Having A Baby in Hungary

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About the author

Hi! My name is Réka Morvay, and I am a psychologist, doula, childbirth educator, and lactation consultant. I’m the founder of the Budapest Moms community. I also have two daughters, as you can see. 😊

I started as a psychologist. I have a B.A. in Psychology from UC Berkeley, and a Master’s degree in Psychology from Cornell University. I was training to be a research scientist, and my area of specialization was human reproduction.

When I moved back to Hungary in 2001, I first spent 3 years teaching English as a foreign language, and then I decided to use my university degrees and retrained as a psychotherapist through Semmelweis University and the Hungarian Cognitive and Behavior Therapy Association (VIKOTE).

While I was completing this 3-year program, I had my two daughters and fell hopelessly in love with pregnancy, childbirth and breastfeeding. I started working with pregnant and breastfeeding women in 2007. Over the intervening years, I was certified as a lactation consultant (IBCLC), a childbirth educator and a doula. I am currently enrolled long distance in the Midwifery College of Utah.

This book stems from a class I teach by the same name; Having a Baby in Hungary. It is the culmination of more than 6 years of experience teaching foreigners about their options surrounding birth in Hungary.

I make every effort to keep this information up to date and accurate, and I rely on feedback from mothers to do this. If you notice an error or an inaccuracy, please do not hesitate to contact me so I can correct it.

Disclosure: I am currently employed by one of the private clinics; FirstMed. And I am currently studying to be a home birth midwife. (My employer does not support home birth, so at present, I am not able to attend home births.) Both of these facts may have colored the information presented in this book, though I made every effort to remain objective.
In addition to writing this book, I have lots of services specialized to pregnancy, birth and the breastfeeding period. If you have any questions, please do not hesitate to contact me! My contact info is at the bottom of every page.

**Childbirth classes**
Cost: HUF 5100 / class / woman or couple
Location: FirstMed Center: 1015 Budapest, Hattyú u. 14. 5th floor.
Classes: Last Month of Pregnancy; How Does Labor Start; Stages of Labor; Pain Management & Labor Variations; Newborn Care; Breastfeeding; Planned Cesarean; Vaginal Birth After Cesarean; Birth Movie

**Prenatal or postpartum consultations**
Cost: HUF 10 200 / session
Location: FirstMed Center: 1015 Budapest, Hattyú u. 14. 5th floor.
Topics: Questions about being pregnant or giving birth in Hungary, working through fears and concerns, getting answers to specific questions.

**Attending your birth**
Cost: HUF 76 500
Location: Any hospital of your choosing in Budapest.
Services: Being on call 24/7 and available to answer your questions 3 weeks before and 2 weeks after your birth. Accompanying you to the hospital, helping you communicate with the staff, being present at your birth, providing physical and emotional comfort measures, ideas and suggestions to make you more comfortable, remaining with you after the birth until you are comfortably settled and all your questions are answered, returning to visit you at the hospital, helping to initiate breastfeeding and answering your baby care questions.

**House calls**
Cost: HUF 15 300 / visit
Location: Anywhere in or around Budapest!
Topics: Prenatal education in your home, postpartum visits to help you answer breastfeeding and basic baby care questions.
**Counseling**
Cost: HUF 10 200 / hour
Location: FirstMed Center: 1015 Budapest, Hattyú u. 14. 5th floor.
Topics: Depression, anxiety, relationship or cultural adjustment difficulties.

**Translating / interpreting**
Cost: HUF 15 300 / occasion
Location: Anywhere in and around Budapest
Service: Translating / interpreting for you at medical offices, védőnő offices, social worker offices. Whatever baby or pregnancy related interpreting service you need, I can accompany you and help you communicate.
Congratulations on your pregnancy!

If you're newly pregnant and unfamiliar with the Hungarian health care system, you might wonder what your options are in this country for prenatal care and giving birth.

In this book, I have attempted to compile the information you might find useful.

You will find general information about the way Hungary’s maternity system is structured in the body of the book. The appendices contain specific contact and pricing information. Please note that the appendices are the most time-sensitive part of this book, and are often updated to reflect current information.

Maternity care differs greatly between countries. If you’ve already had a baby in another country, you will find that the Hungarian system is different. Even if you had previous babies in Hungary, things change quite frequently as regulations change, hospitals close or are merged, and prices fluctuate.

Pregnancy and becoming a parent are also a time of great change and fluctuation for you and your partner. Find your support network (your “tribe”) and gather all the information you feel necessary to make decisions that are right for you.

No one knows better what is right for you than you!
Where can I get prenatal care?

There is a separation between who provides your prenatal care and where you actually give birth. These are usually separate services provided by separate institutions, even if your care provider (doctor) remains the same in both places.

In general, your four options are using the Hungarian socialized health care system, seeing a private doctor, using a private clinic or seeing a home birth midwife.

The Hungarian public health care system

See Appendix A for a list of public clinics and their contact information.

This means you go to a public clinic (szakrendelő) and see the obstetrician on duty for your prenatal visits. Your prenatal care will be coordinated by your health visitor (védőnő), the obstetrician at the clinic, and your general practitioner. Between the three of them, they will send you to all the appropriate lab tests and exams. When it is time to give birth, you go to your local hospital and give birth with the staff on duty there.

How much: If you have the Hungarian state health insurance (TB or társadalombiztosítás, the ID card for which is called a TAJ card), everything will be free for you, though you may be expected to tip. If you do not have Hungarian health insurance, a visit will cost you around HUF 3-5000, not including lab fees.

Considerations: This is your cheapest option, but the care and treatment you receive is unpredictable. Many doctors speak English, but most other staff doesn’t. Public clinics can appear shabby and worrisome to someone used to American or Western European standards. Waiting times can be long, and staff can be surly.

A private obstetrician in his or her office

Please see Appendix B for a list of obstetricians who speak foreign languages.

To be clear, this may be the same doctor who works in a public clinic or the public hospital, it’s just that he or she may have their own private office where they can legitimately charge you money. Using this service means you go to a doctor’s private office (magánrendelő),
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usually a converted apartment somewhere downtown, with basic medical equipment and an ultrasound. This doctor will then coordinate your prenatal care and send you for all the lab tests he or she deems necessary. Most likely, you will be sent to a public hospital to get your lab work done; the only procedures they can perform on site are a basic ultrasound and a urine dip stick test. You will most likely NOT get an invoice for the money you pay unless you very specifically ask for it. The quality of the offices will vary widely, as will waiting times and your impression of their service. If you keep on seeing the same doctor in their private office for all your prenatal visits, it is usually understood that they will attend your birth. However, attending your birth carries a separate fee and you should not be shy about asking how much that is. “Designating” a doctor in this way is completely informal; a matter of a verbal agreement between the two of you and does not involve a written contract.

You need to be aware that when you choose a doctor, you are also choosing a hospital. Most doctors have privileges to work at only one or two hospitals. Hospital facilities and their philosophy towards birth vary a great deal, and the doctor is always constrained by the unique protocols at his or her hospital. It is very important that you gather as much information as you can about the hospital where your designated doctor works. You also need to be aware that your obstetrician will be the decision-maker for your birth, but that the hospital’s neonatologist (doctor specializing in newborns) will be the decision-maker for your baby. That means if you have specific wishes concerning your baby, these will have to be discussed with the neonatologist and the baby nurses, not your obstetrician.

How much: A visit with a private obstetrician will cost you about HUF 10,000-15,000 each time. Their fee for the birth is usually 10 times the visit fee. If you have Hungarian health insurance, it will cover the lab fees and the hospital fees for the birth, but not your doctor’s fees.

Considerations: Designating a doctor gives you more control over what happens to you at your birth, since you will have an opportunity to get to know your doctor and let them know your wishes concerning your birth. Doctors’ private offices are usually more pleasant than the public clinic. Despite going to a doctor’s private office, you may still have to deal with long waiting times. It is not uncommon for private doctors to habitually run an hour or more behind schedule. Call their office before you leave for your appointment to find out how late your doctor is running, so you can minimize wait times.
A private clinic or hospital

See Appendix C for a list of private clinics and hospitals providing prenatal care.

See Appendix D for pricing information.

There are several private clinics and hospitals around Budapest, some of which cater specifically to expats and thus have English-speaking staff. Many of them have developed prenatal plans or packages that offer a substantial discount on the price of prenatal care as compared to paying for all the visits and lab tests separately. Please note that even their package rates are still much more expensive than visiting a private doctor as discussed in the previous section. The prenatal package does not include hospital fees or the doctor’s fees for the birth. If you have private insurance, and the clinic provides direct billing services, you will never have to deal with payment. If you have private insurance, but no direct billing, you will have to pay out of pocket first, and then follow your insurance company’s instructions to be reimbursed.

Clinics have doctors on their staff you can choose from, and they may also have an agreement with a particular hospital where their doctors can go to attend births, or you can opt to go to a public hospital, provided their doctors have privileges there. The prenatal packages may include more lab tests than what is usually included in the standard Hungarian prenatal protocol. Most clinics have the added convenience of doing the lab work on site, so you only have to go to one place for all your prenatal visits and tests, and be reasonably assured that everyone speaks English.

How much: Prenatal care packages at private clinics range from HUF 200 000 to EUR 5000. Please see Appendix D for up-to-date pricing information.

Home birth midwife

See Appendix E for a list of English-speaking home birth midwives.

As of 2012, home birth is completely legal in Hungary. (Previously, it was legal for the birthing woman, but unregulated for the care provider.) If you choose a home birth midwife as your care provider, you will still need to see an obstetrician who can refer you to get your
lab work done.\textsuperscript{1} It is also a good idea to have a backup obstetrician in case a hospital transfer becomes necessary, as few home birth midwives have hospital privileges to continue your care after a transfer. They usually stay with you and continue to support you after they transfer your care, however.

