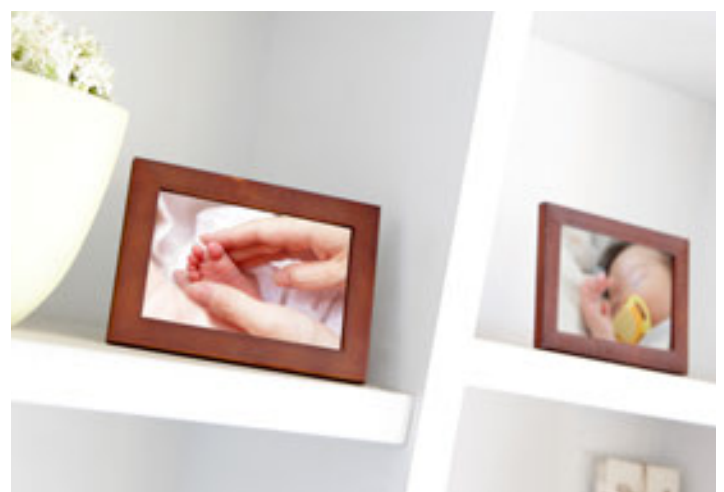
> For your rest, and that of your child, we recommend that you limit the number of people per visit.

> Respect the instructions given by the staff.

> A hydro-alcoholic solution is available for the visitors in your room for hand disinfection purposes.

## COVID 19

In a serious epidemic situation, the hygiene service and the Board may have to restrict or suspend visits in the interests of patients and babies.





# Your delivery

## Your arrival at the birthing room

Upon arrival, you will be taken to a birthing room where the midwife will perform an initial clinical examination. She will place an identification bracelet (that you should keep throughout your stay) and will inform your obstetrician of your presence. If you have completed your birth plan, you should give it to the midwife.

Once the obstetrical exam is completed, a foetal monitor will be placed on you.

If you are in early labour, you will be taken to a room where you could perform exercises on birth balls. As soon as the contractions are stronger, the midwife on duty will take you to the delivery room.

If you are in full labour, you will remain in the birthing room.

### > Your natural childbirth

A foetal monitor is placed upon your arrival in order to monitor the contractions and your baby's reaction to them.

In order to help you manage the pain, various tools are available to you (birth balls, birth support ropes and/or a tub). However, if you feel the need (or if it is marked in your birth plan), you may have an epidural (if there are no contraindications). The anaesthetist is present 24 hours a day.

If you have not received an epidural, you will be able to walk if you wish. A foetal monitor will be placed on you. You can also ask for a walking epidural which will allow you to continue to move around while relieving pain.

During the labour, only the other parent, the midwife and your doctor will be present.

The other parent will be given the opportunity to cut the umbilical cord if they wish and can request it from your obstetrician-gynaecologist if the conditions are favourable.

When your baby is born, it will be placed against you in skin-to-skin contact for as long as you wish (unless advised otherwise by your doctor).

After you have given birth, the afterbirth happens (placental expulsion).

After this, you will stay in the delivery room for another two hours to check your vital parameters and then you will go back to your room, in the hospital ward.

### > Caesarean section

If during labour or delivery, the situation requires caesarean section, this option may be considered. This procedure will then be carried out in an operating room.

You can find all the information about it on page 18.

### > Taking care of the baby

After the skin-to-skin contact, the midwife will perform an initial clinical examination of your newborn in the presence of the other parent.

If you wish to breastfeed, the first feeding can be done within the first 30 minutes after the birth of your child.

If you do not wish to breastfeed, you can offer your baby a welcome feed so that they can benefit from the colostrum. A nursing assistant or midwife will be by your side to guide you through this process.





## Your physiologic childbirth

### You wish to have a physiologic childbirth ?

More and more mothers-to-be and couples are considering a more natural and less medicalised birth. At our clinic you benefit from a safe environment, professional support, but also the possibility to consider all options.

Physiologic childbirth is not an easy task, and even though millions of women have given birth this way since the dawn of time, it is not a simple matter!

Preparing for the birth with your midwife is essential. She will be able to explain the different phases of labour, the ways to manage the pain, the different positions, the importance of moving and stretching, the advantages of the bathtub or breathing techniques.

It is also important to have the continuous support from the other parent, most often your partner. This person will act as a link between you and the care team, allowing you to focus on your own space and at your own rhythm.

The Kantys maternity hospital has a beautiful space dedicated to physiologic childbirth, equipped with birth balls, mattresses and birth support ropes, where you can move around in complete privacy and safety.

To help you prepare for this wonderful adventure, we suggest that you meet the midwives of the clinic, during an appointment at the premises: it will allow you to discuss your birth plan and its viability, its limits or contraindications. This interview will take place directly in the birthing room (if available) and it will allow you to imagine yourself at birthing and to familiarise yourself with the elements of the room.





# Your caesarean

## Preparation in the room

### > The pre-operative shower

This is to be done the day before and on the morning of the operation. The midwife will provide you with the soap required for this wash.

