

Medical
Excellence
Austria



Privatklinik
Goldenes Kreuz



The comfort of knowing
you are in the best hands.

Goldenes Kreuz –

Austria's premium center for women's healthcare.

Goldenes Kreuz is a private hospital where you can be treated under the care of your own trusted physician as an attending doctor. Our in-house team of highly experienced medical specialists and nursing staff are always available to help you too.

With around 1600 babies delivered each year, Goldenes Kreuz Private Hospital operates the largest private maternity department in Austria, with 100 years of experience to draw on. We are proud to offer parents-to-be our skilled support and nurturing care, with state-of-the-art equipment, and above all, an outstanding level of medical safety.

Specialists in gynecology and obstetrics are available 24 hours a day, together with anesthetists and intensive care specialists. This is an unparalleled quality standard for a maternity-oriented private hospital.

An additional distinctive advantage is our close proximity to Vienna General Hospital (AKH), and our first-class collaboration with the University Department of Pediatrics and Adolescent Medicine there. This collaboration and the excellent technical facilities mean that Goldenes Kreuz Private Hospital is always able to provide the best possible care for newborn babies.

In addition, we are delighted to provide parents with a pleasant environment where they feel comfortable, combining medical safety with attractive and harmonious surroundings.



Prof. Fritz Nagele, MD
Medical Director
Head of Obstetrics
and Gynecology

Our care for you and your baby

Your well-being – and of course your baby's too – is close to our heart! So we are here to help, 24 hours a day – before, during and after the birth. Our experienced team of physicians, midwives, qualified nursing staff, physical

therapists, and dieticians will be happy to support you! Naturally you may also bring a midwife of your choice for the birth.

Before the birth

- Information evenings
- childbirth classes
- Prenatal exercise classes
- Advice for parents-to-be on baby care and breastfeeding
- Consultation with a midwife, as part of the mother-child health passport program
- Midwives' clinic
- Prenatal diagnostics and 3D ultrasound
- Nutritional counseling
- Acupuncture
- Shiatsu
- Prenatal yoga
- Pregnancy portraits

After childbirth

- Bonding
- Neonatal hearing test
- Ultrasound hip check
- Rooming-in
- Breastfeeding advice
- Advice on all aspects of baby care
- Advice on how to carry your baby
- Rehabilitation exercises
- Newborn photography
- Baby seat rental from the Austrian Automobile Association (ÖAMTC)

During the birth

- Our medical specialists are available 24 hours a day
- State-of-the-art pain therapies
- Midwife-led childbirth
- Homeopathic support
- Relaxation pool
- Water birth
- Aromatherapy
- Wall bars
- Birthing stool
- Support rope



Prices in this folder are current for March 2022 and subject to change.



Preparation for childbirth at Goldenes Kreuz

For parents-to-be, pregnancy is the start of a new phase of life, full of joyful excitement about the baby – but also full of questions. At Goldenes Kreuz, we are here to support you throughout this time, with a complete program of care and support that is tailored specifically to your needs.

The **info evenings and all courses** are only available as webinars in Corona times depending on the infection rates. Please check www.privatklinik-goldenes-kreuz.at/de/geburtshilfe for the latest information.

Information evenings

A presentation by our midwives in German language will introduce you to the different areas of obstetric care at Goldenes Kreuz Private Hospital. If circumstances permit, you may also be able to visit a delivery room and a room in the maternity ward.

When & where: Every 1st and 3rd Wednesday in the month (except public holidays) at 7:00 p.m., in the Panorama Room

Charge: There is no charge for participation. There is no need to register in advance. Of course your partner is very welcome to come with you.

Minimizing pain in childbirth

Well before the birth our information sessions in German language include explanations and discussions on the various different types of local anesthesia available during childbirth. Max Gosch, MD, or a member of his specialist team for obstetric anesthesia and pain therapy will be happy to give you details of the options for minimizing pain in childbirth.