At the writing of this guide, there are 4 licensed home birth midwives working in Hungary, four of them in Budapest and one near Szeged. There are also about a handful of others who are experienced home birth care providers, but do not (yet) have a license. Appendix E lists all English-speaking home birth midwives, both licensed and unlicensed. It is your responsibility to check their licensing status.

**How much:** Home birth midwives charge between HUF 50 000 and HUF 160 000, and that includes prenatal care as well as attending your birth and several post-partum visits. The fee does not include lab work, hospital fees (in the event of a hospital transfer), or the fees for your backup obstetrician.

**Considerations:** Home birth may be legal in Hungary, but it is not widely accepted. You may run into administrative complications registering the birth, and you may encounter disapproval from other health care providers.

\textsuperscript{1} There is legislation underway to allow midwives to provide prenatal care, but it has not been approved or implemented yet.
How to choose a care provider

Rapport

Giving birth works best in an environment of trust and relaxation because your body will slow down or even stop labor if you are feeling tense or nervous. The most important thing for you to consider about your care provider is whether you would feel comfortable and safe in their presence when you are at your most vulnerable. Trust your instincts – if there is even a slight, niggling feeling about your provider, it is better to switch and find one you feel completely comfortable with. Consider that you will be naked, in pain, and in an altered state of consciousness in front of this person. In general, it is a good idea to carefully think about the people you will be inviting to your birth, and choose only those who pass the “would I feel comfortable throwing up in front of this person?” test.

Birth philosophy

It is important to realize that there are enormous differences in the philosophies and approaches of care providers. That such a difference exists between obstetricians and home birth midwives hardly comes as a surprise. Obstetricians tend to follow the medical model of care, whereas the midwives follow the midwifery model of care. But even among obstetricians, there are very important differences. Some doctors believe in actively managing your pregnancy and birth, performing more tests rather than less, and generally viewing pregnancy and birth as something to be controlled and closely monitored for best results. On the other hand, some care providers are content to let nature take its course, perform as few tests as possible, and interfere only when they perceive a problem, not preemptively.

There is no right or wrong approach; there is only the approach that suits your personality best. Here are some questions you need to ask yourself when considering who to hire to oversee your birth:

- Do you believe that nature or modern science knows best? (I.e., would you feel better with the minimum of medical intervention at your birth, or do you want your
care provider to take advantage of every test and procedure to safeguard your pregnancy and labor?)

- Do you have a relationship of trust with a particular care provider, or are you more concerned about the environment in which you’ll be giving birth? (I.e., would you follow your care provider to the ends of the earth, or is it more important that the hospital have a birthing pool and a policy to let women use it?)

- Do you have very definite ideas about your birth, or would you like your care provider to make all the decisions? (I.e., do you want to get involved in the decision-making, or would you prefer to let your care provider handle everything?)

- Does your doctor’s hospital have the kind of facilities that are important to you? (E.g., a neonatal intensive care unit or a birthing pool.)

There are no right or wrong answers to these questions, they are meant to serve as a starting point for thinking about what’s important for you.

Workplace

Doctors usually have privileges to work at only one or two hospitals. In essence, if you choose a doctor first, you are also choosing a hospital. There are major differences between hospitals in terms of their policies and approach to childbirth, as well as in their facilities. Please see the section *What’s the difference between hospitals?* for more information.

Can I get my prenatal care from one doctor and give birth with a different doctor?

The short answer is yes, but make sure the obstetrician who provided your prenatal care understands this.

In some countries, it is considered normal to get your prenatal care at the local clinic, then when you are in labor, to simply go to the hospital and be attended by the staff on duty. In Hungary, if one doctor provides your prenatal care, this doctor will probably expect to be called to your birth. If you do not let your doctor know that you are going with someone else for your birth, it can be perceived as rude or a sign that you are unhappy with the service provided. If you have been seeing the same obstetrician throughout your pregnancy, but are thinking of using the doctor on duty at the hospital for your birth, make sure you let your doctor know in advance to avoid unpleasant misunderstandings.
Do I really need a doctor for my prenatal care and birth?

Yes, you do. In Hungary, hospital midwives are not qualified to provide prenatal care or attend births independently. Home birth midwives have been trained and have experience providing prenatal care, but most of them do not have privileges to work at hospitals. (Please see the section What’s the difference between a hospital midwife and a home birth midwife? for more information.) So you cannot choose a home birth midwife to provide your prenatal care and then attend your hospital birth.²

In many countries, midwives are independent care providers for healthy, low-risk women in their pregnancy and during childbirth and doctors are only called in for complications. In Hungary, if you are planning a hospital birth, prenatal care may only be provided by a doctor, and your labor will be supervised by a doctor at the hospital. The doctor at your birth, whether your own private obstetrician or the one on duty, outranks the midwife at your birth, whether it’s your own private midwife or the midwife on duty.

Where can I give birth?

See Appendix F for a list of all hospitals with birth services.

You can give birth at public or private hospitals or at home. At present, there are no birthing centers in Hungary.

Public hospitals

Hungarian public hospitals provide excellent medical care, but usually have less than stellar customer service and may look a little scary if you are used to Western European or American hospitals. In other words, they look run-down and old. They are also understaffed, and the staff may be tired and impatient. Although delivery rooms are private, you only stay there for an hour or two after giving birth. Afterwards, you will be moved into a shared maternity room, unless you request a private room. Most rooms in the maternity ward are shared between 2-7

² With the exception of Felicia Marki-Zay, who is a home birth midwife with privileges at Jahn Ferenc Dél-Pesti hospital.
mothers. Private rooms are available at all public hospitals, but operate on a first come, first serve basis. You will need to let the staff know when you arrive to give birth that you are interested in a private room after the birth. If there is one available, you can be moved there after giving birth. If all the private rooms are occupied, you will be put on a waiting list, and you’ll be moved into a shared room first, then moved into the private room when it becomes available. Private rooms cost around HUF 12 000 a night, and are not covered by Hungarian health insurance.

A note about rooms

What’s all this about private rooms and shared rooms, delivery rooms versus maternity rooms? Isn’t there just the one room?

If you come from the United States, you may reasonably expect that when you are admitted to the hospital for your birth, you will be shown to a room where you will labor, give birth and stay until you are released home with your baby.

Not so in Hungary.

Though practices differ from hospital to hospital, in general you can expect to have to switch rooms several times during your stay at the hospital, lugging your belongings with you from place to place. Below is a sample “route” from room to room at a public hospital. Private hospitals usually involve fewer rooms. Keep this in mind when you are packing your belongings for the hospital.

Room 1
When you first arrive, you are taken to an exam room for a vaginal exam. This of course will be private.

Room 2
Afterwards, you are taken to another room for a 20-minute monitoring of your contractions. This room will probably have several monitors set up and will be shared among 4-6 women.

Room 3
If it is decided that you are indeed in labor, you are admitted to a delivery room where you will labor and give birth. Delivery rooms are always private (in Budapest, though there may be shared ones in countryside hospitals), but there are a limited number of them per hospital, so if they are busy, you might find yourself on the corridor or in the shared
monitoring room in your early labor until a delivery room becomes available.

**Room 4**

After you’ve had your baby, you and the baby will be moved to a maternity room. Maternity rooms are usually shared between 2-7 women at public hospitals. Private hospitals tend to have single rooms, though some have doubles. Visiting policies for the maternity rooms are quite different from hospital to hospital. Some do not allow any visitors (not even the father) inside the maternity rooms.

You can expect the majority of doctors at a public hospital to speak some English, but none of the nursing or administrative staff.

You can also expect to have to take a lot of supplies with you, as public hospitals provide only the barest of essentials, and sometimes not even those. You will get a bed with sheets, a pillow and a blanket, and 3 very basic meals a day. You will need to bring your own clothes, towels, sanitary pads, toilet paper, soap, utensils and cups for yourself, and diapers and clothes for your baby. (Please see Appendix G for a recommended packing list for Hungarian public hospitals.)

If you are paying out of pocket (i.e., you have no Hungarian health insurance), you can expect to pay between HUF 200 000 to HUF 300 000 in hospital fees, depending on what tests and procedures and medications were used during your delivery and how many nights you had to stay. Public hospitals require you to stay 72 hours after your birth if there are no complications, and longer if there is something wrong with you or your baby.

**Private hospitals**

Private hospitals look a great deal nicer than public hospitals, but often provide a much more limited range of medical services. While all private hospitals have an operating room, so they can perform a c-section if it becomes necessary, none of them have a neonatal intensive care unit to take care of babies that require more than standard incubator care. If your delivery becomes more complicated than can be solved by a c-section, if you or your baby require intensive care, you will be transferred by ambulance to a public hospital.

Delivery and maternity rooms are of course private, and your partner can stay with you. Private hospitals provide 3 meals a day, often from a nearby restaurant, so quality is a great deal better than at public hospitals. They also provide all hotel services necessary for your
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stay, including bedding, towels, soap, utensils, toilet paper, pads, hospital gowns for you, diapers and clothes for your baby.

You can expect most of the doctors and the administrative staff to speak English at a private hospital, but not necessarily the nursing staff. Often, the nursing staff will speak only basic English, or not even that.

Private hospitals do not accept Hungarian state health insurance. If you have no private insurance that covers your hospital delivery, you will need to pay out of pocket. The cost of giving birth at a private hospital ranges from HUF 250 000 to EUR 10 000 and may not include your doctor’s fee for the delivery. Please see Appendix H for up to date pricing information.

