



Where to give birth

Deliver a baby at home

At home you are in your own familiar environment and that means that many women, but also the partners, are often more relaxed. And relaxation certainly helps to make the delivery go smoothly. As midwives, we are trained to guide you during childbirth, and research has shown that giving birth at home is just as safe for low-risk pregnant women (i.e. pregnant women without a medical indication) as in the hospital. Also, a maternity assistant will assist us during the home birth. To give birth at home safely, it is necessary that there is a window on the street side that can be opened sufficiently.

During the delivery, we continuously perform risk selection: we keep a close eye on you and your baby and always assess whether everything is still going all right. With a first birth, the chance that you actually give birth at home is about 50%. This also means that the other 50% is still referred to the hospital during childbirth. Either because a medical indication arises during the delivery, making it safer to continue the delivery in the hospital, or because there is a demand for pain relief. The largest part of the referrals to the hospital for a first child is the demand for pain relief.

With a second or third pregnancy, there is a much bigger chance that you actually will give birth at home, if that is your wish. In a subsequent pregnancy, only about 14% is transferred to the hospital during childbirth.

Outpatient delivery

If you like the idea of being in the hospital during your delivery, you can opt for an outpatient delivery. Or maybe your house isn't suitable for giving birth or you just think it's a safe idea. No problem, we will also guide you through the delivery in the hospital. If there is no medical indication, we this is called an outpatient delivery, or transferred home delivery. The benefit is that if a medical indication arises, you no longer have to travel to the hospital, after all, you are already there. A disadvantage may be that pain relief is requested more quickly, it is directly available, and that the chance of an intervention is slightly higher. You always have your own room and a delivery bath is also available in most hospitals in Amsterdam. During the delivery, a nurse or maternity care from the hospital will assist us. There are no doctors in the room during an outpatient birth.

An outpatient delivery always starts at home. When you call us telling that the delivery has started, we will visit you at home. Then we decide together when it is a good time to go to the hospital. This depends on the number of centimetres of dilation, but also on the intensity of the contractions and your own wishes. You go with your own car or by a taxi. In the hospital you actually 'rent' a delivery room. Depending on your health insurance, you contribute to the costs of that room yourself. The personal contribution for this is approximately € 360 and this is often reimbursed from a additional insurance policy (aanvullende verzekering).



VERLOSKUNDIGENPRAKTIJK
OOSTELIJKE EILANDEN

We work most closely with OLVG East, but when it is busy or at your request, we also regularly visit OLVG West, AMC, BovenIJ or Amstelland.

Giving birth in a birth center or birth hotel

In addition to giving birth at home or in an outpatient clinic, you can also choose to give birth in a birth centre or a birth hotel. Not at home, but also not in the hospital. In Amsterdam there is 1 option – Bevalcentrum West. In a corridor next to the delivery rooms, four rooms have been furnished in a homely atmosphere for outpatient deliveries. There are delivery baths and you can use laughing gas. In case of a medical situation, we will be in the delivery rooms in no time. In exceptional cases, there may be no room in the medical delivery rooms, and we may have to move to another hospital. The costs for a delivery in the Bevalcentrum West are comparable to an outpatient delivery, but this is not reimbursed by all additional insurers (aanvullende verzekering).

Medical delivery in hospital

If a medical indication arises during the pregnancy, we will hand over the last part of the pregnancy to our colleague midwives at the hospital. In that case there is unfortunately no choice in where you will give birth. If there is a medical indication, this is the hospital. Extra check-ups will be performed during the last weeks of the pregnancy and during the delivery. Because you have no choice as to where you give birth, you do not have to pay a personal contribution for giving birth in the hospital.