When & where: Every 1st and 3rd Wednesday in the month (except public holidays) at 8:00 p.m., in the Panorama Room (no charge, partners are welcome)

Preparation for childbirth classes

For couples

- Daytime seminar: Saturday, 10:00 a.m. to 3:00 p.m., €190 (in German)
- Evening seminar: Friday, 5:00 p.m. to 9:00 p.m., €170 (in German)
- Registrations accepted from the 20th week of week of pregnancy onwards

For women

- 3 hours: €100 (in German)
- Registrations accepted between the 28th and 30th week of pregnancy

Individual prenatal class – by arrangement

- 1 hour: €90 (in German)
- 1 hour: €100 (in English, French, Spanish or Italian)

For current scheduling and contacts please see the information insert or www.privatklinik-goldenes-kreuz.at/en/obstetrics/pregnancy

Prenatal exercise classes for expectant mothers

- from the 24th week of pregnancy onwards
- Sessions are led by a qualified physical therapist
- Come along to any session

Dates can be found on our homepage.

Duration: 50 minutes

Cost: Single session: €22 • 5 sessions: €105 • 10 sessions: €200

Institute for Physical Medicine: +43 1 40 111-8702

Basics of baby care and breastfeeding

Advice for parents-to-be from our qualified pediatric nursing and healthcare professionals.

When: Make an appointment by phone or in person

Registration: Please phone the neonatal ward on +43 1 40 111-3200

Where: Goldenes Kreuz, baby feeding room (3rd floor)

Charge: Per session, including refreshments at the end of the class (to be paid in cash at the beginning, please):
for individuals: €50
for couples: €70

Consultation with a midwife, as part of the mother-child health passport program (18th to 22nd week of pregnancy)

In addition to medical screening by a doctor, the mother-child health passport program includes an advisory consultation with a midwife, between the 18th and 22nd week of pregnancy. This provides information about pregnancy, childbirth and the postnatal period, options for prenatal classes, exercise and nutrition during pregnancy, choosing where to have your baby, preparation for breastfeeding, and information about the first days with your baby.

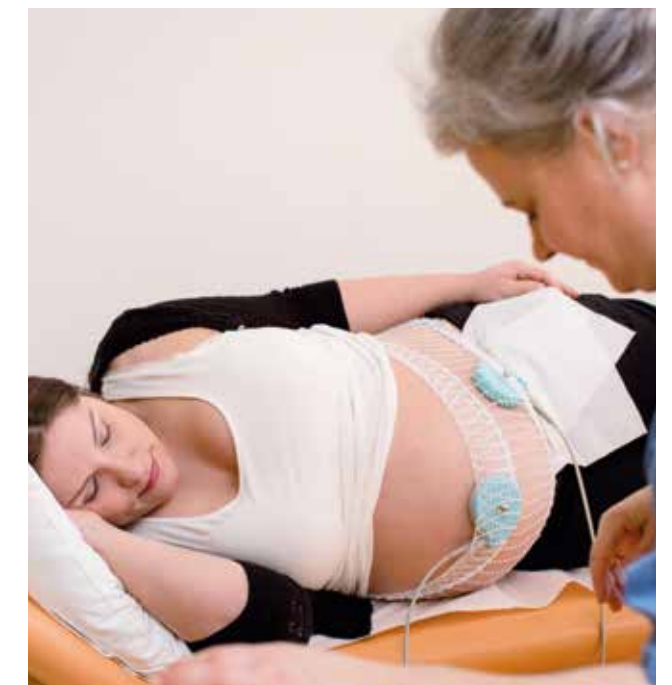
The consultation takes about an hour, and the cost is reimbursed in full by your insurer. Contact details for our midwives are provided in the enclosed information sheet and are also available online at www.privatklinik-goldenes-kreuz.at/en/obstetrics/pregnancy or at the Midwifery department: +43 1 40 111-3101.

Midwife consultation

We offer an opportunity for you to raise **specific questions** and seek advice on pregnancy, childbirth and postnatal care, in a free individual consultation with one of our midwives. Please make an appointment for this consultation.