Home birth

If you wish to give birth at home, there are a number of criteria in the regulations about which homes qualify for a birth at home. Running hot water and basic sanitation come as no surprise. But you also have to be within 20 minutes of a hospital, and you are required to ensure that you have a pediatrician who will accept responsibility for your baby’s medical care after the 3rd day. Your midwife will provide postpartum care for you and your baby in the first 3 days, bringing a neonatologist (a doctor specialized in newborns) within the first 24 hours after your birth.

Your midwife will give you a list of items to purchase before your birth, but she will bring all the medical equipment necessary, such as IV equipment, resuscitation equipment, medications to manage complications, etc.

Home birth practices range between HUF 50 000 to HUF 160 000 for providing their services. This fee includes all your prenatal care, attending your birth and providing 3 days of postpartum care.
What’s the difference between hospitals?

Each hospital has different policies. Some of these differences include:

- Some hospitals will require you to move in to the hospital as soon as you reach your due date. Some hospitals are willing to wait 2 more weeks before they induce. Most hospitals allow you only 1 week after your due date before induction.
- Some hospitals allow more than 1 person with you in the delivery room. Most allow only your partner, and some hospitals have policies restricting when and where your partner can be present.
- Some hospitals allow you to labor with very little intervention from the hospital staff. Most hospitals will want to insert an IV and start monitoring and examining you continuously after you arrive.
- Some hospitals let you move around during labor and choose your own position for pushing. Most hospitals want you to lie down for labor and be on your back for pushing.
- Some hospitals don’t do episiotomies on all mothers. Some hospitals do.
- Some hospitals allow their obstetricians to administer epidurals. Most hospitals have an anesthesiologist in house for administering epidurals. Some hospitals have anesthesiologists only on call for administering epidurals.
- Some hospitals have gas and air (laughing gas), most don’t.
- Some hospitals have a 20% c-section rate. Some hospitals have a 70% c-section rate. Your chances of having a c-section are determined primarily by your hospital’s c-section rate. If you want to avoid a c-section, go to a hospital with a low c-section rate.
- Some hospitals allow your partner and/or others to be present in the operating room in case of a c-section. Most hospitals do not allow any non-hospital staff in the operating room.
- Some hospitals allow you to give birth in a tub. Most only allow you to labor in the tub, but not to give birth in one. Some hospitals have no tub at all.
- Very few hospitals have lactation consultants or breastfeeding-friendly policies or staff trained in the support of breastfeeding. Many of them will encourage you to give your baby sugar water or formula as a supplement, which is detrimental for your breastfeeding.
- Some hospitals have a no visitors policy after the birth – not even fathers are allowed in the maternity wards. Some hospitals have a virtually unlimited visitors policy, so
you might end up trying to breastfeed half-naked in the company of 20 strangers who’ve come to visit your roommates.

VISIT YOUR HOSPITAL and get answers to the questions that are most important to you.
What’s included in Hungarian prenatal care?

The medical care of a pregnant woman is divided between the obstetrician and the védőnő (click here for more information about the védőnő).

Hungarian law requires only 4 prenatal visits with an obstetrician for a mother to qualify for maternity benefits. If you are not eligible for Hungarian maternity benefits, this does not apply to you. Nonetheless, most obstetricians will want to see you quite a bit more often than that, whether or not you have Hungarian state insurance, private insurance or are paying out of pocket.

Here is a sample timeline. Please be aware that each obstetrician is free to decide how often to see you and which tests to perform, and which additional tests to recommend:

**First visit (usually sometime before week 12)**
- Internal vaginal exam with PAP smear
- Examination of the breasts
- Ultrasound to confirm the presence of a live embryo
- Detailed medical history, assessment of risk factors
- Routine blood tests, complete blood count
- Urine test
- Toxoplasma, HBV, syphilis screens
- Referral to general practitioner and dental screening
- Schedule following examinations, especially the 12-week ultrasound screen

**Week 12**
- First ultrasound screen to determine site of implantation, embryonic age, and gross fetal abnormalities.
- Using the age calculated, provide referrals for AFP testing, blood type and Rh status on week 16.

**Week 16**
- Blood test (typically AFP; triple or quadruple or integrated test available for an extra fee) for genetic abnormalities.

**Week 18**
- Second ultrasound screen using the results from the AFP test.
- Internal vaginal exam

**Week 22**
• Second toxoplasma test

Week 24-28
• Testing for gestational diabetes. Usually involves at least 2 blood draws; one fasting and one either after eating a set meal (of a breadroll and 2 deciliters of milk) or after drinking a glucose solution.

Week 28-32
• Blood test with serology and antibody test
• Toxoplasma screen
• Second gestational diabetes test
• Complete blood count and urine test

Week 36 to birth
• Fourth ultrasound screen with flowmetrics, examination of placental function
• Complete blood count, urine test
• Internal vaginal exam, cervical score
• Group B Streptococcus test

Week 38 to birth
• NST at least once a week
What can I expect during birth at a typical Hungarian hospital?

Please note there are vast differences between hospitals in terms of their practices! Always check with your hospital for their recommended routine.

When you believe you are in labor and go to your chosen hospital, you will most likely be greeted by the midwife on duty. She will take you into an examination room where she will check for cervical dilation (how open your cervix is), then put you on a CTG machine to monitor your contractions and your baby’s heart rate for 20 minutes.

If these examinations show that your labor has started and is active, the midwife on duty will call your doctor and admit you to the hospital.

At many hospitals, after your first 20-minute CTG monitoring is complete, the midwife will do a pubic shave and an enema, insert an IV line and ask you to lie back down to be monitored continuously during your labor. If you have any complicating factors, you can almost certainly expect to be on continuous monitoring lying down in a bed.

Some hospitals, however, will urge you to keep active and walk or stay upright for much of your labor, and will provide you with freedom of movement.

Many hospitals restrict food and drink in labor, some hospitals allow liquids but not solids, and some do not restrict intake at all.

If you are at a teaching hospital (a hospital that is part of a university), you may encounter groups of medical students observing you during labor and birth.
What is the role of the obstetrician and the hospital midwife?

**Obstetricians**

Obstetricians are responsible for examining, diagnosing and prescribing a course of treatment during pregnancy, birth, and in the immediate postpartum period for the mother. Obstetricians will perform all of your prenatal care. You will see them roughly once a month until the 9th month of your pregnancy, and progressively more frequently the closer to your due date you get.

During labor, obstetricians typically perform vaginal exams, interpret CTG readouts, perform and suture episiotomies where necessary, and perform cesareans where necessary. They supervise and direct the work of the hospital midwives, either in person or remotely by telephone. They generally do not provide continuous presence during your birth. The average for first-time labor in a hospital is 12 hours, and you cannot expect your doctor’s continuous presence for these 12 hours. Doctors tend to be called only once you are in active labor, and may only come in to check on you once you are close to pushing, if there are no complications.

If you have no standing agreement with a specific obstetrician, the doctor on duty at your chosen hospital will perform these tasks. If you do have a standing agreement with an obstetrician, what you are hiring them to do is to supervise your labor and be present for the birth of your child. If you would like your doctor to accompany you through your entire labor, you need to discuss this with him or her in advance to make sure they understand that this is something that is important to you.

Most obstetricians in Hungary speak at least a little English or German, especially those under 40.

**Hospital midwives**

Hospital midwives in Hungary provide more of the hands-on care during labor than the obstetrician, whether it’s the obstetrician on duty or your own privately hired one. They perform vaginal exams, insert IVs, do the pubic shave and enema that is required at some hospitals, and administer certain kinds of pain medication (but not epidurals). Additionally,
they do all the administrative work and documentation around your birth. They can provide suggestions to help you in labor, and often their presence decreases the chance of interventions such as an episiotomy. However, hospital midwives will also not provide continuous presence during your birth, especially if they are on shift at the hospital and are caring for several laboring women at the same time.

If you come from a country such as the United States, or Denmark, or Australia, you may have different expectations for what a midwife does than what a Hungarian hospital midwife’s scope of practice includes. In these aforementioned countries, midwives offer prenatal care, can independently care for a woman in labor without the supervision of a doctor in low-risk cases, and can provide post-partum care for mother and child. They are in essence an independent care provider for mothers and babies in the childbearing year in low-risk cases. This is the scope of practice for a home birth midwife in Hungary, but not for a hospital midwife.

In Hungary, hospital midwives should more accurately be called obstetric nurses. They were trained to always work under the supervision of a doctor. They do not offer prenatal or postpartum care, and even intrapartum (during delivery) care they can only perform under the supervision of a doctor at the majority of hospitals.

Again, there are enormous differences between the practices of hospitals, what is allowed and what is not allowed for the patient, the midwife, and even the doctor. Some hospitals give their midwives more authority than others. There is at least one hospital in Budapest where midwives have the authority to independently care for a birthing woman.

Hospitals also differ in terms of the kinds of exams and procedures a midwife may perform. In some hospitals, a midwife can administer some forms of pain medication, whereas in other hospitals, only the doctor is allowed to do so. At one hospital, obstetricians are allowed (and trained) to give epidural anesthesia themselves, at most hospitals, only an anesthesiologist may do so.
What’s the difference between a hospital midwife and a home birth midwife?

A hospital midwife in Hungary is essentially an obstetric nurse. She has to work under the supervision of a doctor at all times. She was not trained to provide prenatal care or postpartum care. Hospital midwives are always associated with a particular hospital and cannot accompany your birth if you choose a different hospital.

