

# Pregnancy / Childbirth

Pregnant women do not need to pay for the necessary examinations themselves. Childbirth related costs are also covered by basic health insurance. Following childbirth parents are offered free counseling.

## Pregnancy and Childbirth Services

Medical services related to pregnancy or childbirth are covered by basic health insurance (Grundversicherung). This includes regular check-ups preceding childbirth, childbirth itself, as well as necessary care following childbirth. Pregnant women are advised to consult a doctor or midwife early on. Hospitals and midwives offer prenatal classes (Geburtsvorbereitungskurse). There are special classes for immigrants. Childbirth may take place in hospital, in a birth centre, or at home.

## After Childbirth

In Switzerland it is common for parents to seek advice following childbirth. The information centre for mothers and fathers (Mütter- und Väterberatungsstelle) is useful. It offers information regarding the baby's development, nutrition, and care. Consultations are free of charge. A doctor or midwife will inform parents about necessary follow-up examinations. It is very important that the child be insured against illness and accidents within the first three months following birth (basic health insurance, accident insurance). Ideally, this is done before the child is born.

## Vaccinations

It is recommended that children be vaccinated against certain illnesses in time. Vaccinations are, however, not compulsory. The costs of recommended vaccinations are usually covered by basic health insurance. A paediatrician or information centre for mothers and fathers offers additional information on the subject.

## Abortion

Abortions are legal in Switzerland during the first 3 months of pregnancy. After the 12th week of pregnancy an abortion is an option only if the patient's physical and/or mental health is endangered. Whether or not this is the case must be evaluated by a doctor. Women considering abortion are offered free counseling. Young women under the age of 16 must consult a specialized counseling centre. The cost of medical care will be covered by basic health insurance.

**Additional information (links, addresses, information sheets,  
brochures)**

[www.zdravo-aargau.ch/en/health/pregnancy--childbirth](http://www.zdravo-aargau.ch/en/health/pregnancy--childbirth)