When & where: By arrangement

Charge: Free of charge. Midwifery department: +43 1 40 111-3100 and -3101



Alternative approaches

Prenatal yoga

Exercises for physical conditioning, breathing and relaxation enhance your body awareness during pregnancy and childbirth.

- with our midwife and yoga instructor
- designed for 13th week of pregnancy onwards
- no previous experience needed
- Come along to any session

For current scheduling and contacts please see the information insert or www.privatklinik-goldenes-kreuz.at/en/obstetrics/pregnancy

Midwifery department: +43 1 40 111-3101



Acupuncture from the 35th week of pregnancy onwards

Please make an appointment by calling the midwives' department or online at www.privatklinik-goldenes-kreuz.at/en/obstetrics/pregnancy.

Midwifery department: +43 1 40 111-3101

Prenatal care at Goldenes Kreuz

The team at TwoCare, our prenatal medicine practice at the Goldenes Kreuz, offers a wide range of prenatal diagnostic investigations.

Prenatal medical checks

- 12-week screening (nuchal translucency test, first trimester screening, "combined test")
- 22-week screening (organ screening)
- 32-week screening (wellbeing ultrasound)

Also

- Non-invasive prenatal testing
- Baby contact (meet your baby, 3D/4D ultrasound using HDlive technology)

You will always be looked after by doctors with many years of experience in prenatal medicine, and who have the appropriate qualifications from the Austrian Association for Ultrasound in Medicine (ÖGUM - Österreichische Gesellschaft für Ultraschall in der Medizin) and the Fetal Medicine Foundation (FMF).

Contact:

TwoCare - Prenatal care practice
+43 1 40 111-8980

www.twocare.at



Childbirth

Specialists in gynecology and obstetrics, as well as anesthesia and intensive care medicine are available round the clock at Goldenes Kreuz for your care – an unparalleled quality standard for a private maternity hospital.

Our team of midwives are always ready to help and will support you at this special time. Naturally you may also bring a midwife of your choice for the birth.

Traveling to the hospital

If your water breaks and – following consultation with your gynecologist – you need to be brought to hospital by ambulance, you can call any of the following numbers:

Rotes Kreuz (Red Cross) +43 1 52 144
Johanniter (St. John's Ambulance) +43 1 476 00
Arbeiter-Samariter-Bund (Samaritans) +43 1 89 144

To complete the necessary admissions paperwork we will need

- Your personal details on the “Birth History” form
- E-card or social security number
- Policy number of your Austrian supplementary health insurance, or supplementary insurance card
- Photo ID
- Signed admission agreement – this includes a summary of

essential information that you will need for your admission and treatment at our hospital.

- A signed copy of our Data Protection Statement
- A deposit payment, if you are paying for your own treatment and not using supplementary insurance.

For your medical care we need you to bring the following with you, please

- Mother-child health passport
- Written confirmation of your blood group
- Where available, ultrasound and lab test results
- Allergy ID card
- Any medications you take regularly



Collecting umbilical cord blood to bank stem cells

If you are interested in having some umbilical cord blood collected in order to bank stem cells, please discuss this in good time with your attending doctor. You will need to complete the registration with the stem cell bank yourself.

Goldenes Kreuz Private Hospital has a collaborative arrangement with the stem cell bank VITA 34 – www.vita34.at – which is registered as a tissue bank with the Austrian Federal Office for Safety in Health Care (BASG - Bundesamt für Sicherheit im Gesundheitswesen). Goldenes Kreuz receives a quality report twice a year from the stem cell bank. Midwives and doctors are regularly trained in the collection, documentation and handling of this material.

Contact & information:
Vita 34 AG, www.vita34.at

Services offered by private supplementary insurance providers

Most Austrian supplementary insurance providers offer their clients very favorable terms to cover newborn babies, with contracts that are valid from childbirth onwards. For example, the first year of insurance may be offered free of charge, as a special “welcome bonus”.