A home birth midwife in Hungary is an independent care provider who can provide prenatal care, intrapartum care and postpartum care for mother and child. She works in collaboration with, but not under the supervision of, doctors such as an obstetrician and the baby’s pediatrician. Most home birth midwives do not have hospital privileges. This means that they cannot continue to provide care if a hospital transfer becomes necessary. Under these circumstances, they would accompany you at the hospital as a doula, and transfer your medical care to the personnel of the hospital.
What’s a doula and what does she do?

See Appendix I for a list of birth workers, including doulas.

A doula is a woman experienced in childbirth whose function is to support the birthing woman and her partner physically, emotionally and with information. A doula is not a medical care provider – she is a layperson. She cannot diagnose or treat medical conditions; she cannot perform any examinations or medical tests. Her role is to be available to answer questions, provide information, offer support and continuous presence at your birth. For expats, a doula can also provide local know-how and a translating service. Think of her as your friend and your guide through pregnancy, childbirth and life with a small baby.

Typically, you would meet with your doula several times before you go into labor so you can get to know each other, and she can learn about your wishes and concerns regarding birth, and what you expect her to do during labor. Most doulas know several comfort techniques, from massage to aromatherapy to simply offering a sympathetic presence. She can run errands for you and your partner, help you communicate with the hospital staff, and offer suggestions to make you feel more comfortable. After the birth, your doula can stay with you, help you initiate breastfeeding, and stay with you until you and your baby are resting comfortably.

Doulas are always independently hired and not associated with the hospital. Some hospitals will not admit doulas, so you need to check with your doctor and your hospital if you are thinking of hiring one.
Who is the védőnő and what is her function?

The védőnő is a combination social worker and maternity nurse. Her services are both free and mandatory for Hungarian women who have the Hungarian state health insurance. Her role is to provide information to pregnant women, do the administrative work of tracking a pregnant woman’s prenatal care, perform some clinical tasks such as measuring weight and blood pressure. She cannot do vaginal exams or blood tests. Before birth, pregnant women visit her in her office, which is often located in the same building as the district pediatricians. She cannot attend the birth, but will make a house call in your home after you come home from the hospital. She can answer questions about caring for a newborn, breastfeeding, vaccinations, etc. After the birth, her function is to keep track of the baby’s health care, such as vaccinations, and to be a first-line support person if the mother has any questions about baby care.

The védőnő is assigned to you based on your registered address. You cannot switch védőnős, but you can decline the service if you don’t feel you need it. Most védőnős will provide service even if you are not a Hungarian citizen and do not have Hungarian state health insurance, provided you can communicate with them. Unfortunately, most of them do not speak any foreign languages, so you will need to bring a translator with you to your appointments.
What will happen after the birth at the hospital?

Vaginal birth

After a vaginal birth, they will keep you in the delivery room under observation for 1-2 hours. They are making sure that the amount of bleeding is not excessive and that your body is adapting to its new baby-less state well. You will be cleaned and your bedding changed. Once you are able to urinate after the birth, they will move you into your maternity room, which is usually shared at a public hospital, and private at a private hospital.

At state hospitals, they will require you to stay 72 hours after a vaginal birth unless there are complications. At private hospitals, the discharge policy differs; some will send you home after just one night, some after two nights. Some will offer you extra nights for an additional fee.

Cesarean

A typical cesarean surgery is about 40-60 minutes long, and the baby is out within the first 10-15. The rest of the time is spent sewing the incision on the uterus and on the abdominal wall. After the surgery is complete, the woman stays under post-operative observation. The length of this post-operative observation varies from hospital to hospital. In some hospitals, women are moved into their maternity rooms and receive their babies immediately; in other hospitals, they may be kept in the post-op observation room for 6 or more hours while the baby is in the nursery. After a cesarean delivery, state hospitals usually keep women for 4 days, unless there are complications. Many private hospitals’ package fee includes only 1-2 nights after a surgery, and they will offer you additional nights for an added fee.

Postpartum at the hospital

During your hospital stay, you will be under the care of the obstetric nurses, and your baby will be under the care of the baby nurses. These are often two separate teams. You can expect visits from the following people:

- Your obstetrician will visit you at least once while you are at the hospital to see how you are recovering.
• The obstetrician on duty will visit you once a day and typically ask after bowel movements or any discomfort indicating a complication.
• The neonatologist / pediatrician at the hospital will visit you once a day and examine your baby.
• The obstetric nurse on duty will visit you 1-2 times a day and ask how you are doing.
• The baby nurse on duty will visit you 1-2 times a day to ask how your baby is doing and show you how to change, dress, bathe and breastfeed your baby.
• The hospital administrator will visit you at least once during your stay to ask for your papers and complete the necessary paperwork for registering the birth of your child.

While you are at the hospital, unless you specify otherwise, your baby will receive his or her BCG vaccination (against tuberculosis), his or her first vitamin K dose by mouth, and the heel prick blood collection to test for metabolic illnesses (often called the PKU test, though it tests for many more illnesses than just phenylketonuria).

Please note that if you are planning to give birth at a public hospital, you should check Appendix G for a packing list. Generally speaking, pack as though you were going to a hostel. The only thing a public hospital will provide you with is bedding, a few diapers a day and some diaper changing supplies, and 3 very basic meals a day. Do not expect a public hospital to provide you or the baby with any clothes, soap, shampoo, toilet paper, cups or glasses, forks, spoons, or knives, sanitary pads for you, towels, etc.

If you are planning to give birth at a private hospital, you only need to bring clothes for yourself and the baby, and whatever toiletries you prefer. Private hospitals provide everything else.
How do I register the birth of my baby?

Who files the documents necessary for registering the birth of a baby?

For hospital births, the hospital fills out and files all the required paperwork based on documents you provide. Be sure to bring these documents with you to the hospital (see below).

For babies born outside a hospital, both the parents and the midwife / doctor present at the birth needs to file the necessary documents.

Documents you will need at the hospital

- Mother’s picture ID (e.g., passport)
- Official copy (if Hungarian) or translation (if foreign) of your marriage certificate - OR - Paternity declaration from your local registrar’s office
- Address card

Official copy or translation of your marriage certificate

If you have a Hungarian marriage certificate, you need to present a copy no older than 300 or 90 days – check with your hospital.

If you have a foreign marriage certificate, you need to get it officially translated at OFFI: http://www.offi.hu/en

Paternity declaration

If you are not married, you need to get a paternity declaration, otherwise the child’s birth certificate will list the mother’s last name for the baby and will not list the name of the father.

Before the paternity declaration, the mother needs to get a statement from either the local government (if Hungarian citizen) or her embassy that states she is not currently married. The father does not need to prove single status.

Both mother and father need to go together to the local registrar’s office (see Appendix J for a list of registrars) to see the registrar (anyakönyvvezető) and fill out a paternity declaration. Make an appointment before you go. You will both need picture ID’s and an interpreter/translator if either one of you does not speak Hungarian well enough to communicate independently with the registrar.
The paternity declaration will record your wishes concerning your child’s last name. You can choose either the mother or the father’s last name, or a combination of the two.

**The baby’s last name**

Hungarian marriage certificates and the paternity declaration both list the parents’ preferences regarding the last name of the child, and this will be used by the hospital. If you have a marriage certificate that does not list your preferences for the last name of your child, you may need to check with your embassy on how to proceed.

**The baby’s first name**

You may have heard of this peculiar custom that all Hungarian babies must get a name from a preapproved list. This is true for Hungarian citizens. You can see the list of approved names here:

http://magyarnevek.hu/nevek/ferfinevek (male names)

http://magyarnevek.hu/nevek/noinevek (female names)

If either of the parents are foreign citizens, this rule does not apply and you may choose whatever first (given, Christian, etc) name you like, and use whatever spelling you like.

**The baby’s citizenship**

If one of the parents is a Hungarian citizen, the baby’s birth certificate will state that the baby’s citizenship is Hungarian.

If neither parent is a Hungarian citizen, the baby’s birth certificate will state that the baby’s nationality is unknown.

In either case, you will need to go to your embassy and follow their steps for acquiring any other (non-Hungarian) citizenship for your child.
Your baby’s birth certificate

Hungarian birth certificates are issued in only one original. You may request official copies for HUF 2000 per copy at the registrar’s office where your baby’s birth was registered.

The information on Hungarian birth certificate is listed in 3 languages: Hungarian, English and French.
Where can I get pediatric care for my baby?

The two most common options are either using the Hungarian state health care system, or using a private clinic.

**Hungarian state health care system**

If your baby is eligible for the Hungarian state insurance, then your district pediatrician will provide pediatric care for your baby free of charge. Each district has several pediatric offices, often in the same building with the védőnő offices. You will be assigned a pediatrician based on your registered address, but unlike the védőnő whom you cannot choose, you can always select a different pediatrician. The advantage to using the district pediatricians is that they are nearby, they have regular office hours, and they will make house calls, and they are free of charge (though it is customary to offer them some payment if they make house calls). Most pediatricians, especially those under 40, will speak some level of English. You may wish to contact your district pediatric office and ask if there is a doctor working there who speaks English well. See Appendix K for a list of pediatric offices in Budapest.

**Private clinics**

There are several private clinics around Budapest that cater to expats or foreigners. All of them provide pediatric care. The advantage to using these clinics is that everybody speaks English, and they take private insurance. Some of them will even arrange direct billing with your insurance company, so you never have to see the bill.

If you are paying out of pocket, many of them offer special annual passes for children that range in cost between HUF 83 000 and 690 000.