## Going to the operating room

### > On the way to the operating room

You will be taken to the operating theatre by a porter. In order to ensure the healthcare safety, they will ask for your identity and check that it corresponds to your identification bracelet and your medical file. Depending on how you feel, the team may suggest that you walk downstairs to allow your body to prepare itself.

### > The presence of the other parent

If the other parent wishes to be present at the birth of your baby, they must make a request to your obstetrician during the pregnancy. They will join you in the operating theatre after having put on the appropriate outfit, provided by the midwives.

### > The birth of your child

When your baby is born, the midwife will place them on you or the other parent, skin-to-skin. Afterwards, the second parent will join the midwife to observe the process of looking after your baby.

### > Taking care of your baby at birth

After the skin-to-skin contact, the midwife will weigh and perform the first examinations in the presence of the other parent if they so wish.

Once the examinations have been carried out, the second parent can, if they wish, do skin-to-skin contact with you.

Otherwise, your newborn baby will be comfortably placed in his bed or if necessary in an incubator where they will be kept warm.

### > Taking care of you after the caesarean section

After the operation, your vital signs will be monitored for at least two hours. You, the other parent and your baby will be taken to an intimate space so that you can stay together during this monitoring. Breastfeeding will already be possible during this period, if you wish.

Once your monitoring is over, your baby will be put in your arms so that you can go back to the room together.



## Your discharge

The stay in the maternity ward is usually 3 days for a natural birth and 4 days for a caesarean. In all cases, your discharge will happen **between 9.30 and 10.30 a.m.** after a visit from the medical team.

### > Early discharge

If you wish to go home early, we can organise a personalised home discharge with a midwife (if there are no medical contraindications for the mother and the child).

We encourage you to make an appointment prior to your delivery with a midwife, in order to organise it all with them in the best possible way.



### > Discharge formalities

Please present yourself to the bureau des sorties (discharge office), in order to:

- Finalise and close your administrative file
- Collect your bulletin de situation (situation report)
- Pay any expenses related to your stay (television, private room...)



## Don't forget to

- > Gather your personal belongings (phone charger etc.)
  - > Take your various test results with you (ultrasound, blood tests, etc.)
- > Take out your objects and valuables from the safe deposit box
  - > Finish your discharge administrative formalities
- > Hand in your satisfaction questionnaire to the staff of the department
  - > Give the staff any equipment you may have borrowed (breast pump)

For any other information, please consult the Ameli website on [www.ameli.fr](http://www.ameli.fr)



**l'Assurance  
Maladie**  
Agir ensemble, protéger chacun

**ameli.fr**



## After your stay

### The post-natal visit

This is done directly with the practitioner who follows you.

Within 6 to 8 weeks after your delivery, make an appointment with the gynaecologist who monitored your early pregnancy or with a midwife.

> The purpose of this visit is to:

- Assess your health status after the delivery
- Adapt your post-natal contraception
- Prescribe perineal rehabilitation sessions

### The perineal rehabilitation

These sessions will be prescribed by your gynaecologist and can be performed by a midwife and/or a physiotherapist.

### Follow-up by your midwife

You can contact the midwife who attended you during pregnancy or with whom you prepared for the birth.

On request, you can have consultations during the 10 days following your delivery.

### Maternity ward staff

If you have any questions, you can call our midwives, nursery nurses, or nursery assistants day and night on:

+33 4 92 03 02 44 (6th floor)  
or +33 4 92 03 02 41 (5th floor)  
or +33 4 92 03 09 37 (4th floor)





## USEFUL CONTACTS

### > Breastfeeding support associations

- La Leche League - [www.lllfrance.org](http://www.lllfrance.org) (French website), [www.llli.org](http://www.llli.org) or [www.laleche.org.uk](http://www.laleche.org.uk)

La Leche League France aims to help, through mother-to-mother support, all women who wish to breastfeed, by passing on to them the art and know-how of breastfeeding.

The information is provided through support meetings by phone and email, forum meetings, a Facebook group, publications, conferences and seminars for health professionals, and a website where you can find answers to all your questions about breastfeeding.

- Solidarilait - [www.solidarilait.org](http://www.solidarilait.org)

This association offers you a phone call service, 7 days a week, to help and support you in your breastfeeding by encouraging dialogue, connection and communication.

### > Independent lactation consultant midwives

- L'AFCL - [www.consultants-lactation.org](http://www.consultants-lactation.org)

The French Association of Lactation Consultants provides a list of lactation consultants in order to help you in your breastfeeding process.



### > Parenting support associations

- Mother and Child Protection Service [www.drees.solidarites-sante.gouv.fr](http://www.drees.solidarites-sante.gouv.fr)

This service mainly provides consultations and medical and social actions of prevention and follow-up for pregnant women, parents and children under the age of 6, as well as family planning and family life education.

- National Federation ADEDOM [www.adedom.fr](http://www.adedom.fr)

Created in the 1920s by "support for mothers" associations, the federation has developed an additional network to provide concrete practical solutions in people's homes at all stages of life.

