



# Source de vie

THE ADVENTURE OF  
a lifetime

Clinique de  
**La Source**  
Lausanne



THE SWISS  
LEADING  
HOSPITALS  
Best in class.



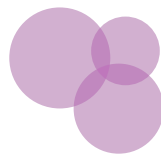
High quality services for your health



ESTELLE



## YOUR ADVENTURE is just beginning!



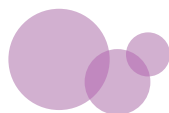
**C**ongratulations, you are pregnant. It's the beginning of a wonderful adventure that will change your life. The maternity ward at the Clinique de La Source offers an environment within which **your gynaecologist** and our midwives can give you the support you need and are there for you throughout your pregnancy. Thanks to this privileged space with its combination of comfort and state-of-the-art medical technology, you will be able to prepare yourself and welcome your child with complete confidence and peace of mind.

During your pregnancy, the Clinique de La Source will be pleased to help in any way possible and one of our midwives is at your disposal for a **personalised visit** to our maternity ward. On this occasion, you will be able to share the manner in which you would like to give birth. She will explain the options available to you so that when the time comes and, circumstances allowing, the birth of your child will take place the way you would like. This personalised visit will also be an opportunity for you to become acquainted with and get to know the place where your child will be born.

### FOCUS

Your appointments for our classes and individual sessions can be made directly on our website **[www.lasource.ch/maternite](http://www.lasource.ch/maternite)**. Our team is always at your disposal on **021 641 31 20**.

EMPATHY  
**and trust**



*“Our team, in close collaboration with  
your gynaecologist, will take  
care of you.”*

**O**ur highly skilled and regularly trained nurses and midwives will be with you whenever you need, any time, day or night. *We are here to listen*, offer advice and answer any questions you may have throughout your pregnancy and when you take your baby home.

At your gynaecologist's request and should you so wish, you can have your out-patient check-ups before and after your delivery at our unit.

If you need to be hospitalised during your pregnancy or after the birth of your child, *our team, in close collaboration with your gynaecologist, will take care of you.*

***“If you would like to give  
birth at Clinique de La Source,  
please contact your  
gynaecologist who can make  
the necessary arrangements.  
You can also get in touch with  
our team to arrange a  
personalised tour of the unit.”***

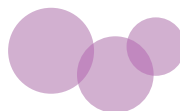
*Elizabeth Williams-Smith,  
midwife*



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# GETTING READY FOR THE BIRTH of your baby



**T**hroughout this great and intensely personal adventure, **we are there to listen**, offer advice and answer your questions.

We offer **three methods of preparing for your baby's birth**: classic, prenatal Fit Ball® or pool classes.

## CLASSIC CLASSES

A midwife as well as one of our anaesthetists are on hand to answer any questions you may have and to give you the information needed to help you have a stress-free approach to your pregnancy and the birth of your baby. **To ensure your comfort, classic classes are limited to five couples per session. They begin from the 26<sup>th</sup> week of pregnancy.**