See Appendix L for a list of pediatric plans and their costs at private clinics.
Hungarian vaccination schedule

Certain vaccinations are mandatory in Hungary. If you are non-Hungarian citizens, the regulations still apply to you if you are planning on residing in the country for more than 3 months. If you are using the védőnő service, part of her job is keeping track of your baby’s vaccinations, and reporting non-compliance to the health authorities.

These mandatory vaccinations are free. If you do not wish to follow the Hungarian vaccination schedule, many private clinics have information about the vaccination schedules in different countries, but you will be charged for them.

Recommended immunizations from birth to 18 months old in Hungary

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<td>Tuberculosis</td>
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<td>Diphtheria</td>
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<td>Tetanus</td>
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<tr>
<td>Pertussis</td>
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<td>Poliomyelitis</td>
<td>IPV</td>
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<td>Haemophilus influenza type B</td>
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<td>Hepatitis B (HepB) (1)</td>
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<td>Pneumococcal disease</td>
<td>PCV13 (2)</td>
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<td>Measles</td>
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<td>Mumps</td>
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<td>Rubella</td>
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Footnotes:
1: Babies born to a mother infected with hepatitis B or unknown immune status will be offered a first vaccine dose within 12 hours after birth and simultaneously with HB immunoglobulin in case of HbsAg positive mother. Following vaccine doses are given 1 month later and the third dose, 6 months after first dose.
2: non-mandatory vaccination and free of charge for children under 2 years

National vaccination schedules are subject to change.
Am I eligible for Hungarian maternity benefits?

Hungary offers quite generous maternity benefits, at least in terms of duration. Hungarian women who have been employed and paying taxes are often eligible for 3 years of maternity support for each child. The state further offers protection from being fired while pregnant, and employers are required to pay accumulated vacation days to mothers on maternity leave.

Some benefits are available only to Hungarian citizens, while others are available to those who work and pay taxes here.

Regulations governing benefits are notoriously complicated and change frequently. Contact the HR person where you work for up-to-date information, or if you don’t have one, try one of the relocation companies or helpers.hu for assistance.

The following is an excerpt from a European Commission publication entitled Your Social Security Rights in Hungary, which can be found here: http://ec.europa.eu/employment_social/empl_portal/SSRinEU/Your%20social%20security%20rights%20in%20Hungary_en.pdf

The document was last updated in 2012.

Pregnancy-confinement benefit

Pregnancy-confinement benefit is paid to women who in the two years preceding the birth of their child were covered by health insurance for at least 365 days, and who give birth:

- while still covered (e.g. when under a contract of employment);
- within 42 days of the expiry of their insurance coverage;
- within 42 days following the expiry of their insurance coverage during disbursement of the work accident sickness benefit (Baleseti táppénz) (or within 28 days after the termination of the disbursement);
- following the expiry of their insurance coverage during disbursement of the sickness benefit (Táppénz) (or within 28 days after the termination of the disbursement).

The allowance will also be paid to a woman who fosters a child she is intending to adopt if she meets these conditions on the day when the child is entrusted to her. In this case, the allowance is payable for the period from the day when the child is entrusted to her to the end of the statutory period of maternity leave.
This allowance is not payable when the insured:

- is being paid her full salary during her maternity leave, for the period during which she is paid that full salary;
- is engaged in any sort of gainful employment - except for remuneration for services covered by royalty rights or honorariums exempted from personal income tax - or is practising a paid activity requiring an official permit.

If the insured person is receiving part of her salary during her maternity leave, she is entitled to pregnancy-confinement benefit to the amount of the remainder.

Birth grant
Birth grant is available to women who give birth and who are legally staying in Hungary; adoptive parents; guardians; or the father on the death of the mother. A birth grant is not paid to parents who agreed to give up a child for adoption before the birth; a newborn child who is placed for adoption on the basis of a final decision of the guardianship authority is covered by the child protection system.

What is covered?

Pregnancy-confinement benefit
Mothers are entitled to pregnancy-confinement benefit during their maternity leave, for a maximum of 168 days. Maximum maternity leave is 24 weeks, four of which must be taken, as far as possible, before the calculated date of delivery. The pregnancy-confinement benefit is equal to 70% of the average daily pay in the calendar year preceding the first day of maternity leave. It is paid during the course of that leave to the mother or to the woman who is intending to adopt the child and who meets the conditions set out above.

Particular features of this benefit:

- the period for which pregnancy-confinement benefit is paid is credited towards old-age pension insurance;
- women receiving pregnancy-confinement benefit are entitled to healthcare services (e.g. inpatient and outpatient care in healthcare establishments) on the same footing as those with full health insurance;
- persons who are required to pay maintenance or who have wrongly received health insurance benefits will have their pregnancy and childbirth allowance reduced by up to 33%;
- the benefit does not have to be returned if the recipient is a student at an institution of higher education who is receiving pregnancy-confinement benefit on the first day of the current semester (lecture period) and who is engaged in a basic training programme, a supplementary training course, an advanced training course or a superior training course in an accredited school.

Birth grant
The birth grant corresponds to a one-off lump-sum payment of 225% of the minimum old-age pension or 300% per child in case of twins.
How are maternity and paternity benefits accessed?
The payment of a birth grant is conditional upon completion of at least four prenatal medical examinations (one in the case of premature birth) or a res iudicata judgement on adoption or guardianship within 180 days of confinement. Evidence of Hungarian residence should be submitted with the claim.
Who can help me at home after I have the baby?

You might wonder why you need help after the baby is born, especially if your partner is able to take some time off to stay with you.

The first weeks after a baby is born are hard. Your body will be recovering either from the Olympic event of a vaginal birth or the major surgery of a c-section. Either way, you will physically not be 100%. You will be hormonal and sleep deprived and worried about your baby. You will be learning how to care for a being who is completely dependent on you. Breastfeeding itself in the beginning will take 12 out of the day’s 24 hours.

So if you find yourself one day at 3 pm still in your pajamas with a screaming baby, not yet having had a shower or breakfast, and you break down crying, thinking you are doing something wrong — STOP. The first weeks are supposed to be difficult. You are not doing anything wrong. Mothers and fathers were not meant to be left alone to care for their babies. We were meant to have babies as part of a large family, where there is always a family member to offer help and assistance. In modern society, we have lost this, which makes the first few weeks at home with a baby very challenging for new parents.

Your job in the first six or so weeks is to keep your baby and yourself fed and alive. You should not have to worry about doing housework or running errands or writing your thesis or finishing up projects at work or entertaining relatives from another continent. All those things should be done by someone else in the first 6 weeks at least.

If your partner is not willing or able to lift these responsibilities from your shoulders, consider hiring someone to do the housework, the shopping, and the cooking for you in the beginning.

Here is a list of potential helpers in the immediate postpartum period and what you can expect from them.

Védőnő
Your védőnő will visit you in your home within 72 hours of you coming home from the hospital (provided you have a védőnő and you let her know when you are coming home from the hospital). Since most of them do not speak English, you will need a translator present to make use of this service. This is a free service; you do not need to pay. She will
explain to you how to administer vitamin K and D to your child, how to bathe and dress your baby, care for the umbilical cord stump, and how to breastfeed. She can answer most of your questions about caring for a health newborn baby. Please note that not all védőnős are trained in supporting breastfeeding, and may in fact give you inaccurate, outdated information about breastfeeding. When in doubt, talk to a lactation consultant about breastfeeding questions.

**Postpartum doula**
A postpartum doula is a privately hired individual who can help you with the baby and around the house after the birth. She can answer your questions about normal newborn care and breastfeeding. Doulas are not typically health care professionals, so they cannot diagnose or treat illnesses. They tend to be experienced women with babies of their own who can offer support and advice. Postpartum doulas differ in the services they offer, sometimes they only offer assistance with the baby, but sometimes they will also do some light housework or run errands. See Appendix I for a list of birth workers, including postpartum doulas.

**Nanny / babysitter**
A nanny is specifically hired to take care of your child. Usually a nanny is a long-term, regular assignment, whereas a babysitter is more occasional. They are not hired to give you advice; they are hired to do what you ask them to do with your child. Sometimes parents hire nannies so they can work or do other things during the day, and sometimes they hire nannies specifically for the night so they can rest.

**Friends and relatives**
Of course everybody will want to see your new baby and congratulate you. Be careful with visitors, though – they can occupy precious sleep time, or worse, make you feel like you have to act the hostess for their benefit. Make sure everybody who comes to visit understands that they will need to offer you some kind of help, not hindrance. Don’t let them just come over and coo over the baby – have them bring some home-made food, do a load of laundry, wash some dishes, take the baby for a walk so you can take a shower, etc. Do not feel shy about letting people know what it is you need, and what it is you don’t need. This goes especially for relatives.
**Lactation consultant**

Lactation consultants are specially trained breastfeeding experts who can provide you with accurate information and effective solutions to breastfeeding problems. They come to your home to listen to your breastfeeding concerns, observe breastfeeding, and offer suggestions and advice for how to fix problems. Lactation consultants are always privately hired. See Appendix I for a list of birth workers, including lactation consultants.
Where can I shop for baby in Budapest?

This question has come up a number of times in mommy-baby group: where can one go shopping for baby in Budapest? Of course, many basic items for baby (like car seats, prams/strollers, clothes, linens, toys, carriers, diapers, bottles, etc) can be purchased at your local Tesco, Auchan or Cora. Kika and Ikea have lots of baby furniture and clever little accessories, and even smaller supermarkets like Kaiser’s will carry some baby items, many of them at surprisingly better prices than some baby stores. So it’s worth checking out your supermarket’s baby aisle when you’re doing your grocery shopping.

