Curaçao **Medical** Center

Expecting New Life

Information from the Department of Obstetrics and Gynecology (C2)

September 2025

Sirbi ku amor

1 Gynecologists

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Contact 2

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+5999 735-1755

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Note:
For obstetric complaints or pregnancy questions **DO NOT CALL HAP**

3 Department

Obstetrics	**10 beds**
Gynecology	**10 beds**
Recovery	**3 beds**
Delivery room	**4 beds**
Treatment room	**1 beds**

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General 4

Delivery room

- 2 people allowed
- Cannot make changes

Family time

- Patient can receive companion between 11 AM - 8 PM
- 2 people simultaneously in the room

5 Payment process

Patients without SVB
Deposit must be paid

Insured via Guardian Group/ Citizens Insurance
Insurance pays 80%.
Patient pays 20% + deposit of Naf 2.500

Payment plan
Patient pays half of the deposit of + Naf 500 per month. This can start from the first consultation

More information:
debiteuren@cmc.cw

Going home 6

Departure documents:

- Child registration document
- Family doctor's letter
- Hearing test letter
- Postpartum care
- Child check-up center
- Information vitamin D
- Heel prick for baby

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Content

Route ..... pg. 1

Stay ..... pg. 2

Mommy bag

Baby bag

Delivery ..... pg. 3

Labor symptoms

Painkillers

Contact

Postpartum Care ..... pg. 6

Self-care

Rooming In

Transition

Discharge/ C-section

General Information ..... pg. 7

Vitamin D

Insurance card

Ronald McDonald House Charities ..... pg. 8

About RMHC

Program and Service

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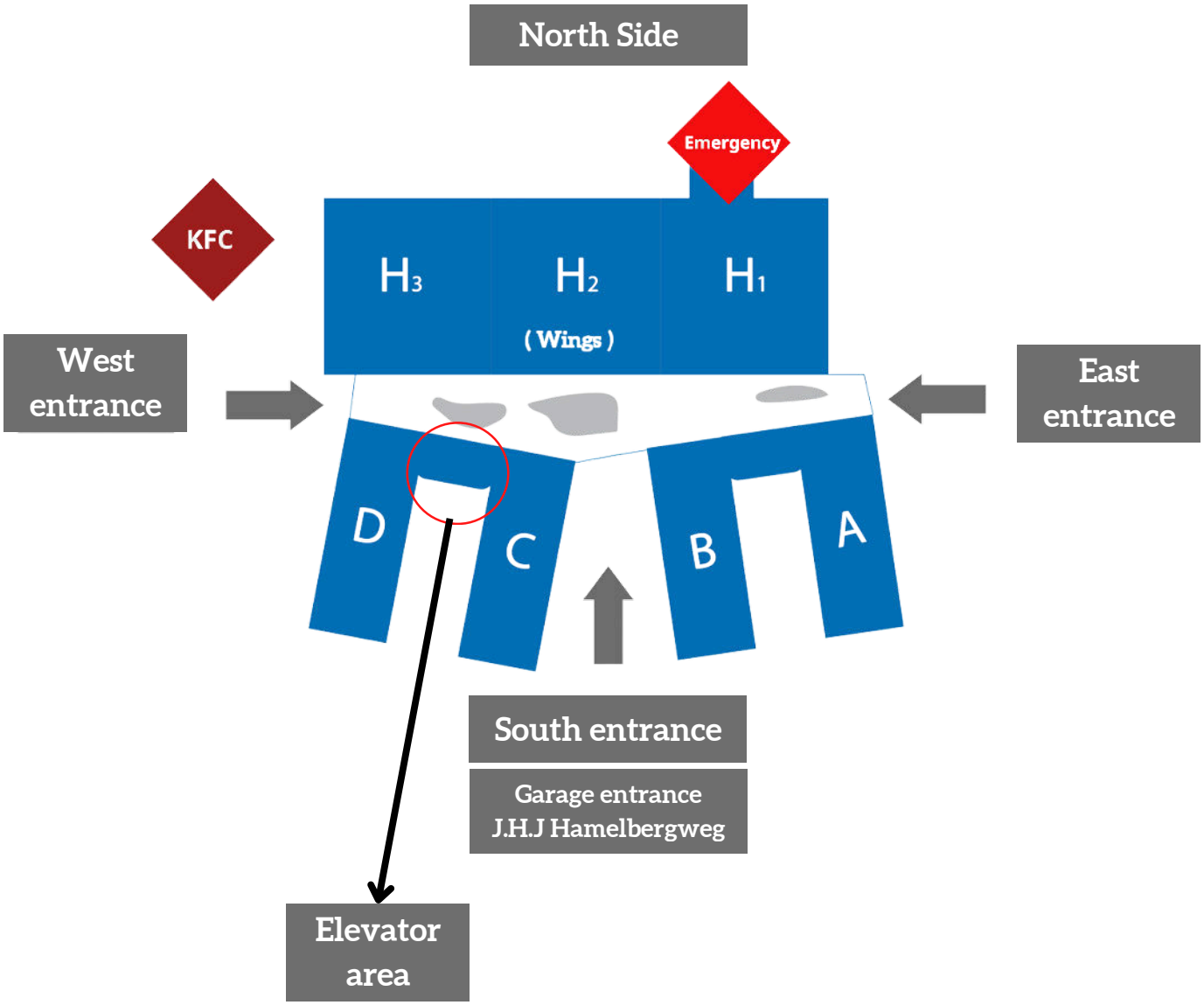
Route



