

Your pregnancy
at Princess Grace
Hospital



The Gynaecology and Obstetrics Service



OUR UNIT

The maternity unit at Princess Grace Hospital (CHPG) is a Level 2-A unit that welcomes over 1,000 newborns every year. The unit can handle low- and moderate-risk births from 32 completed weeks of pregnancy onwards.

It is equipped with a Neonatology unit and offers global pregnancy care thanks to an outpatient/hospital care network of freelance and regional doctors and midwives, together with perinatal care in partnership with the Nice University Hospital.

Our health care team is at your side for the birth of your baby. Our primary goal is to welcome your baby in a comfortable and safe environment that accommodates the different stages of labour.

The maternity unit offers

7 single-occupancy rooms, including 3 premium rooms that can be booked subject to availability (+377 97 98 95 64)

7 double-occupancy rooms

1 nursery, equipped to provide technical care as well as guidance in newborn care to new parents.

Each room includes a newborn care corner and an en-suite bathroom with shower and toilet. Nappies, hygiene products and infant formula are provided by the maternity unit.

Technical team

1 obstetric emergency room

3 birthing rooms

1 neonatal resuscitation room

1 caesarean section (c-section) room with a recovery room

1 endoscopy room

Facilities

Equipment for low-risk newborn health monitoring and screening (e.g. blood spot and hearing tests)

Consultation/Ultrasound/Prenatal diagnostics areas

Antenatal preparation room

IDENTIFYING OUR **TEAM**



Nurse



Care assistant / Childcare assistant



Midwife



Physiotherapist



Hospitality agent



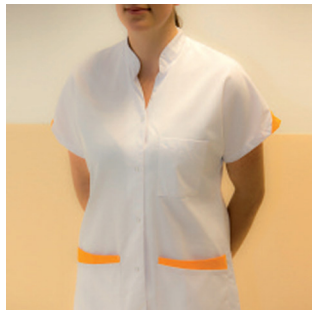
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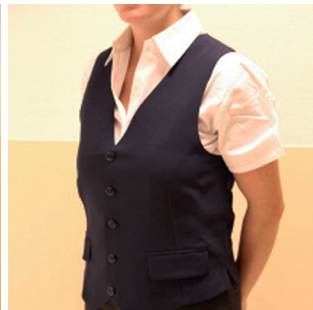
Hospital service agent



Segretari medici



Radiology technician



Housekeeper

YOUR PREGNANCY, STEP BY STEP

First appointment

Early pregnancy care can take place at Princess Grace Hospital or with your outpatient doctor or midwife. Ideally, you should go for your first appointment before the end of the second month (10 complete weeks of pregnancy) to establish your medical file and a personal pregnancy care schedule.

If your initial appointments take place outside of the hospital, please bring a copy of any tests and examinations to your first appointment at Princess Grace Hospital, including:

- Ultrasound reports
- Copies of blood tests prescribed by your doctor

Subsequent appointments

If no risk factors are identified, appointments are scheduled once a month.

Ultrasounds

Princess Grace Hospital offers standard ultrasound sessions. Ultrasounds can also be performed on an outpatient basis.

Children are not allowed to attend ultrasound sessions.

Functional monitoring

Antenatal monitoring such as the following can be performed:

- Recording of the baby's heartbeat and uterine contractions in the case of a high-risk pregnancy and towards the end of a pregnancy.
- An ultrasound for monitoring purposes in the case of extended or high-risk pregnancy.

Pre-anaesthesia consultation

A pre-natal consultation with an anaesthetist is required, independently of whether or not you would like an epidural. This consultation will take place when you are around eight months pregnant.

Pre-admission to the maternity unit must be completed prior to this consultation. You will be given a pre-admission form at your seven-month appointment so that you can register with the Admissions office.

A blood test must be done at Princess Grace Hospital prior to this consultation. You must bring the results of this test to the consultation.

Vaccination

With a prescription from your doctor or midwife, you can be vaccinated against whooping cough and/or seasonal flu during or after the consultation. It is also highly recommended for your partner to be vaccinated. This can be done outside of the hospital.

PARENTING SUPPORT

Registration: + 377 97 98 95 56

Drop-in

Early personal appointment: One individual appointment, attended alone or as a couple, is available from the fourth month onwards. Monday to Friday at 10 am, 11 am, or 1.30 pm. The cost is covered by maternity insurance.

Group workshops: Mondays, Tuesdays, Thursdays (2-2.45 pm/ 3-3.45 pm) and Fridays (1-1.45 pm/ 2-2.45 pm) Partners are welcome.