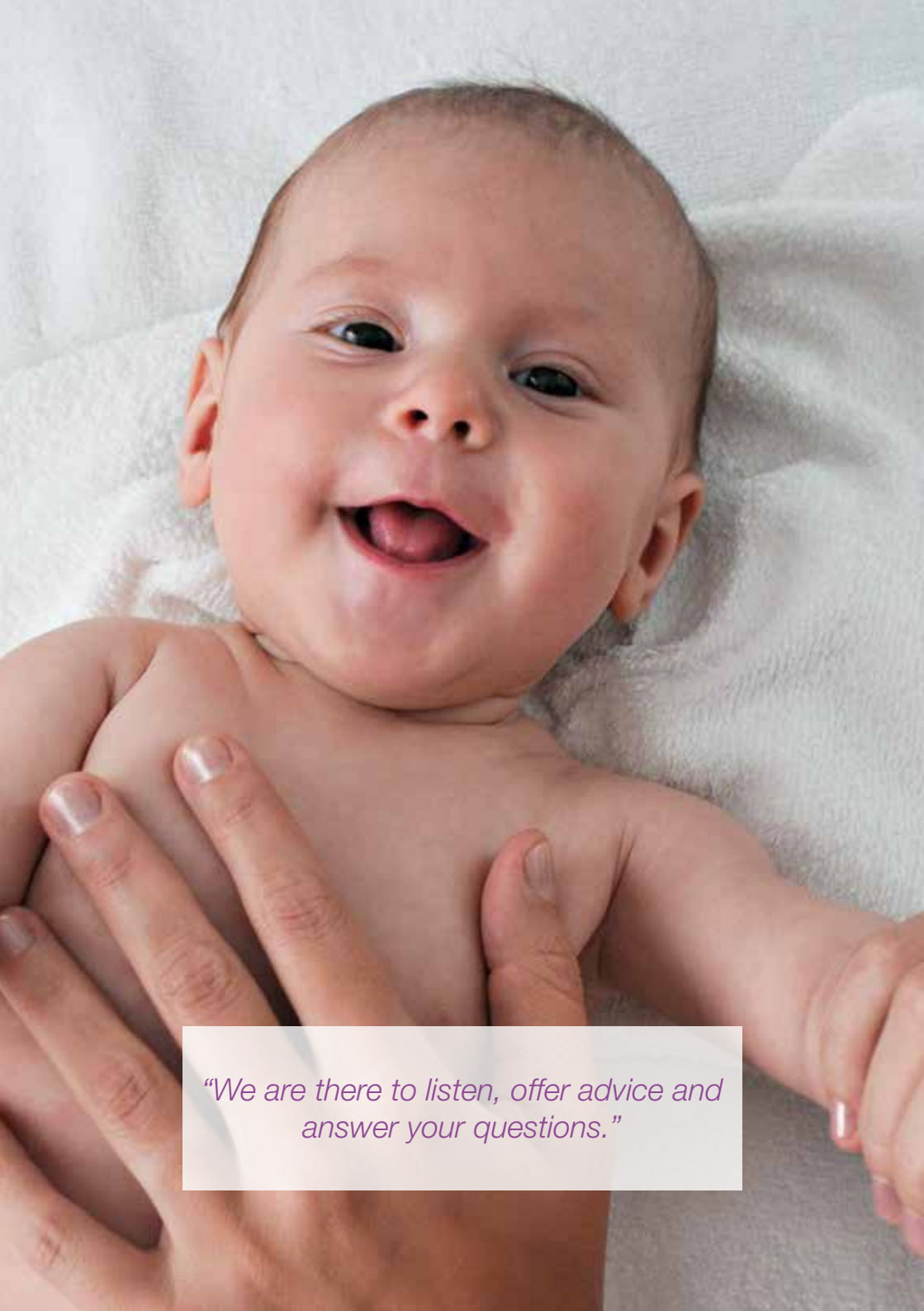
During the classes, the following themes will be covered :

- Prevention to ensure that you have a stress-free pregnancy.
- Pre-labour and labour (contractions).
- Epidurals: advantages and disadvantages.
- Caesareans, forceps and vacuum-assisted vaginal delivery.
- Delivering and welcoming your newborn.
- Breastfeeding.
- Relaxation and breathing exercises.

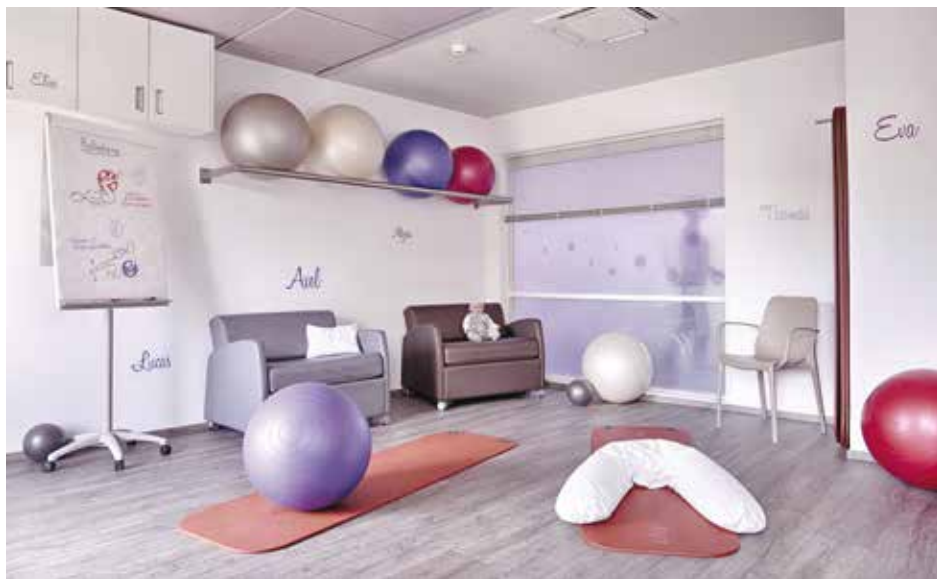
## FOCUS

All our classes are reserved for expectant mothers planning to give birth at the Clinique de La Source.

