

Schwangerenberatungsstellen im Main-Taunus-Kreis

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What do I need to do when I'm pregnant?

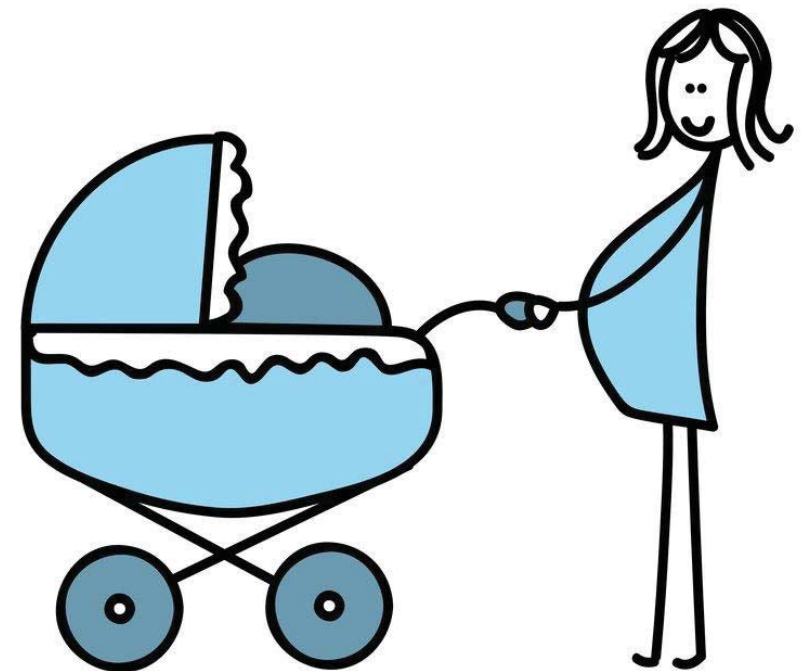


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main-taunus-kreis

What do I need to do when I'm pregnant?

- During pregnancy you have the right of care from a doctor and a midwife. You will be given a booklet (Mutterpass), which is a record of the prenatal and natal treatment you receive whilst pregnant. **You must carry your „Mutterpass“ with you at all times!** Your social worker will give you the means to buy maternity clothing.
- Your social worker will give you the necessary voucher for your medical treatment. You have to take this with you when you have an appointment with a gynecologist (Frauenarzt/ärztin).
- In the 30th week of your pregnancy, you must register with the hospital in which you wish to have your baby.
- Your social worker will provide you with the means to purchase a pram and clothing for your new-born baby.
- Remember to have a bag already packed for your hospital stay. You will need: nightwear, underwear, slippers, towels and toiletries. If you are taking a particular medication, this should be included too.
- Speak to your social worker well before your due date about arranging for a taxi to take you to the hospital!
- When you start to have contractions you should go to the hospital you have registered at. Remember to take your ready-packed bag!
- Should any of your visitors have an **infectious disease (i.e. MSRA)**, they must always wear protective clothing when in the hospital or on the ward!!!!
- Your baby will be examined by a doctor in the hospital. This is called U1 and the results will be recorded in a special booklet called an „Untersuchungsheft“ (record of examinations). If you have had your

baby where you are living, rather than in a hospital, the U1 examination must be carried out by a pediatrician (Kinderarzt).

The booklet is a record of all the examinations your child will receive: U1 - U9. In the 4th week of your baby's life, you should take him/her to a pediatrician (Kinderarzt) for the U2 examination, and for all future examinations.

- You must register the birth both at the **Town Hall (Standesamt)** and at the **Main-Taunus-Kreis Foreigners' Department (Ausländerbehörde)**. Refer to the brochure about registering a birth (Anzeige der Geburt). Confirmation of paternity can be certified at the Main-Taunus-Kreis Youth Welfare Service (Jugendamt). Any documentation you, the parents, have from your country of origin **must be brought with you!!**
- You should make an appointment at a gynecologist (Frauenarzt/ärztin) to be examined 6 weeks after the birth.



Name: _____
 Vorname: _____
 Geburtstag: _____
 Straße: _____
 Wohnort: _____

Bringen Sie Ihr Kind zur Untersuchung:

U2	3. – 10. Lebensdag	vom:	bis:
U3	4. – 5. Lebenswoche	vom:	bis:
U4	3. – 4. Lebensmonat	vom:	bis:
U5	6. – 7. Lebensmonat	vom:	bis:
U6	10. – 12. Lebensmonat	vom:	bis:
U7	21. – 24. Lebensmonat	vom:	bis:
U7a	34. – 36. Lebensmonat	vom:	bis:
U8	48. – 48. Lebensmonat	vom:	bis:
U9	60. – 64. Lebensmonat	vom:	bis:

Diese Untersuchungstermine sollten Sie im Interesse Ihres Kindes bitte genau einhalten.
 Wichtige Hinweise auf der folgenden Seite!
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