Supplementary insurance policies for newborn babies typically include cover for ultrasound examinations during pregnancy (prenatal diagnostics) and investigations such as an ultrasound hip check, kidney ultrasound, and a hearing test.

Your insurance adviser will be happy to provide specific information about the services offered by your insurer. We suggest that you arrange to discuss this at an early stage.

For other pricing information and cost estimates, please contact our Billing team, who will be happy to help.

T: +43 1 40 111-9555 or -9524
E: verrechnung@goldenes-kreuz.at



Your baby has arrived!

Our team of experienced pediatricians, qualified pediatric nursing and healthcare professionals, physical therapists and dieticians look forward to providing the best possible care for you and your baby during your stay in our hospital, and beyond.

Newborn babies needing continuous close monitoring after the birth, or who have any difficulty adapting to life outside the womb, will receive optimal medical care.

At Goldenes Kreuz our care includes

- Breastfeeding advice
- Nutritional counseling
- Ultrasound hip check
- Neonatal hearing test
- Rehabilitation exercises
- Baby care courses (how to bathe your baby, general physical care)
- Electric breast milk pumps available for hire, to use at home
- Professional newborn photography
- Baby car seat rental service
- Range of complementary medicine options from our "Time for me" wellbeing program

Advice on carrying your baby – Out into the world

Our qualified advisor, registered pediatric nurse Carola Reiter (DGKP), provides information and is happy to advise on the use of baby slings and other ways to carry your baby.

For a personal appointment please contact Carola Reiter, registered pediatric nurse (DGKP), on tel: +43 699 11 20 10 66 or by email to carola.reiter@gmx.net

Ultrasound hip check for newborn babies

At Goldenes Kreuz Private Hospital we offer an ultrasound hip check, which is carried out in the neonatal ward itself during the first few days after delivery.

This allows any developmental issues to be reliably and promptly identified and treated.

You can also bring your baby to Goldenes Kreuz for his/her monitoring check between the 3rd and 8th week after birth.

Other ultrasound investigations

If other diagnostic investigations are needed, our experts can also carry out high-quality ultrasound examinations of the kidneys, sacral dimple or cranium in the neonatal ward. Cardiac ultrasound can also be performed in our Radiology Institute.

Contact details for the x-ray clinic: +43 1 40 111-8500

Neonatal hearing test

If you wish you can have the newborn hearing test carried out during your stay at Goldenes Kreuz.

Why

Normal hearing is very important for your child's development. Before the introduction of the neonatal hearing test, half of all hearing problems were identified too late.

How

The inner ear itself produces "sounds" which can be detected by a microphone placed in the ear canal, similar to the way a smartphone earbud is used.

Since these sounds are very quiet, it is best to carry out this measurement while your child is asleep, or perhaps while he/she is feeding!



Our test is completely painless and generally takes just a few seconds. In a few rare cases, if hearing is not at the expected level, a further check may be necessary. The most common cause is a postnatal obstruction in the ear canal, such as amniotic fluid or earwax. In such cases the measurement is repeated later, and only if this also produces a "negative" result, then further investigations may be needed at a specialist center.

When/where

Tests are carried out on Monday, Wednesday and Friday mornings, in your room or in the neonatal ward.

If you have already left the hospital, please make an appointment for the hearing test at **Dr. Reinhard Kürsten's medical practice:**

A-1010 Vienna • Opernring 4 • T: +43 1 512 60 11
www.kuersten.at

Mon, Wed, Thu from 2:00 p.m. to 6:00 p.m., Tue 9:00 a.m. to noon, and Fri 11:00 a.m. to 4:00 p.m.

Costs

For this examination (including a second test within a month if necessary) you will be invoiced by Goldenes Kreuz Private Hospital for the fee of €43.

Even if the hearing test is normal, it is important to monitor speech development in your child's second year. If any developmental delays are apparent, further investigation is recommended.



Breastfeeding

Breastfeeding is the ideal start to the relationship between mother and child. This intensive contact stimulates all the baby's senses. Breast milk also aids the child's development, contributes to the build-up of the immune system, protects the gastrointestinal system, and has been shown to reduce the risk of allergies.

