

maternité

SOURCE DE VIE

The adventure
of a lifetime




EFOM
Recognised for excellence

Member of
THE SWISS
LEADING
HOSPITALS
Best in class.

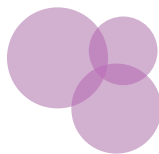
Clinique de
La Source
Lausanne







The beginning of a great adventure



You are pregnant, congratulations! It is the beginning of a marvellous and exciting adventure. The maternity ward of the Clinique de La Source will provide the environment in which **your gynaecologist** and our midwives can accompany you with lavish care throughout your pregnancy. This privileged site brings together comfort and state-of-the-art medical technology so that you can be ready to welcome your baby with full confidence and peace of mind.

As a future mother, the Clinique de La Source will attend to all your needs; furthermore a midwife looks forward to **personally welcoming you** and showing you around the maternity ward. This will give you the opportunity to inform her of **your wishes regarding the forthcoming birth**. If you wish, you can discuss with her the various possibilities so that, when the time comes, and if the situation permits it, your child can be born in the way you want it. This visit will also allow you to discover and familiarize yourself with the premises.

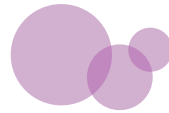
Please call or contact us by e-mail to set up an appointment as follows:
Tel. **021 641 31 20** or **maternite@lasource.ch**



banding



Listening and trust



Throughout this wonderful adventure, our team will be at your full disposal to accompany you; you can count on us at any time of day or night. Be it during your pregnancy or when you get back home with your child, **we are here to listen to you**, to give advice and answer your questions.

You can consult our midwives by telephone for any pre- and post-natal advice, so please do not hesitate to call.

Upon request of your gynaecologist, and if you wish it, we can arrange to have the outpatient check-ups prior to and after birth to be done in our maternity ward.

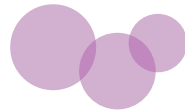
If it becomes necessary to hospitalize you, either during pregnancy or after delivery, **our team will do their utmost to take good care of you in close collaboration with your gynaecologist.**



intimacy



Preparing yourself for the birth of your child



Our childbirth classes are given by our midwives and one of our anaesthetists.

These classes take place in our Clinic in order to ensure a maximum of comfort. The midwives and the anaesthetist will talk about the following subjects, during which they will always be at your disposal to answer questions:

- 1 Enjoying your pregnancy. Some tips on preventive measures to ensure that the next nine months will be as agreeable as possible.
- 2 The epidural, the procedure, its advantages and drawbacks.
- 3 Pre-labour or the pre-mechanism of labour, contractions. Caesarean, forceps and suction cap.
- 4 Delivery, welcome and care of your newborn baby.
- 5 Breastfeeding, physiology and advice.

For your comfort, we allow a maximum number of six couples per class.

They begin from the 28th week of pregnancy as per the following schedule:

- weektime – 5 sessions every Thursday from 6:30 till 8:30 pm
- week-ends – during 2 days from 9:00 am till 12:00 pm and from 1:00 till 4:00 pm.

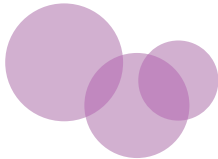
If you want to register for the classes, please call **021 641 31 20** or send an e-mail to: **maternite@lasource.ch** (registration before 24th week of pregnancy)

comfort





D-Day



Are you beginning to feel contractions? Are they quickening? **Do not hesitate to call a midwife** who will be there to reassure you and tell you if it is time for you to go to the maternity ward.

Upon your arrival our team will welcome you and set you up in one of the delivery rooms where you will find a **soothing and comfortable atmosphere equipped with state-of-the-art technology.**

You will find:

- A bathtub with a jacuzzi
- Soft subdued lighting
- Background music
- A sofa to relax

The father of your child is welcome to stay by your side, likewise for the other milestones of your pregnancy. This way you will be together for the intense and emotional moment when your child comes into the world.

Our experienced anaesthetists are there to intervene at any time if necessary.

Besides the skills of our medical team, the maternity ward of the Clinique de La Source can offer you a single or double bedroom in a modern décor with elegant furniture and bathroom. In addition to the standard fittings, each room has a flat screen TV, a CD-DVD player and free Wi-fi.





Security

Personalized assistance

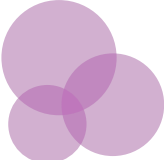


You can depend on our midwives to be at your disposal and to listen to your wishes and needs, in order to help you look after your newborn baby. Take full advantage of your stay in our maternity ward to get to know your baby. **You can keep him/her with you day and night**, or if you wish, let a midwife look after him/her so that you can rest for a few hours.