Workshop 1: When to come to the hospital (*Mondays, 2–2.45 pm*)

Workshop 2: A healthy environment (*Mondays, 3–3.45 pm*)

Workshop 3: Posture and breathing (*Tuesdays, 2-2.45 pm*)

Workshop 4: Giving birth (*Tuesdays, 3-3.45 pm*)

Workshop 5: Newborn nutrition (*Thursdays, 2-2.45 pm*)

Workshop 6: First days at the maternity unit (*Thursdays, 3-3.45 pm*)

Workshop 7: First aid at home (*Fridays, 1-1.45 pm*)

Workshop 8: Returning home (*Fridays, 2-2.45 pm*)

Personal sessions/Birth plan: Labour/well-being; support for scheduled birth (*induced delivery/c-section*); skin-to-skin; breastfeeding; early hospital release; personalised requests

Nutrition workshop for pregnant women: Every first Tuesday of the month from noon to 1.30 pm. Optional meal available during workshop: 10 euros
Appointments: contact.hospitmater@chpg.mg

Post-natal follow-up: If you wish, you can schedule a post-natal appointment with a midwife between two and eight weeks after your baby's birth. This appointment is an opportunity to speak and be heard as you discuss your experience and any difficulties. You can also review together your delivery, your time at the hospital, and your return home. Referrals to specialists are possible if necessary. The cost is covered by maternity insurance.

Pre-natal pool activities

On Fridays from 10 to 10.45 am, with a midwife, at the St. Charles swimming pool in Monaco.

Bathing cap, flip flops, bathrobe or towel required. Bring a medical fitness certificate. The regular pool entry fee applies. Cost can be covered by maternity insurance as an additional activity or in place of group sessions.

Coaching for fathers (*booking advised*)

Last Thursday of every month (*except public holidays*), at 7.30 pm, no appointment required. Held by a male midwife to address questions that future or new fathers may have about pregnancy, delivery, baby's arrival and the return home as a family.

Free entry. More information: +377 97 98 95 56

Breastfeeding support (*booking advised*)

Offered every Monday from 9.30 to 11 am (*except public holidays*), meeting room, second floor, maternity wing. Held by a midwife.

Free entry

BIRTH LIST

For the Maternity Unit

For you:

- Comfortable and practical clothing (*open tops if you are breastfeeding*): pyjamas, nightgown, bathrobe, etc.
- Slippers
- Personal toiletry items
- Heavy-flow (*night-time*) menstrual pads
- Water spray
- Posture pillow for your comfort (*optional*)

If you plan to breastfeed:

- Nursing bra(s) (*1 cup size larger than your pregnancy bras*)
- Vaseline-free cream compatible with breastfeeding

You may need silicone nipple shields, breast shells and nursing pads

Pour il neonato :

- 6 babygros
- 6 pyjamas
- 2 cardigans, socks and cap (*to keep baby warm if necessary*)
- Bibs
- Sleeveless sleep sack
- A season-appropriate outfit for the return home

Nappies, milk and toiletry items are provided free of charge by the maternity unit.

At home

This list suggests must-have newborn baby items. Feel free to make adjustments as you see fit, while respecting safety rules and standards.

Sleep:

- Crib or bed with a perfectly dimensioned firm mattress
- Season-appropriate sleep sack (*no duvets, blankets or pillows, crib bumpers or stuffed toys in the bed*)

Meal time :

- 6 or 7 glass or plastic bottles with three-speed nipples
- Bottle cleaning brush

Bath time :

- Bathtub
- Bathtub thermometer
- Bath towels (*for baby's use only*)
- Baby-friendly hygiene products
- Oleo-calcareous liniment
- Digital electronic thermometer (*for rectal or underarm use*)

Outings :

- Car seat: must meet French and European safety standards
- Group 0 car seat: from 0 to 10 kg (*birth to 9 months*)
- Group 0+: from 0 to 13 kg (*from birth to around 20 months according to the infant's weight*)
- Stroller and/or baby carrier

Paperwork (*for the Admissions office and secretarial office*)

- Maternity record book (for Monaco Social Security Funds and [RAM])
- Health insurance card
- Complementary health insurance card
- Proof of identity (identity card, passport, residence permit, driving licence)
- Family record book if one exists already

YOUR DELIVERY

For your baby's birth and for any obstetrical emergency, around-the-clock reception is available in the birthing unit, located on the same level as the inpatient unit (the second floor of the Maternity Unit). Please go to the reception desk upon your arrival. During the night, on weekends and holidays, go to the birthing unit entrance and use the phone there to announce your arrival.

Princess Grace Hospital has all the equipment and facilities necessary for the safety of mother and baby (*interventional radiology, a blood bank, adult medical-surgical resuscitation*).

The Maternity Unit also works with the Archet II maternity unit as part of the perinatal care network for very pre-term delivered babies.