Guide

- Use the hospital entrance that is most convenient for you
- Use the elevator between wings C and D indicated by the red circle
- Press level 2
- Exit the elevator and turn left to enter the waiting room
- Turn left again and walk straight to the back
- In case the doors are closed, use the wall intercom

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Hospital Stay

Hospital bag for mom

- [ ] Pajamas
- [ ] Underwear (min 1x day)
- [ ] Breastfeeding bra
- [ ] Socks
- [ ] (Long sleeved) Tops
- [ ] Long pants
- [ ] Flip flops
- [ ] Hygiene products
- [ ] Menstrual pads
- [ ] Towel
- [ ] Breast pump
- [ ] Adapter plug (110 --> 220)
- [ ] Legal permits (foreign patient)
- [ ] Identification (Sedula/ Passport)
- [ ] Insurance card
- [ ] Hospital Card

Hospital bag for baby

- [ ] Romper
- [ ] Pajamas
- [ ] Socks
- [ ] Hat
- [ ] Thermometer (digital)
- [ ] Thick swaddle blanket

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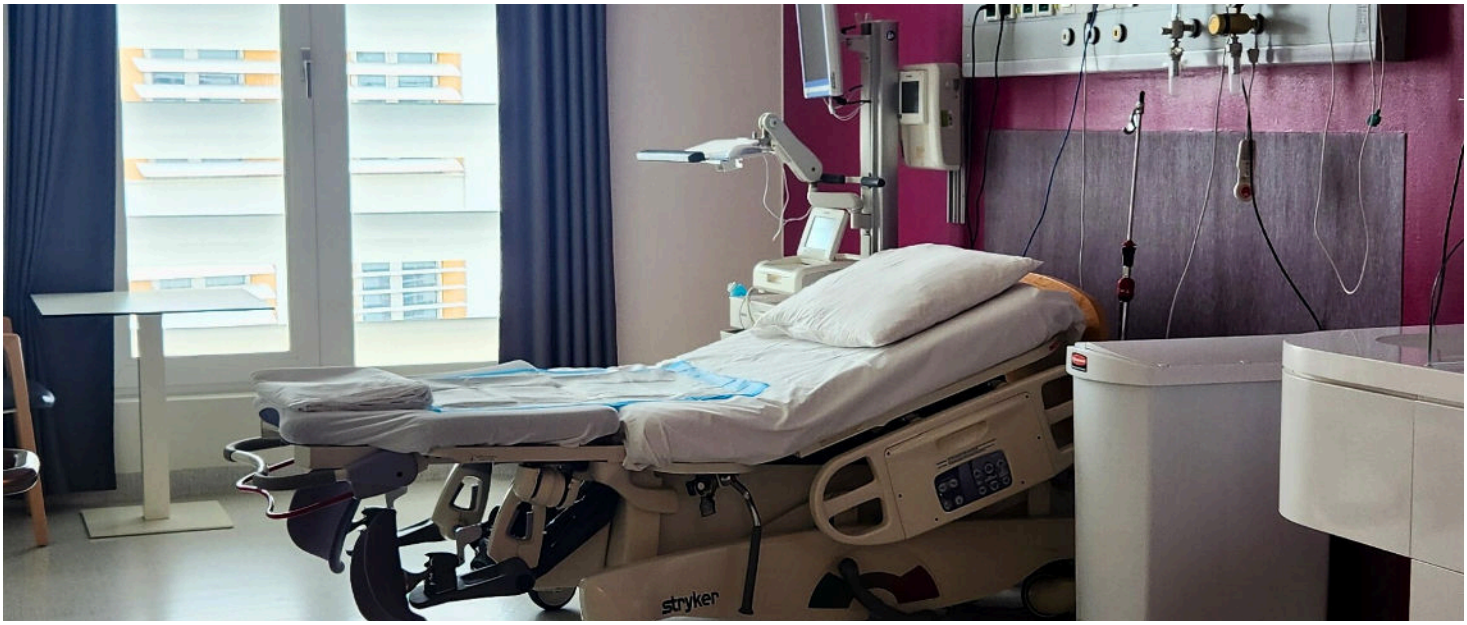