In short: Breastfeeding is best thing you can do for your baby.

Help with breastfeeding

If you want to breastfeed your baby, our qualified pediatric nursing and healthcare professionals will be very happy to support you. They will be delighted to share their expertise with you in breastfeeding groups and individual counseling sessions. If you have any difficulties establishing breastfeeding, you can also consult our qualified breastfeeding and lactation consultant (IBCLC).

Breastfeeding advice after you leave the hospital

If you need help and support with breastfeeding problems after you leave the hospital, you are welcome to contact us and make an appointment for a personal consultation. For urgent questions we are also happy to help on the phone!

For an individual appointment please contact our IBCLC breastfeeding counselor and registered pediatric nurse Carola Reiter (DGKP) on +43 699 11 20 10 66 or by email to carola.reiter@gmx.net

Nutritional advice for pregnancy and breastfeeding

From the 12th week of pregnancy onwards your energy requirements increase and remain high until you finish breastfeeding. So it is important to ensure you optimize your energy supply.

You need twice as much of some vitamins and minerals, from the start of pregnancy onwards. This also means it is advisable to eat high quality food with enough nutrients, vitamins and trace elements.

Our dietician is happy to provide advice, on an inpatient or outpatient basis!
T: +43 1 40 111-8210



Taking your baby home

What your baby needs for the journey home

- outdoor clothing (bonnet and cardigan – of a suitable thickness for the season)
- a onesie
- a jacket/pullover
- a romper suit
- and a blanket

Of course, during your stay in hospital we can provide clothing for your baby.

Keep your baby safe right from the very first trip home

ÖAMTC (the Austrian Automobile Association) provides **baby seats** to Goldenes Kreuz which can be rented out to parents for the first year of the baby's life. These seats

have been tested for compliance with the strict requirements of the ECE R44/04 standard and specially checked by ÖAMTC: they are the first to be made specifically for newborn babies (0-13 kg).

Terms and conditions for rental of baby seats in group 0+
The rental fee for 12 months is €49. When you collect your baby seat, you will need to pay deposit of €199; you sign a completed rental contract at Goldenes Kreuz and you will then receive an invoice and payment slip from ÖAMTC.

When you return the baby seat in a clean condition, the deposit will be returned to you, less the rental fee. If the seat is damaged or dirty, you will be charged for repair or cleaning, up to a maximum amount equivalent to the purchase price. Seriously damaged or dirty seats – as determined by the ÖAMTC sales office – will not be accepted.

For further details please see www.oeamtc.at.



Outpatient rehabilitation exercise classes

We will help you to restore your fitness quickly after the birth of your baby. As part of your immediate postnatal care you can begin some exercises, with guidance from our physical therapists, which will make the first few weeks at home easier.

3 to 5 weeks after the birth of your baby you can begin a targeted, more intensive rehabilitation exercise program, which we provide as an outpatient service at Goldenes Kreuz. Even for mothers whose baby was delivered by cesarean section, rehabilitation exercises begin in the 3rd to 5th week after childbirth.

With guidance from our physical therapists, you will learn exercises to promote correct posture, to prevent incontinence and for general relaxation.

Dates can be found on our homepage.

Duration: 50 minutes

Charge: Single session: €22 • 5 sessions: €105 • 10 sessions: €200

Naturally you are welcome to bring your baby with you to these exercise classes.

More detailed information is available from the Institute for Physical Medicine: +43 1 40 111-8702.

The **info evenings and all courses** are only available as webinars in Corona times depending on the infection rates. Please check www.privatklinik-goldenes-kreuz.at/de/geburtshilfe for the latest information.

Gifts from our Boutique

Our small shop on the ground floor offers a range of carefully selected gifts for visitors to choose from. For a gift that brings delight and wellbeing, we have chic baby accessories, various gifts or gift vouchers.

Our staff of the cafeteria will be happy to advise you. Payment options in our house are cash, debit card and credit card.

