

Preparing the Childbirth

When should you attend Clínica Diagonal?

The big day has come. Remember to take with you the records and controls that you've done throughout your pregnancy. It is necessary for the medical team of Clínica Diagonal.

You should attend when:

- You have rhythmic contractions (1 every 5 minutes), intense ones (which make you breathe faster) and regular ones (even if you change your position they still hurt you in the same way), for at least an hour.
- And if you live far away from Clínica Diagonal? **Inform during your visits your gynecologist and use the phone number your doctor gave you in order to call and explain us what happened.**
- When you've broken your bag of waters. **Don't wait too long, especially if the result of the culture is positive for GBS or the water isn't clear. In all the other cases, you can take a shower and wait for your first contractions, waiting more than twelve hours can increase the risk of infection, do not wait too long.**

Once you've broken the bag you can observe: **the color of the liquid and possibly the labor starts.**

❖ When should you attend gynecological emergencies?

- **When bleeding, loss of genital fluid and appearance of rhythmic contractions at term and in any situation where pain, pre term appears.**

❖ When should you make an appointment with your gynecologist?

- **Always talk about this with him.**



Questions that may arise:

❖ **Just after the birth of your daughter, will you put her earrings?**

- You must consult this with your midwife.

❖ **Does Clínica Diagonal have dilatation balls?**

- Clínica Diagonal has two dilatation balls in the delivery room.

❖ **Is it possible to donate umbilical cord blood?**

- Yes, you should consult this with your gynecologist and midwife.

❖ **Can you video record or take pictures of the delivery?**

- Clínica Diagonal allows entering the operating room with the video camera if this is allowed by your gynecologist.

❖ **Will the companion be allowed to enter the operating room if the childbirth is a cesarean?**

- Always with the consent of the gynecologist, whether it is caesarean or natural childbirth.