The medical care team:

The team includes an obstetric gynaecologist, an anaesthetist, a critical care doctor, a paediatrician, and a midwife, 24 hours a day.

The medical team is assisted around the clock by a care team composed of a nurse-anaesthetist and baby care assistant.

According to your preferences and based on how your labour goes, we offer:

- Support for the natural stages of labour and delivery
- Opportunities for movement prior and during labour with the help of a ball, suspension bar, etc.
- Opportunities to walk and keep moving during labour
- Your choice of musical accompaniment
- Epidural pain relief at your request and at any stage of labour
- A variety of position options for delivery
- Skin-to-skin contact at birth, welcome feed to gently get to know your baby

Personal preferences and wishes concerning labour and birth can be specified in a birth plan you can discuss with your obstetrician or midwife during a pre-natal appointment.



Je m'appelle / My name is _____

Je suis née le / Born _____

Je pèse / Weight _____

Je mesure / Height _____

Mon n° de chambre est le / Room n° _____

PRINCESS GRACE HOSPITAL

YOUR SUPPORT PERSON

One person of your choice can accompany you the entire time you are in the birthing room. Only one person is allowed at a time. The medical team reserves the right to ask the support person to wait outside of the birthing room while certain procedures are performed, such as the placement of an epidural. A public cloakroom is available to store your personal belongings. We highly recommend that you not leave any valuable items. Caesarean sections are performed in the obstetrical theatre, right next to the birthing rooms.

If you have a c-section, your partner can attend the birth:

When to discuss it?

The request is submitted by both parents: during appointments in the case of a planned c-section, or during labour in the event that a caesarean delivery is deemed necessary. The medical team reserves the right to ask your partner to wait outside the c-section room depending on how the procedure goes. In this case, the doctor will explain what is happening and your partner will be accompanied to a waiting room by a member of the medical team.

Practical information:

Your partner will be escorted to the cloakroom by a member of the medical team after you are transferred to the operating theatre and the arrival of the team performing your c-section. Operating scrubs (*top, trousers, shoe covers, a cap and mask*) will be given to your partner, who must wear the complete outfit. Your partner will be positioned at your head level. Your baby will be presented to you and partner as soon as he or she is born and taken to a room with your partner to receive the initial care procedures.

Tips:

Use of a mobile phone is not permitted in the operating theatre. Wearing jewellery is strictly forbidden.

A lockable cupboard is available for your personal items. We highly recommend that you not leave any valuable items. To ensure the best c-section arrival possible for your baby, the team at the maternity unit and in the operating theatre appreciate your cooperation with these rules and the decisions that could be made between the time the c-section is decided and the completion of the procedure.

Please inform the team if you do not feel well at any time during your stay in the operating theatre.

The medical and paramedical team are at your disposal during appointments and birth preparation classes for any additional information.

YOUR STAY

The average stay at the hospital is three days for a vaginal birth and five days for a c-section birth. This length of stay may be adjusted according to your preferences or the state of health of you or your baby.

The team at your side

A midwife is on duty around the clock, assisted by a baby care assistant or health care assistant to ensure care for mother and baby and provide you support during your first days as a mother.

A medical team composed of an obstetric gynaecologist, an anaesthetist/critical care doctor and a paediatrician are present at the Unit around the clock, every day of the year, in case of need.

Your comfort

During your stay, the hospitality team is available from 7 am to 8 pm, seven days a week.

Every day, a hospitality agent will give you the day's meal options, with a set menu, and help you choose a breakfast.



Visits

Visiting hours are from 11 am to 8 pm. Partners have extended visiting hours.

To ensure peace and calm for mothers and babies, and the optimal operation of the maternity unit, please respect these visiting hours and do not receive more than two guests at once.

Brothers and sisters can meet the new baby under certain conditions, outlined in a document provided separately. If you are in a double-occupancy room, you can introduce your baby to their brother(s) and sister(s) in a meeting room to not disturb your neighbour.



The medical team is there to listen

You can call the team by dialling:

- # 2 for the hotel service, from 7 am to 8 pm
- # 1 for the baby care assistants, around the clock
- # 3 for the midwives, around the clock

During your stay

An in-room meal is offered to your support person during your stay. It must be ordered the day before. Breakfast can also be taken at the cafeteria. It is paid with a coupon provided by the Unit.

A fold-out sofa is provided in single-occupancy rooms (*breakfast is an additional cost*).

For more comfort, your support person can request a guest bed or hospital bed at an additional cost that includes breakfast.



YOUR **RELEASE** & YOUR **FOLLOW-UP**

Medical information

When you leave the hospital, a prescription for pain relief medication and an appropriate form of birth control may be provided according to your needs.