There are two large baby chains in Budapest (and to some extent in the rest of Hungary, too). These two are Brendon and Kenguru Gold. Each has several locations and stores of various sizes scattered all over. They sell a very wide variety of baby products, so it may be worth visiting them just to get a sense of what types of products are out there. They are, however, most decidedly not cheap.

Additionally, all of the major malls have at least one baby store, so look around the next time you visit Mammut, Árkád, WestEnd, MOM Park, Arena, Duna Plaza, Asia Center, Pólus, Europark, Lurdy Ház, Campona, etc. Again, stores found in malls are usually not in the cheap category.

Of course, there are also a good number of independent, smaller stores and discount warehouses where they sell baby related items. Here are some of them broken down by district. This is not meant to be an exhaustive list.
Having A Baby In Hungary

1st district
Babyfun Babadiszkont
1015 Csalogány utca 42/A 1.
www.bababolto.net

3rd district
Bogi Bababolt
1032 Ágoston utca 3.
www.bogibababolto.hu

Meske
1032 Zápor utca 69.
www.meske.hu

4th district
Baby Planet
1043 Aradi utca 16.
www.babyplanet.hu

6th district
Babadiszkont
1062 Lehel utca 1/b.
www.babadossist.hu

7th district
Baba-sarok
1074 Rákóczi út 64-Hárfa utca 1 (corner)
www.babasarok.hu

Enikő Bababolt
www.enikobbababolto.hu

8th district
Elefáni Bababolt
1085 Baross utca 10.
www.elefani.eu
Kismama bababolto
1083 Somogyi Béla utca 5.

9th district
ASTI Babaáruház
1095 Soroksári út 110.
www.astikids.com

Babauiniverzum
1097 Gubaci út 6/a
www.babauiniverzum.hu

Bababoo Bababolt
1095 Ipar utca 2/b.
www.bababorze.hu

Baby Outlet
1095 Soroksári út 160.
www.babyoutlet.hu

Brumi Maci
1095 Mester utca 13.
www.brumimaci.hu

10th district
Balambér
1118 Regős utca 14.
www.balamber.hu

Elefáni Babadiszkont
1113 Bocskai út 38-40.
www.bababolto.acht.hu

13th district
Mária Babacentrum
1132 Vízegrádi utca 25.
www.bebibolto.hu

Baba Szafari
1137 Váci út 99.
www.babaszafari.hu

14th district
Minimonó
1149 Nagy Lajos király útja 112.
www.minimano.hu

Apróságok Háza
1142 Erzsébet királyné útja 125.
www.aprosagokhaza.hu

16th district
Babasúlypont
1164 Felsőmalom utca 3/b.
www.babasulypont.hu

18th district
Elefáni Babadiszkont
1182 Petőfi utca 14/a.
www.elefani.eu

Babacentrum
1183 Zsolt utca 30.
www.babacentrum.hu

Panda Babaház
1184 Üllői út 387.
www.pandababaház.hu

Bippa Babadiszkont
1188 Nagykőrösi út 53.
www.bababolto.oltzsebet.gportal.hu

20th district
Bababolt Csepelen
1214 Kossuth Lajos utca 144.
www.bababolterzsebet.gportal.hu

Réka Morvay
rekamorvay@gmail.com
www.rekamorvay.com
Community

Budapest Moms is an open community for English-speaking parents from all over the world. You can find us at [www.budapest-moms.com](http://www.budapest-moms.com) or on Facebook at [https://www.facebook.com/budapestmoms](https://www.facebook.com/budapestmoms)
# Appendix A: Public clinics (szakrendelő)

You will find most specialist services (such as gynecology, dermatology, etc) at your local district szakrendelő. Please note that some of these services will require referral from your general practitioner (GP) or family doctor. If you have Hungarian health insurance ID (TAJ card), you will need to bring this ID with you to your appointment, and you will not be charged, though you will receive a receipt for the services. If you have private insurance or no insurance, you will still be treated, but you will have to pay out of pocket for these services and arrange reimbursement from your insurer.

<table>
<thead>
<tr>
<th>District</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd district</td>
<td>Kapás u. 22. 1027 Budapest</td>
<td><a href="http://www.kapas.hu/welcome.aspx">http://www.kapas.hu/welcome.aspx</a></td>
<td>+36 1 488-7500</td>
</tr>
<tr>
<td>6th district</td>
<td>Csengery u. 25. 1074 Budapest</td>
<td><a href="http://www.tesz.co.hu/">http://www.tesz.co.hu/</a></td>
<td>+36 1 321-2200</td>
</tr>
<tr>
<td>7th district</td>
<td>Nyár utca 7. 1072 Budapest</td>
<td><a href="http://www.peterfykh.hu/">http://www.peterfykh.hu/</a></td>
<td>+36 1 413-3632</td>
</tr>
<tr>
<td>9th district</td>
<td>Mester u. 45-49. 1095 Budapest</td>
<td><a href="http://www.feszrendelo.hu/">http://www.feszrendelo.hu/</a></td>
<td>+36 1 455-4500</td>
</tr>
<tr>
<td>District</td>
<td>Address</td>
<td>Website</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------</td>
<td>----------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>10th</td>
<td>Endre u.10. 1102 Budapest</td>
<td><a href="http://www.kobanya.hu/tart/article/50/1419/1">http://www.kobanya.hu/tart/article/50/1419/1</a></td>
<td>+36 1 433-1320</td>
</tr>
<tr>
<td>14th</td>
<td>Örs vezér tere 23. 1141 Budapest</td>
<td><a href="http://www.zesz.hu/">http://www.zesz.hu/</a></td>
<td>+36 1 469-4600</td>
</tr>
<tr>
<td>18th</td>
<td>Thököly út 3. 1183 Budapest</td>
<td><a href="http://www.18euszolg.hu/">http://www.18euszolg.hu/</a></td>
<td>+36 1 297-1252</td>
</tr>
</tbody>
</table>
Appendix B: Private obstetricians

This list was compiled using information submitted by mothers like you. If you notice outdated or incorrect information, please email rekamorvay@gmail.com to let me know.

A constantly updated version of this list can be found on the internet at http://bit.ly/16BKhJY

<table>
<thead>
<tr>
<th>Obstetrician's name</th>
<th>Contact information</th>
<th>Office address</th>
<th>Lang</th>
<th>Hospital(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Ágota Bábinszki</td>
<td>+36 1 320-4268 <a href="mailto:babinszki@firstmedcenters.com">babinszki@firstmedcenters.com</a></td>
<td>Váci út 16. or FirstMed</td>
<td>English</td>
<td>Szent István, Telki</td>
</tr>
<tr>
<td>Dr. András Szuromi</td>
<td>+36 1 887 4333 <a href="http://www.oxivit.hu">http://www.oxivit.hu</a></td>
<td>OXIVIT MOM Park Medical Center</td>
<td>English</td>
<td>Szent János</td>
</tr>
<tr>
<td>Dr. Andrea Pop</td>
<td>+36 1 437-0297</td>
<td>G1 Clinic 1036 Budapest Lajos u. 74-76. 1st floor</td>
<td>English</td>
<td>Szent István</td>
</tr>
<tr>
<td>Dr. Árpád Kosztin</td>
<td>+36 1 224-9090 <a href="mailto:kosztin@firstmedcenters.com">kosztin@firstmedcenters.com</a></td>
<td>FirstMed</td>
<td>English, Romanian</td>
<td>Szent István, Telki, Maternity (was Kútvolgyi)</td>
</tr>
<tr>
<td>Dr. Attila Újvári</td>
<td>+36 20 985-9363 <a href="mailto:ujvaria@hotmail.com">ujvaria@hotmail.com</a> <a href="http://www.ujvarir.hu">www.ujvarir.hu</a></td>
<td>II. Szász Károly utca 4. mfszt. 9. or XII. Táltos utca 15/b. 2nd floor. Swiss Clinic</td>
<td>English</td>
<td>Szent István, Telki, Maternity (was Kútvolgyi), Dr. Rose</td>
</tr>
<tr>
<td>Dr. Balázs Bálint</td>
<td>+36 30 386 0700 <a href="mailto:drbb@golyafeszek.hu">drbb@golyafeszek.hu</a> <a href="http://www.golyafeszek.hu">www.golyafeszek.hu</a></td>
<td>1114 Budapest, Bocskai út 22.1st floor 11.</td>
<td>English</td>
<td>Szent Imre</td>
</tr>
<tr>
<td>Dr. Balázs Lintner</td>
<td>+36 20 919 3312 <a href="http://www.drlintner.hu">www.drlintner.hu</a></td>
<td>1052 Budapest, Vaci utca 4.</td>
<td>English, German</td>
<td>SOTE II. (Semmelweis, Üllői út)</td>
</tr>
<tr>
<td>Dr. Csaba Sulyok</td>
<td></td>
<td></td>
<td></td>
<td>Bajcsy-Zsilinszky</td>
</tr>
<tr>
<td>Dr. Éva Csatiós</td>
<td>+36-20-508-7323 <a href="http://www.zoemed.hu">http://www.zoemed.hu</a></td>
<td>1202 Budapest, Kossuthfalva u. 19/1.</td>
<td>English, Russian</td>
<td>SOTE I. (Semmelweis, Baross u.)</td>
</tr>
<tr>
<td>Name</td>
<td>Contact Information</td>
<td>Language(s)</td>
<td>Additional Information</td>
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<tr>
<td>-----------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>-------------</td>
<td>----------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Dr. Fülöp István</td>
<td><a href="http://www.nemeskehterbe.hu/">http://www.nemeskehterbe.hu/</a></td>
<td>English</td>
<td>Róbert Klinika (was Nyíró Gyula)</td>
<td></td>
</tr>
<tr>
<td>Dr. Gyula Csermely</td>
<td>+36 1 392-0505 <a href="mailto:info@medical-center.hu">info@medical-center.hu</a>, <a href="http://www.medical-center.hu">www.medical-center.hu</a></td>
<td>English</td>
<td>Telki</td>
<td></td>
</tr>
<tr>
<td>Dr. László Demjén</td>
<td>+36 20 957 6165 <a href="http://www.oxygenmedical.hu/dr-demjen-laszlo">http://www.oxygenmedical.hu/dr-demjen-laszlo</a></td>
<td>English, Russian</td>
<td>ÁEK (was MÁV or Honvéd), Róbert Klinika (was Nyíró Gyula)</td>
<td></td>
</tr>
<tr>
<td>Dr. László Sztanyik</td>
<td>+36-1-387-1508</td>
<td>English</td>
<td>Szent Margit</td>
<td></td>
</tr>
<tr>
<td>Dr. Nándor Acs</td>
<td>+36 30 952 0861 <a href="mailto:acs@noi2.sote.hu">acs@noi2.sote.hu</a></td>
<td>English</td>
<td>SOTE II. (Semmelweis, Úllői út)</td>
<td></td>
</tr>
<tr>
<td>Dr. Péter Barna</td>
<td>+36302722584 <a href="mailto:barna.med@t-online.hu">barna.med@t-online.hu</a></td>
<td>English</td>
<td>Szent Imre</td>
<td></td>
</tr>
<tr>
<td>Dr. Róbert Koiss</td>
<td>+36 20 969-2995 <a href="mailto:drkoiss@drkoiss.hu">drkoiss@drkoiss.hu</a>, <a href="http://www.drkoiss.hu">www.drkoiss.hu</a></td>
<td>English</td>
<td>Szent István</td>
<td></td>
</tr>
<tr>
<td>Dr. Tamás Domokos</td>
<td>+36 20 934-7151</td>
<td>English</td>
<td>Péterfy</td>
<td></td>
</tr>
<tr>
<td>Dr. Tibor Elekes</td>
<td>+36 1 392 0505 <a href="mailto:elekes.tibor@medical-center.hu">elekes.tibor@medical-center.hu</a> <a href="http://www.elekestibor.hu/oneletraiz.php">http://www.elekestibor.hu/oneletraiz.php</a></td>
<td>English, French</td>
<td>Telki, Szent János</td>
<td></td>
</tr>
<tr>
<td>Dr. Zoltán Ambrus</td>
<td>+36 70 429 5888</td>
<td>English</td>
<td>Szent István, Dr. Rose</td>
<td></td>
</tr>
<tr>
<td>Dr. Zoltán Kovács</td>
<td>+36 30 295 5778</td>
<td>English</td>
<td>Szent Imre</td>
<td></td>
</tr>
<tr>
<td>Dr. Zoltán Ruttner</td>
<td>+36 1 332-0718 <a href="http://www.examed.hu">www.examed.hu</a></td>
<td>English</td>
<td>Szent István</td>
<td></td>
</tr>
</tbody>
</table>
# Having A Baby In Hungary