Your appointments for our classes and individual sessions can be made directly on our website **[www.lasource.ch/maternite](http://www.lasource.ch/maternite)**.



*“We are there to listen, offer advice and answer your questions.”*



## PRENATAL FIT BALL® CLASSES

Our Fit Ball® classes enable you to enjoy your pregnancy and prepare your body for the birth of your child. An anaesthetist will take part in one of the sessions and answer all your questions. *Classes are limited to four expectant mothers for more comfort, five sessions are scheduled on Wednesdays from 6pm to 8pm, from the 14<sup>th</sup> week of pregnancy with the consent of your gynaecologist.*

*Our classes will enable you to :*

- Gently strengthen your muscles in an appropriate manner (abdominals, back, perineal).
- Develop awareness of your body and particularly of your pelvic floor muscles.
- Improve your posture.
- Improve your balance and flexibility.
- Strengthen your arms and legs and relieve your back.
- Promote good breathing.

*What happens during sessions?*

- Exercises with the Fit Ball® for 1h30 - *reserved for expectant mothers only.*
- Classic course themes followed by questions and answers for 30 minutes – *spouses welcome.*

*“Our classes will help give you peace of mind during your pregnancy and prepare your body for giving birth.”*



## POOL CLASSES

The Clinique de La Source offers expectant mothers antenatal pool classes in partnership with the Royal Savoy Hotel & Spa in Lausanne.

One of our specially trained midwives will welcome you directly at the Royal Savoy Hotel, give the classes in the swimming pool and answer your questions in an *intimate, relaxed atmosphere*. Classes include time to relax in the Spa and a snack.

To guarantee comfort and privacy, classes are limited to four expectant mothers per session and begin from the 14<sup>th</sup> week of pregnancy, with the consent of your gynaecologist.

Five sessions are held on Mondays from 9am to 11am at the Royal Savoy Hotel & Spa.

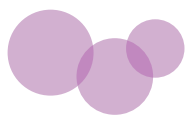
Our Pool classes will enable you to :

- Gently strengthen your abdominal, back and pelvic floor muscles.
- Facilitate the opening of your hips.
- Relieve your joints and back thanks to the weightlessness of water.
- Stretch and relax your body.
- Improve your breathing.
- Help you relax in 31°C water.
- Be in harmony with your baby.

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D-  
Day



**Y**ou are feeling contractions? And they are close together? **Do not hesitate to call our midwives**, who will be able to tell you whether it is time to come to the maternity or not.

When you arrive, you will be taken care of by our team and shown to one of our comfortable delivery rooms which combine a peaceful atmosphere with state-of-the-art technology.

As at every key moment in this adventure, the father of your child is welcome to join you, regardless of your choice of birth. Thus, during this intensely emotional moment, you can welcome your child together.

**Our experienced anaesthetists are ready to intervene at any time.**

During your stay, aside from our medical and nursing teams' expertise, the maternity ward at the Clinique de La Source offers contemporary, elegantly furnished rooms with one or two beds and bathroom. In addition to the usual amenities, each room offers a latest generation television, integrated with a practical and attractive multimedia solution allowing in particular the sharing of content between your various digital devices and also free access to our wireless network. In our private rooms, **the father of the child has the option of sleeping on a side bed at no extra cost** for the entire duration of your stay. The nursing team will arrange this upon request.

***"Our service gives future fathers a special role, enabling them to actively participate before, during and after the birth of the child."***

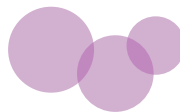
***François Millier, Head of the maternity ward***





*"During your stay, our midwives will be at your side to show you how to care for your child."*

## PERSONALISED support



**A**ttentive to your every wish and needs, our midwives are at your side to show you how to care for your child. During your stay at our maternity ward, enjoy these special moments to the full and get to know your newborn peacefully. You can keep him or her with you day and night or, if you prefer, entrust him or her to our midwives so that you can have a few hours rest.

Our nursing team is also on hand to support and advise you while respecting the manner you have chosen to feed your child. A breastfeeding consultant is available to assist you both during your stay at the maternity ward as well as when you go home.

Our clinical nurse specialised in diabetology is also at your disposal in case of gestational diabetes\*.

During your pregnancy and when you return home, our dietitians are at your disposal, on demand, with medical prescription, for outpatient consultations\*\*.

