

ambulant birth

An **ambulant birth** means that the parents and baby leave the hospital a few hours after the birth - usually after 4 to 24 hours - unless there are medical reasons not to do so. The birth itself takes place in hospital, while the postpartum time takes place at home from the beginning.



requirements for an ambulant birth

- healthy person in childbed and healthy newborn baby
- uncomplicated birth (spontaneous vaginal birth, no complications)
- stable vital signs of person in childbed and child
- safe home environment available
- midwife for postpartum care
- consent of the attending doctors

advantages of an ambulant birth

- familiar atmosphere at home
- lower risk of infection
- 1:1 care by the midwife
- faster recovery in familiar surroundings

risks and challenges

- possibly less medical supervision
- parents must provide their own support
- organisation of postpartum care is required

organisation of the postpartum care

- **contact and register midwife** (first contact, for example, as part of the parent-child consultation between the 18th and 22nd week of pregnancy, two further midwife appointments possible after the 22nd and 32nd week of pregnancy)
- **midwife visits at home** (one home visit each on the 1st to 5th day after labour, then a further 6 home visits if required in the first eight weeks after the birth)
- **organise a paediatrician for a parent-child-pass examination in the first few days** (1st-7th day of life)

what needs to be prepared?

- find a postpartum midwife early on (→ www.hebammen.at)
- consult with the hospital
- organise transport home
- provide baby equipment and postnatal supplies at home

legal and financial information

- **cost coverage:** ambulant birth is part of regular health insurance, the birth is fully covered, while the postpartum visits are covered partly
- **maternity benefit & maternity leave:** no changes compared to an standard hospital birth
- **notification of the child:** birth notification takes place as usual via the hospital (birth certificate via the registry office)

Note: An ambulant birth is not always possible. The decision should be made in consultation with the midwife and gynecologist.