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
<th>Address</th>
<th>Language</th>
<th>Clinic/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Zoltan Szentivanyi</td>
<td>06-30-919-5540 <a href="mailto:drszentivanyi@yahoo.com">drszentivanyi@yahoo.com</a> <a href="http://www.szentjanosszuleszet.hu/szentivanyi.html">http://www.szentjanosszuleszet.hu/szentivanyi.html</a></td>
<td>1125 Budapest, Diósárok 1–3., Building #11</td>
<td>English</td>
<td>Szent János</td>
</tr>
<tr>
<td>Dr. Zsolt Bardóczy</td>
<td>+36 20 586-50-70 <a href="mailto:medimom@medimom.hu">medimom@medimom.hu</a> <a href="http://www.medimom.hu/dr_bardoczy_zsolt.php">http://www.medimom.hu/dr_bardoczy_zsolt.php</a></td>
<td>Private practice at Medimom Egyesületközpont <a href="http://www.medimom.hu">www.medimom.hu</a></td>
<td>English</td>
<td>Róbert Klinika (was Nyírő Gyula)</td>
</tr>
</tbody>
</table>
Appendix C: Private clinics / hospitals providing prenatal care

**Dr. Rose Medical Center**  
1051 Budapest, Roosevelt tér 7-8.  
+36 1 377-6737 (24-hour hotline)  

**Expat Medical Ltd.**  
1037 Budapest, Mátyáshegyi út 43  
+36 30 914-1477  
[http://www.freeweb.hu/expatmed/english_index.html](http://www.freeweb.hu/expatmed/english_index.html)

**FirstMed Centers**  
1015 Budapest, Hattyú utca 14, 5th floor  
+36 1 224-9090 (24 hrs)  

**Health Guard Hungary**  
1037 Budapest, Szépvölgyi út 39  
+36 1 786-6658; +36 1 453-2311  

**Kaáli Institute**  
1125 Budapest, Istenhegyi út 54/a  
+36 1 202-2296  

**Medicover**  
1117 Budapest, Infopark sétány 1., I. Building  
1037 Budapest, Szépvölgyi Business Park, Montevideo utca 5.  
1132 Budapest, Váci út 22-24  
+36 1 465-3100  

**Róbert Klinika (was Nyíró Gyula)**  
1135 Budapest, Lehel út 59.  
+36 1 451-2653  
[http://www.robertklinika.hu/](http://www.robertklinika.hu/)

**Rózsakert Medical Center**  
1020 Budapest, Gábor Áron utca 74-78/b (Rózsakert Shopping Center, 2nd floor)  
+36 1 391-5905  

**Telki Egészségcentrum**  
1121 Budapest, Budakeszi út 36/C  
+36 1 999 0626  
[http://www.telkiegeszsegcentrum.hu/](http://www.telkiegeszsegcentrum.hu/)
Appendix D: Prenatal care costs at private clinics

Please note that these prices reflect the prices published on these clinics’ websites and may change. Different prices may apply if you have Hungarian health insurance. Some clinics only offer package prices to Hungarian citizens.

When trying to compare package prices with per visit prices, keep in mind that you will visit your doctor approximately once a month until the 9th month when you will visit 4-8 times, depending on how far past your due date you go. It’s safe to assume you’ll need 12-15 visits throughout your pregnancy. Don’t forget that labs and ultrasounds are billed in addition to the visit fees and can be quite expensive.

These prices do not include hospital or doctor fees for the birth!

<table>
<thead>
<tr>
<th>Place</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>FirstMed</td>
<td>HUF 477 000 (includes all visits and labs)</td>
</tr>
<tr>
<td>Maternity</td>
<td>HUF 15 000 / visit + labs (no package price)</td>
</tr>
<tr>
<td>Róbert Klinika</td>
<td></td>
</tr>
<tr>
<td>Optimum plan</td>
<td>HUF 240 000 / EUR 1280</td>
</tr>
<tr>
<td>Premium Plan</td>
<td>HUF 390 000 / EUR 1720</td>
</tr>
<tr>
<td>Medicover (up to week 36)</td>
<td>HUF 207 000</td>
</tr>
<tr>
<td>Dr Rose</td>
<td>EUR 160 / visit + labs (no package price)</td>
</tr>
<tr>
<td>Rózsakert</td>
<td>HUF 299 000 (only for Hungarians)</td>
</tr>
<tr>
<td></td>
<td>HUF 21 750 / visit + labs (for foreigners, no package price)</td>
</tr>
</tbody>
</table>
Appendix E: List of home birth midwives

Since new regulations in 2012 completely legalized home birth, midwives have been in the process of meeting all the requirements to get their licensure. Licensing is a lengthy and bureaucratic process and does not necessarily reflect on the midwife’s experience or skill in home births. It is your responsibility to make sure your midwife is licensed, if licensing is important to you.

Monika Schanda  
+36-20-395-5174  
monika@schanda.hu  
http://babapraxis.hu/

Felicia Marki-Zay  
+36-20-335-5032  
felicia@ateszulesed.hu  
http://ateszulesed.blogspot.hu/

Andrea “Nandu” Noll  
+36-30-448-8444  
nandu@nandu.hu  
http://www.nandu.hu/

Monika Nemeth  
+36-20-580-2290  
mofrisa@yahoo.com
Appendix F: Hospitals where you can give birth

Private hospitals in red.