Pregnancy portraits

An image of your baby belly makes a wonderful souvenir of this special time. In an exclusive collaborative partnership with Goldenes Kreuz, the specialist newborn baby photographers from "Endlich da" ("Here at last") create unique portraits.

When: individual appointments by arrangement

Where: in the "Endlich da" photography studio, or a favorite place of your choice

Contact:

Katarina Lindbichler T: +43 660 113 33 55

Maria Gaspar T: +43 664 494 31 14

info@endlichda.at, www.endlichda.at



First photos

At Goldenes Kreuz we work exclusively with the professional photographers from "Endlich da" (in English "Here at last"), who specialize in photographing newborn babies, and will capture the unforgettable first moments in your room.

The first photo of your baby is a gift to you from us, together with your baby's footprint card. If you wish, this photo can also be published on our New Arrivals gallery page.

These specialist photographers have created three customized packages for our hospital. For details, see the pricelist, which can be obtained from the photographers.

For appointments: after delivery or beforehand (non-binding) by email

Contact:

Katarina Lindbichler T: +43 660 113 33 55

Maria Gaspar T: +43 664 494 31 14

info@endlichda.at, www.endlichda.at



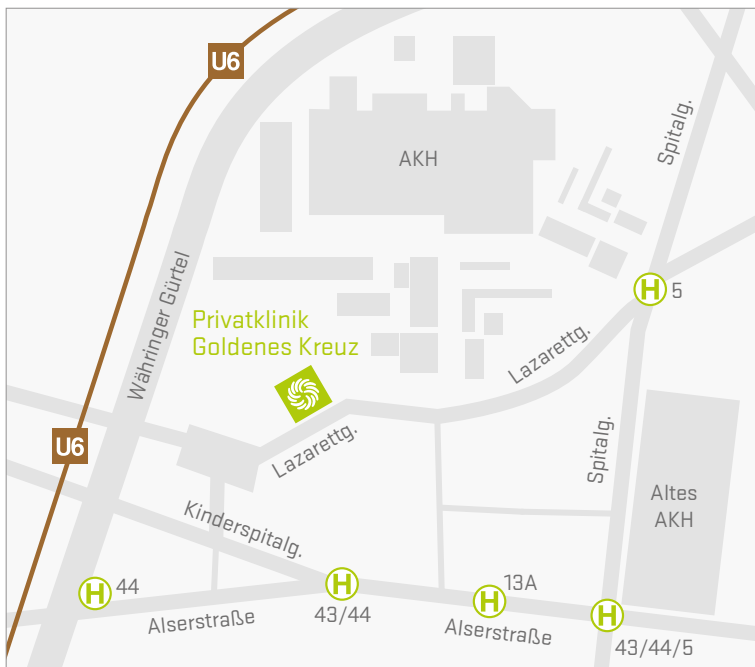


Your well-being is close to our heart.

Of course our services are also available to you after you have left the hospital:

- Obstetrics and gynecology
- Endometriosis Center
- Certified Breast Health Center
- Surgery
- Internal Medicine
- Neonatal ward
- Anesthesia and intensive care, pain therapy
- Fertility Center (certified tissue bank)
- X-ray and diagnostic imaging (X-ray clinic covered by all insurance providers)
- Institute for Physical Medicine
- Medical laboratory
- TwoCare – Prenatal care practice
- Medical practices in various specialist areas

How to find us



Goldenes Kreuz Private Hospital

Lazarettgasse 16-18 • 1090 Vienna, Austria

T: +43 1 40 111-0 • F: +43 1 40 111-9505

verwaltung@goldenes-kreuz.at • www.goldenes-kreuz.at

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Legal notice: Goldenes Kreuz Private Hospital
Director of Operations: Cornelia Obermeier • Design & graphics:
Petra Malle, Silvia Rodler • Photos: "Endlich da" Neugeborenen-
fotografie, Bernhard Schramm, Alfred Arzt, Shutterstock,
iStockphoto • Last updated March 2022