

When does labour start?

The main signs of labour starting are strong and regular contractions or leaking of amniotic fluid.

What should I do?

Get in touch with a midwife at the labour ward by calling the following number:

Tel +41 (0)44 863 23 22 (24 hrs)

How do I get to Spital Bülach?

The hospital is open 24 hrs. Check in at the reception desk. In an emergency, you can drop the pregnant person off at the emergency area (Notfall). Then please park your car in one of the designated parking lots (charges apply).



What to bring: Checklist

Personal documents for hospital admission

- Blood group card
- Allergy card
- Immunization card
- Signed anaesthesia information sheet
- Completed flyer 'Preparation for the birth and post-delivery'
- Documents for registration of the birth (Zivilstandsamt Bülach)
- Toiletries
- Loose t-shirt and socks for labour
- Comfortable change of clothes
- Pyjamas or nightdresses, preferably cotton
- Slippers
- A nursing bra in sufficient size and without underwire (at least 1-2 cups larger)
- Medication that you take regularly
- Cash or credit card for charging your hospital card. You can pay cash-free in the restaurant and kiosk using the hospital card.
- Diary with personal phone numbers and addresses

We recommend that you leave valuables and jewellery at home.