Delivery

Labor symptoms

- Vaginal discharge with blood spots
- Lower back pain
- Fluctuating pain similar to menstrual pain
- Diarrhea
- Sudden flow or a slow leak of fluid from the vagina when the water breaks or membranes tear

  The water is transparent or slightly pink. Green or bloody color may indicate problems with baby, so contact doctor or hospital immediately.
- Feeling of vomiting
- Braxton Hicks - Fake contraction

Painkillers

- Breathing exercises
- Position change: move
- Massage/ Bath
- Support from your partner/ mother/ other family member or friend (maximum 2)
- Pain relief medication
  - Tramadol injected inside thighs
  - Back epidural

Delivery

Contact

When to contact the department of obstetrics / gynecology?

- When water breaks
- In case of abdominal pain that keeps coming regularly (every 3 - 4 minutes)
- In case of experiencing bleeding
- Baby moves less
- Experiencing anxiety attacks
- When at home with bladder inserted and it comes out

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Postpartum Care

Self-care

- Urinate every 2 hours
- Change pads every 2 hours
- Walk around with the baby
- Physical contact with the baby
- Breastfeed the baby

Rooming In

Based on international standards, CMC practices rooming in. This means that babies stay as close to the mother as possible. Baby separates from mother only if necessary.

Transition

There are certain cases where newborns cannot go home with mother.
Cases such as:

- Infection
- Difficulty breathing
- Diabetic mother
- High bilirubin

Infant(s) are transferred to pediatric department (D2) or Neonatal Intensive Care Unit (NICU).

Postpartum Care

When going home

- For 6 weeks you cannot:
  - have sex
  - use tampons
  - swim
- Make an appointment with your gynecologist for after 6 weeks
- Contact us if you have:
  - fever
  - a lot of abdominal pain/ severe bleeding
- Contraceptives:
  - oral contraceptive (at “famia plania”)/ implanon/ IUD/ tubal ligation or use condoms
- Vitamin D for the baby

C-section

- Preferably get pregnant again after 1 year
- No heavy lifting (>10kg) during the first 4 months.

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General Information

Vitamin D

Vitamin D is important for bone growth and development. It is also important for strong teeth, good muscle function, and endurance. It is recommended that infants and children up to 4 years of age take extra vitamin D. They do not get sufficient vitamin D from only food or sun. Although there is a lot of sun in Curaçao. Scientific studies show that it's important to give children between 0-4 years who grow up in tropical climates extra vitamin D.

Recommendation of pediatricians

Give your baby 400 IW of Vitamin D once a day. Start when the baby is 1 week old and continue until the baby is 4 years old.

**The information on the package of vitamin D indicates how many drops it contains.*

Insurance card

1. Register the baby at 'Kranshi'

2. With the 'Kranshi' registration paper (birth certificate) you go to the SVB office to register the child. **Also carry;** ID or proof of registration: marriage book or family book; proof excerpt from the "basisadministratie persoonsgegevens" (available at Kranshi). You will receive a SVB card for the child.

3. With Kranshi paper + the child's insurance card, you will come to the CMC registration desk to register the child as soon as possible or you can mail the information at registratie@cmc.cw

Ronald McDonald House Charities (RMHC)

About RMHC

- Operates with the assistance of volunteers
- Supports families of very ill, injured or hospitalized children
- Helps between 1.500 to 2.000 families annually
- Services are not limited to hospitals
- Extends its reach even further to families whose children receive outpatient care and also addresses other challenges faced by parents of very ill or injured children

Program and Service

- Family Support Group
- 3 overnight rooms for families
- Hospitality Cart Program
- Room for breastfeeding mothers
- Family Centered Care Conferences
- Medical treatment abroad
- Pilot program for local transportation
- Pediatric department appropriate for children

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IMPORTANT

Contact the department of Obstetrics and Gynecology (C2) in case of:

- Severe pain
- Fever
- Intense vaginal bleeding
- You feel the baby is moving less

745-0041