Preparing the return home

A pre-release appointment is held the day before your departure to sort out the details of your return home.

Regardless of the length of stay on the unit, returning home can be tricky and can raise many questions for new parents.

At-home care by a midwife in the days following the return home is offered to every family and should be organised the day after the birth.

If necessary, additional tests will be prescribed.

Your doctor or midwife will give you a prescription for a whooping cough vaccine.

During your stay, you have the option of receiving a vaccine against measles, whooping cough and seasonal flu. We also highly recommend that your partner be vaccinated against whooping cough and the flu. They can also receive the vaccine.

Post-birth follow-up usually includes two visits (or more, if needed) for you and your baby. These are covered by maternity insurance:

- If you live in Monaco, at-home follow-up care is provided by a midwife from Princess Grace Hospital, or an independent midwife
- If you live in France, at-home follow-up care is provided by an independent midwife or one working with an early childhood development centre ('PMI')

We can provide you with a list of independent midwives working in your area.

If your area is not covered, ask a team member for help.

The team of midwives at the Coordination Centre are here to help you prepare your return home.

Releases are scheduled before 1 pm after the doctor or midwife has confirmed your release, and the paediatrician has confirmed for your baby.

Standard release

- 72 hours to 96 hours for a vaginal birth
- 96 hours to 120 hours for a c-section birth

Early release

- Less than 3 days (72 hours) for a vaginal birth
- Less than 4 days (96 hours) for a c-section birth

Early release is possible only in certain conditions for you and your baby. An at-home visit from a midwife within 24 hours of your arrival at home is mandatory.

For a successful early release, we recommend you book an appointment with a midwife during your third trimester to plan your return home.

Appointments to schedule for baby:

- Between your release and day 10
- Once a month the first few months
- With a paediatrician, a doctor at an early childhood development centre (PMI) or a general practitioner

Appointments to schedule for mum:

- 6 to 8 weeks after birth
- With my gynaecologist or midwife
- Post-natal physiotherapy sessions, from 8 weeks after birth

PRACTICAL INFORMATION

Registering the birth

Your baby's birth must be registered at Monaco City Hall within five (*business*) days of the birth, by your partner or family member.

Necessary documents for the registration:

- Proof of identity or passport of the mother and the person requesting the registration
- **For married couples:** the family record book
- **For French unmarried couples:** Prior acknowledgement, established in a city hall in France (optional)
- Declaration of the choice of last name for married and unmarried parents who wish to give the mother's last name to the first-born child
- The delivery certificate, provided after the birth



www.maternite.chpg.mc



HEALTH NETWORK

The Princess Grace Hospital Maternity Unit is a partner in two healthcare networks, each with very different objectives:

The PERINATMED Mediterranean pre-natal network

This network covers the Provence-Alpes-Cote d'Azur and Corsica regions and the Principality of Monaco. It aims to provide the best care possible for soon-to-be new mums and newborns based on the level of risk expected at birth.

The Princess Grace Hospital Maternity Unit is a Level 2 facility with a Neonatology unit that can care for premature newborns born after 32 weeks of pregnancy.

In the case of an earlier birth, a prenatal transfer is arranged to a Level 3 Maternity Unit so that the newborn baby can receive hospital care in a neonatal intensive care unit.

The Level 3 facility in the PérinatMed network for Princess Grace Hospital is Archet Hospital in Nice.

The outpatient/hospital perinatal care network

If you already receive prenatal care from your own doctor or an independent midwife and member of the network, and you have decided to deliver your baby at the Princess Grace Hospital Maternity Unit, you can receive combined care from your practitioner and the team at the hospital.

If your pregnancy involves no risks, prenatal appointments are usually with your doctor until your third trimester. Certain outpatient doctors also perform foetal ultrasounds.

Ideally, you should schedule an initial appointment to register at the Maternity Unit before the end of your fourth month of pregnancy. The following appointments are scheduled at Princess Grace Hospital at around seven months in the case of problem-free pregnancies: a prenatal appointment with a doctor or midwife and a pre-anaesthesia consultation.

In the case of high-risk pregnancies or problems, a shift to prenatal care at Princess Grace Hospital can be requested at any time.

Head of the Gynaecology and Obstetrics

Professor B. CARBONNE

Head Midwife

V. ACCOSSATO



Contacts

Consultations and ultrasounds

+377 97 98 95 24

Emergencies (24 hours/day, 7 days/week)

+ 377 97 98 95 10

Paediatric emergencies

+377 97 98 95 33

Prenatal Coordination Centre

+377 97 98 95 12

Parenting support and monitoring

+ 377 97 98 95 56

Admissions Office

+377 97 98 98 10



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