

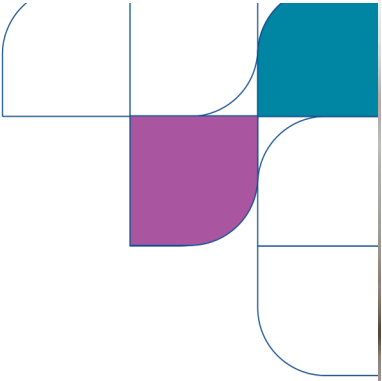


crestcare

ZOUTPANSBERG

Welcome to a new journey of care for
Mother & Baby at Crestcare
Zoutpansberg Hospital!

We're here to walk with you as we prepare
for your baby's arrival, together.



Contact Crestcare Zoutpansberg Hospital

Email: queries.czh@crestcare.co.za

Address: 47 Joubert Street, Louis Trichardt, Limpopo, 0920

Hospital Contact Number: +27 (0)15 250 55 55

24 Hour Emergencies: +27 (0)15 250 5063

Website: www.crestcare.co.za



Thank you for choosing Crestcare
Zoutpansberg Hospital as your team
for the birth of your new baby.

**At Crestcare, we put
people at the heart
of healthcare.**

Your Antenatal Bookings

Taking place at Crestcare
Zoutpansberg Hospital:

**When you book your birth at our hospital,
you receive the following:**

1 x free Antenatal Sessions PLUS gift for mother
1 x free Support for Mother & Baby Sessions
PLUS gift for baby

1. Book Hospital Bed (at 25 weeks)

Date: _____

2. Book 1st Antenatal Session (after 25 weeks)

Date: _____

3. Support for Mother and Baby Session will be confirmed after birth

Date: _____

*** Remember to ask about our maternity payment plan**

**** Remember to confirm your medical aid authorisation number**

IN CASE OF EMERGENCY, PLEASE CALL OUR 24-HOUR
ACCIDENT & EMERGENCY UNIT ON 015 250 5063

Now that you're booked in, let's get planning!

Here's what to bring to hospital for birth.

For Mother:

(Pack in moms bag)

- ☐ Towels
- ☐ Pyjamas
- ☐ Gown
- ☐ Slippers
- ☐ Toiletries
- ☐ Face Cloth
- ☐ Maternity Sanitary Towels
- ☐ Cellphone
- ☐ Charger
- ☐ 2-Point Plug Adaptor

For Baby:

(Please pack a separate bag)

- ☐ 3 sets of clothes
- ☐ Face Cloth
- ☐ Blankets
- ☐ Disposable Nappies
- ☐ Aqueous Cream
- ☐ Surgical Spirits
- ☐ Wetwipes
- ☐ Cotton Wool

Congratulations!

Here's Your Guide To Registering Your Newborn
At Department Of Home Affairs...

YOU WILL NEED THE FOLLOWING:

- ☐ Copy of Marriage Certificate
- ☐ Copies of Identification Documents of both parents
- ☐ A Name & Surname for the baby
- ☐ Road to Health Chart (Dept. of Health)
- ☐ DHA-24 Notice of Birth (Will be completed by midwife)

Your Post-Partum Booking

(Taking place at Crestcare Zoutpansberg Hospital):

SUPPORT MOTHER & BABY SESSIONS

This session will be confirmed after birth

Book Session (6 weeks)

Date: _____

Crestcare Nappy Bag

Our new Crestcare Nappy Bags are packed with love and filled with essentials for those precious first few days with baby:



This bag includes:

- Backpack
- Baby wet wipes
- Bum cream
- Breast pads
- Nipple cream
- Mini grip bags
- Nappies