During your stay, they also are at your disposal, on demand, to answer your questions.

\* covered by your health insurance when prescribed by a doctor

\*\* preventive follow-ups are not covered by basic medical health insurance.





## IN SHAPE and feeling great

Different re-education methods will be offered to you depending on the diagnosis made during your check-up with your gynaecologist **six weeks after your delivery**. The **nine consultations** prescribed by either your gynaecologist or a **midwife** are given by our midwives who are all trained in **urodynamics**; the exercises and techniques (biofeedback, electrostimulation and Fit Ball®) involve teaching oneself to improve the pelvic floor muscles.

**Pelvic floor re-education\*** is a technique designed to tone the perineum, the muscle group that works very hard during pregnancy and delivery. In this way, pelvic floor re-education **reduces the risk of problems with incontinence** resulting from pregnancy and delivery.

We also offer mothers who have given birth at the Clinique de La Source the option of **postnatal Fit Ball® classes**. Five sessions given by our midwives will enable you to strengthen your abdominal, back and pelvic floor muscles. **These classes are not covered by your health insurance.**



\* covered by your health insurance when prescribed by a doctor.



# FASCIATHERAPY, ACUPUNCTURE and aromatherapy

**C**oncerned about your comfort, we offer you sessions of fasciatherapy, acupuncture and aromatherapy, from the beginning of your pregnancy until eight weeks after your delivery.

## FASCIATHERAPY

Pregnancy is synonymous with changes to your body. Fasciatherapy relieves a large number of pregnancy-related afflictions and possible pains encountered by both expectant mothers and babies. This gentle method can soothe body and mind during and after pregnancy both for mother and newborn.

## ACUPUNCTURE

A form of Chinese medicine, the aim of acupuncture is to regulate energetic balance. Both during and after pregnancy, acupuncture can be used to prevent or to treat various afflictions (anxiety, nausea, digestive and venous disorders, ...). As taking medication is often ill-advised during pregnancy, acupuncture can be an excellent alternative.

## AROMATHERAPY

With professional help, a wide number of essential oils can be used during pregnancy, breastfeeding and on a newborn to relieve various afflictions and as a birth support.

This method is very interesting from a somatic and psychological perspective and is an ally of choice in parallel to gynecological care.

You can book an aromatherapy session in addition to an acupuncture session. You also have the option of asking our midwives about the use of aromatherapy in the delivery room.

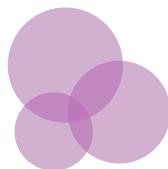


#### FOCUS

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made directly on our website **[www.lasource.ch/maternite](http://www.lasource.ch/maternite)**.

PAEDIATRIC CARE

by the doctor  
of your choice






**D**uring your stay at the maternity ward, your baby will be monitored by the **paediatrician of your choice**. We recommend that you contact and meet your child's future paediatrician during your pregnancy already with the aim of getting to know him/her.

**In the event of a caesarean, the paediatrician will be present** to monitor the arrival of your baby in his or her new surroundings.

In case of natural birth, your newborn will be examined for the first time on the day of his or her birth.

**Whatever the situation, your paediatrician will be kept up to date with his or her development during your time in hospital** (changes in weight, possible jaundice, etc.).

**Before your return at home**, your baby will undergo a second paediatric examination during which you can once again ask any questions you may have regarding his or her health, to ensure that your return takes place in the best possible circumstances.



*"We offer both mothers and fathers a course on how to carry a baby in a sling."*

## YOU AND YOUR BABY in everyday life



We offer both mothers and fathers a course on how to **carry a baby in a sling**. This is given by midwives to ensure that your child is correctly positioned.

This course covers the following characteristics:

- Learn how to use a sling so that both the baby and her/his parents' backs are protected.
- Become aware of your child's needs so that he/she feels reassured and safe, as well as preventing any possible issues.
- Create a connection and closeness with your child.
- Offer the benefit of advice regarding other means of carrying that exist.

We also offer an introduction to **baby massage**. This is based on Ayurvedic/Thai/ classic Western practices and has the following benefits:

- Promote comfort and relaxation.
- Stimulate the child's awareness of the different aspects of his or her body, both emotional and sensory.
- Aid digestion, relieving possible colic and promoting improved sleep.

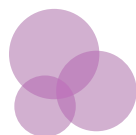
### FOCUS

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Your appointments for our classes and individual sessions can be made directly on our website **[www.lasource.ch/maternite](http://www.lasource.ch/maternite)**. Our team is always at your disposal on **021 641 31 20**.

