

## GUIDE to CHILDBIRTH at SEIBO HOSPITAL

Since the commencement of practice of obstetrics and gynecology in 1932, more than 130,000 babies have been born over a period of approximately 90 years in Seibo Hospital. We provide medical care to those who have mild to moderate pregnancy complications and deliver 1,400 to 1,500 babies each year.

### Hospital Features

- Experienced doctors and midwives will guide you from pregnancy through childcare.
- In principle, the same doctor will be in charge of your prenatal checkups and you may also book an appointment with a midwife as needed.
- If you prefer a female doctor, you can choose her as your primary doctor.  
\*Please note that a male doctor may examine you in an emergency situation or attend during delivery.
- Epidural analgesia is available.
- We provide language interpretation services.

English : Mon to Sat

French : Mon, Wed & Thu only

Spanish : Mon to Sat

Myanmar : Mon & Fri only

Regarding the OBS-GYN's responses during the COVID-19 pandemic and request for cooperation of pregnant women and families, please click on the link below.

( [① "For pregnant women and their families who are visiting Seibo Hospital"](#) )

## Prenatal care

### (1) Appointments

- 1) To make an appointment, call our appointment center.

Appointment Center: 03-6908-1717

Reception Hours: Weekdays: 9:00 - 16:00

Saturdays (except for 3<sup>rd</sup> week of Sat): 9:00 - 12:30

*\*If you need an interpreter, please call the main number at 03-3951-1111.*

### 2) What to bring on your initial visit

- ① Health insurance card
- ② Foreign registration card
- ③ Passport (for tourists)

Please bring the following items with you if any.

- ④ Obstetrics preliminary questionnaire ([② Click here to download and fill in the form](#))
- ⑤ Seibo Hospital's ID card
- ⑥ Mother and Child Health Handbook
- ⑦ Prenatal checkup coupons
- ⑧ Patient Referral Document and test results, etc. from a clinic/hospital.

### (2) Consultation process

#### ① Registration

Initial consultation: Please present your health insurance card at the "Initial consultation counter or non-Japanese patient counter". Please submit Patient Referral Document and preliminary questionnaire if available.

Follow-up consultation: Please go directly to the automated check-in machine and check in.

- ② General test (blood pressure & weight measurement, urine test)
- ③ Submit your file at the outpatient OBS/GYN counter
- ④ Medical interview (For new patients, the midwife will ask you some questions regarding your symptoms prior to doctor's examination.)
- ⑤ Doctor's examination
- ⑥ Midwife's consultation (when necessary)
- ⑦ Blood test, etc. (when necessary)
- ⑧ Payment



Outpatient OBS/GYN counter



Automated check-in machine

(3) Other

1) Medical fee

- Prenatal checkups: Initial: 6,500 yen, Follow-up: 6,000 yen
- Tests: Fees will be additionally charged

2) Delivery registration

- Please complete delivery registration by around 20 weeks of pregnancy (Fee: 3,000 yen).

3) Emergency contact

- Please consult by phone (Main No.: 03-3951-1111).
- Please tell the operator that "you want to consult the OBS staff".
- Midwife will ask you some questions such as your patient ID No., expected due date and symptoms.
- Please note that if you have not received prenatal care at Seibo Hospital, we may not be able to provide medical care outside consultations hours.

4) Important notes on prenatal visit

- It is advisable to wear clothes that are easy to put on and off.
- Next prenatal care appointment will be made during consultation so prior confirmation of your schedule would be appreciated.
- If you have symptoms of infection such as common cold, please be sure to consult the OBS/GYN staff by phone before visiting the hospital.

At the outpatient OBS/GYN department, entry of an attendant during an examination is currently limited to prevent the spread of infection. Please click on the link below for more information.

[\(3\) "Information on attendance at the OBS/GYN Dept"](#)

[\("HEATH CHECK SHEET" \(4\) For Expectant Mother / \(5\) For Attendant\)](#)

## Childbirth

### (1) Birth plan

- We will ask you about your birth plan during the midwife's consultation before term.
- Birth plan is a good way to think through what you want for your birth and how you want to spend time with your baby, and to communicate your wishes with the doctors and midwives. For example, your birth plan may include your preferences for "I have lower back pain so I want to be kneeling on all fours", "I want to have my pictures taken with carrying my baby in my arms right after birth" and "I want to breastfeed my baby as much as I can".
- You can set a clear goal for childbirth by creating a birth plan. To achieve your goal, let's prepare your mind and body to give birth.

### (2) Epidural analgesia

- If you wish to have an epidural, please inform your doctor by around 34 weeks of pregnancy.
- If epidural analgesia is requested, delivery with the use of uterotonic agents will be scheduled in principal. Information is available upon request ("[Patient information regarding labor pain relief with epidural analgesia](#)" ([⑥ Anesthesiology version](#) / [⑦ OB version](#))).