- ADMR - [www.admr.org](http://www.admr.org)

ADMR is a network of associations providing services to the individuals. Founded in 1945, it offers services in France in four areas : autonomy, comfort, family and health.

### > SOS Pediatrics

## SOS PÉDIATRIE

Trauma and surgical emergencies for children\*

All days from 9AM to 8PM



04 92 26 76 80



Clinique Saint George

2, avenue de Rimiez - 06100 NICE



\*Excluding head trauma



# Directory

## > Reception

+33 4 92 03 02 45

## > Maternity ward : 4th floor

+33 4 92 03 09 37

## > Maternity ward : 5th floor

+33 4 92 03 02 41

## > Maternity ward : 6th floor

+33 4 92 03 02 44

## > Delivery rooms

+33 4 92 03 02 35

## > Kangaroo unit

+33 4 92 03 02 30

## > Lactation consultant

+33 4 92 03 09 05

## > Parenting Support Centre

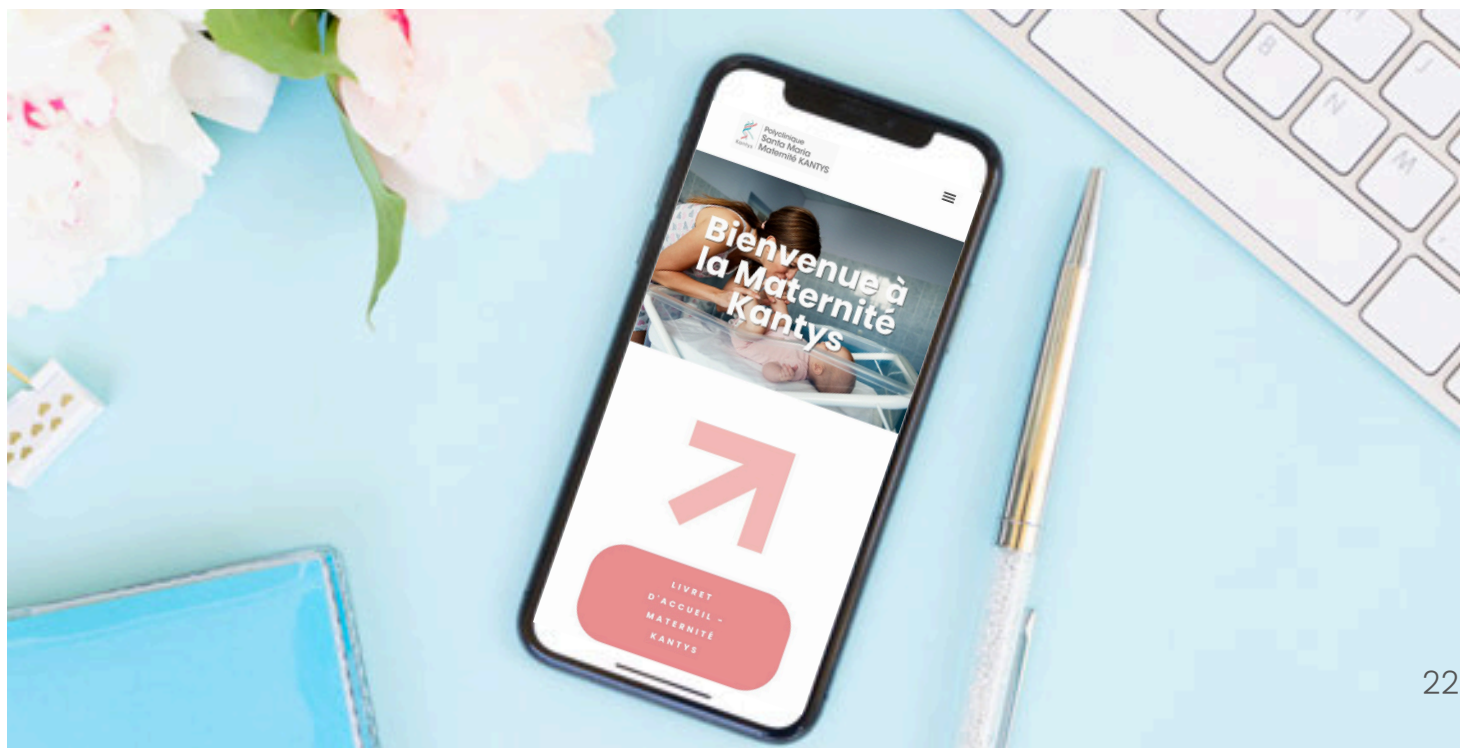
+33 4 92 03 02 42

Monday, Tuesday, Thursday and Friday.  
From 1 p.m. to 4 p.m.

## > Anaesthesia consultations

+33 4 92 12 44 80

Monday to Friday, 8 a.m. to 8 p.m.  
Saturday mornings, 8 a.m. to 2 p.m.





Polyclinique  
Santa Maria  
Maternité KANTYS