



STELLAR-MED

Midwives in private practice

Marilyn Sher 083 268 5422 & Veronica Park 082 741 8281

Welcome to the Stella Med Birth House. We specialise in providing midwife lead maternity care to women with normal low risk pregnancies.

The home away from home atmosphere has been created to provide women with an alternative place to birth their babies. The environment allows the parents to feel comfortable and confident during the birth.

We believe in normal active births where women can respond naturally to their bodies and make the appropriate choices for their births. We believe in freedom of movement and listening to your body during the birthing process.

Antenatal visits

We recommend regular antenatal care with your doctor from 8 weeks until 20 weeks, we would then start to see you for regular antenatal consultations from 24 weeks. (we can see you as early as 16 weeks if preferred)

We must see you for the following visits:

Monthly visits until 30 weeks

Every two weeks from 30 weeks until 36 weeks

Weekly visits from 37 weeks until birth or 41 weeks

A visit to your doctor/gynecologist at 36 weeks is compulsory. (this is for your account)

Antenatal consultations will be done at Stella Med, by appointment only.

Please contact Elizabeth on 083 3884424 to schedule an appointment.

If private health care is available to you, then we will need you to supply us with a letter of confirmation from your gynecologist, who would be willing to assist in an emergency. This must be at a hospital close by.

We have the services of an ambulance company to help transport mom and/or baby to the nearest hospital should an emergency arise during the labour and birth, for either a caesarian section or neonatal care.

Should you wish to use private health care for your baby instead of a government facility, please register your baby with a medical aid before the birth and provide us with the details.

Fees (cash payments are preferable)

R 400 – for the first consultation

R 300 – for all other consultations

R 13 500 – This includes the use of the birth facilities, the services of the midwife for your birth, a six hour stay post birth and one postnatal visit at the birth house.

The fees are payable as follows:

R 1 000 – Booking fee (non-refundable) to be paid within two weeks after your first appointment. This secures your booking at Stella Med

R 12 500 – The balance of the fee is to be paid in full by 36 weeks of pregnancy

All fees must be paid in full by 36 weeks, before you may use any of the Stella Med services

Additional fees of approximately R 2 000 may be incurred if additional procedures are performed.

Admission criteria

The following criteria need to be met to use our birth house:

- Regular antenatal visits with our midwife
- An uncomplicated pregnancy (no medical issues)
- No medical problems that may have resulted from the pregnancy (eg. high bp, bleeding, decreased foetal movement, prematurity or any other condition that we feel is not safe)
- You must be exactly 37 weeks or more pregnant to give birth
- No previous caesarian births
- No major abdominal surgery or illness

If any of the following occur you will have to be admitted to a hospital to give birth:

- If you need an epidural or meds for pain relief
- If your waters break and the colour is green/brown
- If your waters break and you do not go into labour. You will need an induction.
- If your baby shows any signs of distress
- If you go past your due date and need to be induced
- If your labour is not progressing at any time
- If the midwife feels that you or your baby are in any kind of danger

All these criteria are necessary to protect both mother and baby. They do not happen very often but it is essential that you are aware of these conditions.

Postnatal visit

It is important that we see you 3 to 5 days after the birth to check on mom and baby's well-being.

Baby checkup

We will do a general baby check after the birth, but it is important that a thorough medical check is done by a doctor or pediatrician within the first week of birth.

Food

This facility unfortunately does not have the resources to provide meals. We urge you to please make your own arrangements. We will however provide you with tea and coffee.

Things to bring:

List of things to bring to the birth:

- Linen savers (Softi or Tens 60 x 90)- 1 packet (12)
- Maternity pads - 2 packets
- Savlon - 250ml bottle
- Cottonwool - large roll
- Paper towel - 1 roll
- Plastic 2L container (for placenta)

Mom:

- Clothes for labour (nighty / t-shirt / loose clothing)
- Comfortable tank top or bra for labouring in water
- Disposable/stretch underwear
- Socks (for labour)
- Toiletries and personal items
- Snacks for labour (dates/soft sweets/energy bars)
- Energy drinks or fruit juice
- Music, candles, favourite cushion, massage oils
- Clothes for after the birth and going home in

Baby:

- Clothes (2 babygros, 2 vests, hat)
- Blankets (1 receiving blanket, 1 warm blanket)
- Nappies
- Wetwipes
- Toiletries (baby wash, shampoo, bum cream)
- Car seat (to take baby home in)
- Surgical spirits/wecesein wound powder