Our midwives are there to assist and advise you **while respecting your choice on how to feed** your child. A lactational specialist is available upon request during your stay at the Clinic, and also after you go back home.

wellbeing





Feeling good about yourself

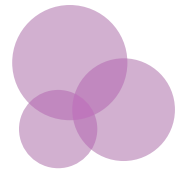
During your pregnancy, **our dieticians** are available upon request to advise and **guide you** so that you feel at ease with the gradual alterations of your body. They **can help you, through personalized dietary advice, to get back into good shape as quickly as possible** during your stay at the Clinic and after you get back home.

During your stay with us **a specialised postnatal gym instructor will come to see you to help you restore the perineal functions** by applying the “Mother-fit” method. After returning home, you will also be offered one session of postnatal exercises (using the same method) to make you feel even better.



expert care





Childcare given by the paediatrician of your choice

During your stay at the maternity ward your baby will be **treated by the paediatrician of your choice**. We recommend you to get in touch or arrange a meeting with your future paediatrician during your pregnancy in order to get acquainted.

The paediatrician will be present in case of a caesarean to help your baby adapt to his/her new surroundings.

In case of a vaginal delivery, your newborn baby will have his/her first examination on the first day of his/her life.

In any case, your paediatrician will be kept informed of your baby's progress during your stay at the Clinic (variations in weight, possibility of jaundice, etc.).

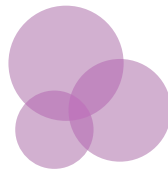
Before you go home, your baby will be examined a second time by the paediatrician. On this occasion you can ask any questions you may have regarding his/her health, so that your return home can be done under the best conditions.



• Joy



A few little extras



During your stay in the Clinique de La Source's maternity ward, **we have the pleasure of offering**, besides our first class hotel services, the following additional extras, which we hope will help to make your stay unforgettable:

- A toilet bag with high quality articles for your baby
- An invitation for 2 at the Théâtre de Vidy in Lausanne
- A membership card of the MAD nightclub in Lausanne
- Free access to our car park on the day of birth of your child
- The birth announcement of your child on our website, on the local radio station Lausanne FM and in the weekly local newspaper Lausanne Cité.

A long, modern hallway with a glass ceiling and a person walking. The hallway is brightly lit, and the ceiling is made of large glass panels. A person in a white uniform is walking away from the camera. The floor is dark, and there are white walls on the left side. The text 'Ingenieur' is written in a cursive font on the floor.

Ingenieur



facevie

avec amour, énergie, émotions

empathy

trust

emotion

time





The best **private establishment** (150 beds) for all medical treatments

surgery

medicine

maternity ward

located in the center of Lausanne, in calm and green surroundings. It is owned by a non-profit foundation and supports the

“Institut et Haute Ecole de la Santé La Source”.

- Medical and surgical emergency Center 7/7
- Anaesthetist FMH on duty 24h/day
- Intensive care unit
- Interventional cardiology
- Maternity ward
- Outpatients ward/Endoscopy
- Radiology Institute (CT-SCAN, MRI, PET-CT)
- Radio-oncology Institute
- Laboratories
- Physiotherapy Institute

www.watcdesign.ch | Photos © Th. Zufferey | 09.2013



Die Spitäler des Schwyz,
Les Hôpitaux de Suisse,
gli Ospedali Svizzeri.

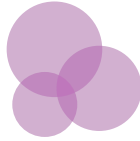


- I would like to have more information
- I would like to have a personalized visit of the Maternity
- I would like to know more about your childbirth classes

If possible, please contact me in the:

- Morning
- Afternoon
- Evening





Nicht frankieren
Ne pas affranchir
Non affrancare

Geschäftsantwortsendung Invio commerciale-risposta
Envoi commercial-réponse



Sender

Surname :

First name :

Address :

Postcode : Town :

Tel. :

Clinique de La Source
Maternité « Source de Vie »
Avenue Vinet 30
1004 Lausanne



**Your hospital fees
without private
insurance: fr. 5'800.-**

Excluding your gynaecologist's
and pediatrician's fees

**Better than
the holiday
of a lifetime!**

The maternity
ward of the Clinique
de La Source

For further information
021 641 31 20

maternite@lasource.ch
www.lasource.ch/maternite