# Small touches

TO ENHANCE YOUR STAY



During your stay at the Clinique de La Source maternity ward, aside from our premium hospitality service, **we are pleased to offer you** the following services, which we hope will contribute to making your stay unforgettable :

- **Complimentary side bed for the father** of your child (exclusively in private rooms).
- **A meal for you and the person of your choice in our restaurant La Véranda** while the team on the maternity ward looks after your baby.
- **A toiletry bag** with all the basic necessities for you.
- **A changing backpack.**
- **A voucher for a 50-minute relaxation massage** with access to the Spa at the Royal Savoy Hotel, Lausanne.
- **An invitation for 2 people** to Vidy Theatre, Lausanne.
- **Free parking** for your introductory visit to the maternity ward and on “D-Day”.
- **Your child’s birth announcement** on our website as well as in the “24 heures” daily newspaper.
- **A photograph of your baby** taken by a professional photographer ([www.igor-maria.com](http://www.igor-maria.com)).



# Complimentary benefits :

## With our compliments

### During your stay

- Complimentary side bed for the father of your child (exclusively in private rooms).
- A meal for you and the person of your choice in our restaurant La Véranda while the team on the maternity ward looks after your baby.
- A toiletry bag with all the basic necessities for you.
- A changing backpack.
- Free parking for your introductory visit to the maternity ward and on "D-Day".
- Your child's birth announcement on our website as well as in the "24 heures" daily newspaper.
  - A photograph of your baby taken by a professional photographer ([www.igor-maria.com](http://www.igor-maria.com)).

### From the beginning of your pregnancy and until 8 weeks after your delivery

(unlimited number of consultations depending on availability)

- Fasciotherapy sessions (gentle form of osteopathy) for you and your baby.
- Acupuncture sessions.
- Aromatherapy sessions in addition to acupuncture sessions.

### After the birth

- Course on how to carry your baby in a sling.
- Introduction to baby massage.
- A voucher for a 50-minute relaxation massage with access to the Spa at the Royal Savoy Hotel, Lausanne.
- An invitation for 2 people to Vidy Theatre, Lausanne.

These benefits are reserved exclusively for our patients.



### **Your private or semi-private insurance covers**

- Personalised support during your pregnancy and childbirth by your gynaecologist and our midwives.
- Accommodation in a private or semi-private room (1 or 2 beds).
- Advice on feeding and caring for your baby given by our breastfeeding advisor during your stay.
- Dietary and diabetology advice on request during your stay.
- Classic, pool or Fit Ball® antenatal classes\* given by our midwives.

\* Basic health insurance partially reimburses the classes. Some complimentary insurances cover the difference.

### **Your basic insurance covers the following upon prescription**

- Pelvic floor re-education sessions given by our midwives who are certified in urodynamics.
- Dietetic outpatient consultations\*, during and after your stay.
- Advice from our diabetology nurse in case of gestational diabetes.

\* preventive follow-ups are not covered by basic medical health insurance.



# Source de vie

you can take your  
appointments on  
our website  
[www.lasource.ch/  
maternite](http://www.lasource.ch/maternite)

For further  
information

**021 641 31 20**  
[maternite@lasource.ch](mailto:maternite@lasource.ch)  
[www.lasource.ch/maternite](http://www.lasource.ch/maternite)



# La Source

| Clinique | Ecole |

The Clinique de La Source belongs  
to a non-profit foundation.

## Main medical specialties

- Anaesthesiology
- Interventional cardiology
- Orthopaedic surgery and traumatology
- Plastic, reconstructive and aesthetic surgery
- Robotic surgery
- Visceral and thoracic surgery
- Gastroenterology
- Gynaecology and obstetrics
- Intensive medicine
- Internal and general medicine
- Nuclear medicine
- Neurosurgery
- Neurology
- Medical and surgical oncology
- Pulmonology
- Diagnostic and interventional radiology
- Radio-oncology/radiotherapy
- Interventional rheumatology
- Urology

## Centres and services

- Multidisciplinary outpatient centre
- Interventional cardiology centre
- La Source – CHUV Centre for robotic surgery
- Diabetology unit
- Dietetics service
- Breast imaging centre
- 24-hour Medical laboratories
- Maternity ward
- Medical and surgical centre for obesity
- Institute of physiotherapy
- Anaesthetist 24/7
- Institute of radiology
- Radio-oncology centre
- Intensive care unit – certified SSMI
- Emergency centre, 7/7 – Centre médical de La Source