### (3) Uterotonic agents and Caesarean section (C-section)

- We place emphasis on spontaneous labor and put ultimate priority on the safety of the mother and baby. If there is a foreseeable risk to the mother and baby when letting the nature take its course, either an uterotonic agent will be used or C-section will be performed.
- Please read the patient information documents regarding the use of uterotonic agents ([⑧ "Patient information regarding labor induction"](#)), C-Section before term ([⑨ "Patient information regarding abdominal C-Section"](#))).

We have suspended birth attendance since April, 2020. Once the state of emergency is lifted, we will plan to resume the birth attendance. Further details will be informed on our website. Please click on the link below for more information on birth attendance.

[⑩ "For those who wish to attend at childbirth"](#) [⑪ "Flow of birth attendance by husband \(partner\)"](#) [⑫ "Informed consent for birth attendance"](#)

In the case of Cesarean delivery, only one family member can meet the baby shortly after birth. Please click on the link below for more information.

[⑬ "About the family member meeting the baby after Cesarean delivery"](#)

## Hospital stay after childbirth

### (1) Delivery fees and schedule

- Vaginal delivery: 6 days (including the day of delivery). The cost of hospital stay starts from 700,000 yen (4 people/room). ([⑭ "Vaginal delivery schedule"](#))
- Caesarean delivery: 10days (including the day of delivery). In general, you will have to be admitted into the hospital the day before surgery. The cost of hospital stay starts from 685,000 yen (4 people/room, your co-payment) (from 1,200,000 yen if not covered by insurance). ([⑮ "Caesarean delivery schedule"](#))

### (2) Rooms

- There are shared rooms (4 people/room) and private rooms. We will ask your preference on admission and we will try our best to accommodate your request.
- For the private room, the following costs will be charged separately.

Private room	Ward	Room charge/day
With bath/toilet	Main Bldg.	¥ 23,000
With shower/toilet	New Bldg.	¥ 23,000
With toilet (shared with another patient)	New Bldg.	¥ 19,000
With toilet	Main Bldg.	¥ 17,000
Without bath/shower/toilet	Main Bldg.	¥ 17,000



Private room with shower/toilet



Shared room

### (3) Meals

- Well-balanced meals will be served (Snacks and tea will be served at 15:00).
- On the day before discharge, "Celebration meal" to celebrate the birth of your baby will be served.
- Religious meals such as Muslim and Hindu meals will be served to meet specific dietary requirements.



Celebration meal

(4) Free rental of amenities, and pajamas/towel rentals

- We offer amenities, pajamas and towels free of charge.
- A set of pajamas and towels (face/bath towels) will be provided every day during your hospital stay.



Rental Pajama



Amenities

(5) Rooming-in

- Rooming-in is recommended in our hospital.
- Keeping the mother and baby together in the same room in the early postpartum period will encourage maternal-infant bonding and proceed breastfeeding smoothly.
- The nursing staff will visit the hospital room several times a day during the rooming-in so that the mother can learn how to handle and care for the baby without stress.

(6) Nursery room

- Pediatricians and midwives/nurse in charge of the nursery room will take care of babies.

(7) Hearing test for newborns

- Newborn hearing screening is available upon your request.
- Please be advised that the fee for this screening is 8,800 yen, which is not covered by insurance. In some municipalities, a portion of the fee may be subsidized (maximum of 3,000 yen). If you have an application form for newborn hearing screening\*, submit it to the nursery room after delivery.

\*The application form for newborn hearing screening will be provided together with the Mother and Child Health Handbook.

(8) Blessing ceremony

- It is a ceremony that the baby receives abundant blessings from a priest on behalf of God. If you wish to have the blessing ceremony, please inform us during your hospital stay.

\*Currently, no blessing ceremony will be performed to prevent hospital-acquired infection. Instead, we can arrange a time to pray for the growth and health of your baby with our sister. If you wish to set the time for this, please ask the nursing staff during your hospital stay.

(9) Gifts

- You will receive gifts from the hospital including nursing cushion, baby dress, late-night snacks, wooden box for the baby's umbilical cord, and wristband with your deliver number.

## After discharge

(1) Two-week postpartum checkup

- At the “two-week postpartum checkup”, the midwife will give advice on breastfeeding and childcare.

(2) One-month postpartum checkup

- Mother: Examination by your obstetrician (checkup fee: 6,000 yen). You may consult with a midwife.
- Baby: Examination by a pediatrician (checkup fee: 6,000 yen).

(3) Consultation by phone

- Mother: Midwife will give advice on your postnatal care.
- Baby: Nursery nurse will give advice on how to care for the baby prior to the 1-month checkup.

(4) Lactation services for outpatients

Please do not hesitate to consult with us if you have symptoms of mastitis or if you worry that the baby is not getting enough milk. The midwife will answer to your question regarding breastfeeding problems.

- Date: Mon to Fri (except holidays) 14:30 to 15:30 (by appointment only)
- Place: Outpatient OBS/GYN department
- For appointment: Please call the outpatient OBS/GYN during consultation hours.
- What to bring: Two lightweight face towels, Mother and Child Health Handbook, Patient ID card, health insurance card
- Fee: 4,000 yen (5,000 yen if outside consultation hours)