**Szent István**
1097 Budapest, Nagyvárad tér 1.
+36 1 455-5700
[www.istvankorhaz.hu](http://www.istvankorhaz.hu)

**Szent Imre**
1115 Budapest, Tétényi út 12-16
+36 1 464-8600
[http://www.szentimrekorhaz.hu/](http://www.szentimrekorhaz.hu/)

**Szent Margit**
1032 Budapest, Bécsi út 132.
+36 1 250-2420
[http://www.margit-szuleszet.hu/](http://www.margit-szuleszet.hu/)

**Szent János (NICU)**
1125 Budapest, Diós árok 1-3.
+36 1 250-2420
[http://www.margit-szuleszet.hu/](http://www.margit-szuleszet.hu/)

**Maternity Clinic (was Kútvolgyi)**
1125 Budapest, Kútvolgyi út 4.
+36 1 213-4220
[http://maternity.hu/](http://maternity.hu/)

**Róbert Clinic (was Nyírő Gyula)**
1135 Budapest, Lehel út 59.
+36 1 451-2653
[http://www.robertklinika.hu/](http://www.robertklinika.hu/)

**Jahn Ferenc Dél-Pest (NICU)**
1204 Budapest, Köves u. 1.
+36 1 289 6200
[http://www.jahnodelpest.hu/](http://www.jahnodelpest.hu/)

**Dr. Rose Hospital**
1051 Budapest, Roosevelt tér 7/8. 6th fl.
+36 1 377 6737
[http://drrose.hu/main-page](http://drrose.hu/main-page)

**Flór Ferenc Hospital, Kistarcsa**
2143 Kistarcsa, Semmelweis tér 1.
+36 28 507-600
[http://www.florhosp.hu/](http://www.florhosp.hu/)

**Semmelweis I. (NICU)**
1085 Budapest, Baross u. 27.
+36 1 266 0473
[http://www.noi1.hu/](http://www.noi1.hu/)

**Semmelweis II. (NICU)**
1082 Budapest, Üllői út 78/A.
+36 1 459-1500 ext. 3212
[http://www.sote.hu/intezetek/?inst_id=63](http://www.sote.hu/intezetek/?inst_id=63)

**Bajcsy-Zsilinszky**
1106 Budapest, Maglódi út 89-91.
+36 1 432-7500
[http://bajcsy.hu/](http://bajcsy.hu/)

**ÁÉK (NICU) or Állami Egészségügyi Központ (was MÁV or Honvéd)**
1062 Budapest, Podmaniczky utca 109-111.
+36 1 475-2600

**Péterfy (NICU)**
1076 Budapest, Péterfy Sándor u. 8.-14.
+36 1 461 4700
[http://www.peterfyszuleszet.hu/](http://www.peterfyszuleszet.hu/)

**Uzsoki**
1145 Budapest, Uzsoki utca 29-41.
+36 1 467-3700, +36 1 251-7333
[http://www.uzsoki.hu/node/76](http://www.uzsoki.hu/node/76)
Appendix G: What to pack for your average public hospital

Have your pack ready to go in an easy to grab location by around the 36th week of your pregnancy. Even if you forget to bring it, your partner can just run home and get it.

For mother:

- 2-3 nightgowns and/or very comfortable, loose clothing that allows easy access to both your breasts (for breastfeeding) and to your nether regions (for giving birth and for washing)
- Bathrobe
- 2-3 pieces of disposable underwear (can be purchased at pharmacies or baby stores)
- Ultra heavy duty sanitary pads, or even better, incontinence pads (they absorb more moisture)
- At least two towels, and some hand towels as well
- Socks
- Slippers you can wear into the shower
- Nursing bra (not absolutely necessary as you will likely find it most comfortable to be braless)
- „Going home” clothes. Assume that you will have the figure you did when you were 6 months pregnant. Do NOT pack pre-pregnancy jeans and expect to fit into them.
- Toilet paper!!! The softer the better.
- Soap, shampoo, toothbrush, toothpaste, comb, etc.
- Plate, utensils, napkins, cup. Hospitals do NOT provide them.
- Camera and batteries.
- PAPERS! Picture ID (passport), marriage certificate, paternity declaration, address card, residency permit, etc. (Helps if you have all your important info and numbers printed on a piece of paper for the hospital staff to read from, so they don’t bug you during contractions for your passport number, for example.)
- A small inflatable swimming ring to sit on in case your episiotomy site hurts too much to sit on.
- Cell phone and charger!
- Money

For father:

- Slippers (often hospitals do not allow you to enter in your street shoes)
- Food and drink in case labor gets long.
- Camera
- Phone
- Money
For baby:

- Soft receiving blanket to wrap baby in after birth.
- 3-4 changes of clothes including undershirts and footsie overalls or sleeping gowns
- Hats, socks and mittens – newborns have trouble keeping warm
- Although most hospitals provide some diapers each day, some mothers find that they do not provide enough. Therefore bring some newborn diapers.
- As dictated by the weather, bring appropriate outer wear for bringing baby home.
- Carseat on the last day to take baby home.
- Prescription baby-care products prescribed by your baby’s pediatrician: includes diaper cream, bath cream, alcohol and antiseptic powder for cord care.
Appendix H: Hospital birth costs

Please note: these do not include the doctor’s fees for attending the birth. Prices may be different for those with Hungarian state insurance than for those without.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Price</th>
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<tbody>
<tr>
<td>Public hospital</td>
<td>HUF 200 000 – 300 000 (no plan)</td>
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<tr>
<td>Dr Rose</td>
<td></td>
</tr>
<tr>
<td>Vaginal birth, no pain medication</td>
<td>EUR 5500</td>
</tr>
<tr>
<td>Vaginal birth with epidural</td>
<td></td>
</tr>
<tr>
<td>C-section</td>
<td></td>
</tr>
<tr>
<td>Róbert Klinika</td>
<td>HUF 250 000 / EUR 1400</td>
</tr>
<tr>
<td>Vaginal birth, no pain medication</td>
<td>HUF 80 000 / EUR 320 extra</td>
</tr>
<tr>
<td>Designated clinic doctor</td>
<td>HUF 50 000 / EUR 200 extra</td>
</tr>
<tr>
<td>Designated clinic midwife</td>
<td>HUF 50 000 / EUR 400 extra</td>
</tr>
<tr>
<td>Pain medication</td>
<td></td>
</tr>
<tr>
<td>Bring your own doctor</td>
<td>HUF 250 000 / EUR 1400</td>
</tr>
<tr>
<td>Maternity</td>
<td></td>
</tr>
<tr>
<td>For Hungarian citizens</td>
<td>HUF 450 000</td>
</tr>
<tr>
<td>For non-Hungarian citizens</td>
<td>HUF 550 000</td>
</tr>
<tr>
<td>Bring your own doctor</td>
<td>HUF 330 000</td>
</tr>
</tbody>
</table>
Appendix I: List of birth workers (doulas, lactation consultants, photographers, etc.)

A constantly updated version of this list can be found on the internet here: [http://bit.ly/13iZ92z](http://bit.ly/13iZ92z)

<table>
<thead>
<tr>
<th>Name</th>
<th>Lang</th>
<th>Services</th>
<th>Contact</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ágota Turoczi</td>
<td>English</td>
<td>Birth doula, Prenatal classes, Massage (pregnancy or baby), Pre- or postnatal exercise</td>
<td>+ 36 20 329 8043 <a href="mailto:turocziagota@gmail.com">turocziagota@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Andrea Mélykúti</td>
<td>Serbian, Croatian</td>
<td>birth doula, postpartum doula</td>
<td>+ 36-20-211-40-21 <a href="mailto:mia@deepwell.hu">mia@deepwell.hu</a></td>
<td>Budapest, Pilis-szentiván</td>
</tr>
<tr>
<td>Aniko Ferenczi</td>
<td>English</td>
<td>Prenatal classes, Massage (pregnancy), Pre- or postnatal exercise, kinesiology, fetal age block dissolving, other psychical therapies, stress solution techniques.</td>
<td>+ 36 20 419 5421 <a href="mailto:ancsa001@gmail.com">ancsa001@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Barbara Pusztay (earlier: Prágai)</td>
<td>English</td>
<td>perinatal expert, postpartum doula</td>
<td><a href="mailto:pragaibarbara@gmail.com">pragaibarbara@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Bianca Martinovich</td>
<td>English</td>
<td>Lactation consultant (LLL or IBCLC)</td>
<td>+ 36 20 501-6768 <a href="mailto:martinovichne.debulay.bianca@gmail.com">martinovichne.debulay.bianca@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Csilla Brunczvik</td>
<td>Spanish</td>
<td>birth doula</td>
<td>+ 36 30 637 7697 <a href="mailto:brunczvik@freemail.hu">brunczvik@freemail.hu</a></td>
<td>Budapest, north of Budapest</td>
</tr>
</tbody>
</table>

Réka Morvay
rekomorvay@gmail.com
www.rekomorvay.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Language(s)</th>
<th>Services</th>
<th>Contact Information</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Csilla Kaiser</td>
<td>French</td>
<td>birth doula, prenatal and postnatal yoga, relationship building with the baby in meditation</td>
<td><a href="mailto:csilla.m.kaiser@gmail.com">csilla.m.kaiser@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Ditta Maróy</td>
<td>English, German</td>
<td>Midwife, Birth doula, Postpartum doula, Prenatal classes, baby swimming instructor</td>
<td>+ 36 20 593 9427 <a href="mailto:ditta@kangaegyesulet.hu">ditta@kangaegyesulet.hu</a></td>
<td>Pécs and area</td>
</tr>
<tr>
<td>Dr. Eszter Gyöngyössy</td>
<td>English, German, French</td>
<td>Lactation consultant (LLL or IBCLC)</td>
<td>+36 20 918 4156 <a href="mailto:noster@t-online.hu">noster@t-online.hu</a></td>
<td>Érd, Diósd, Törökbálint, Budaörs, Budakeszi, Telki, Budapest districts I., II, XII, XI., XXII.</td>
</tr>
<tr>
<td>Emőke Rozgonyi</td>
<td>English, Serbian, Croatian</td>
<td>birth doula</td>
<td><a href="mailto:emoke.rozagonyi@gmail.com">emoke.rozagonyi@gmail.com</a></td>
<td>Budapest, Szombathely, Zalaegerszeg</td>
</tr>
<tr>
<td>Esther Aggot</td>
<td>English</td>
<td>babywearing educator</td>
<td>+36-30-450-24-81 <a href="mailto:aggotline@gmail.com">aggotline@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Eszter Dobay</td>
<td>English</td>
<td>Birth doula, Postpartum doula, Photographer</td>
<td>+ 36 30 758 8338 <a href="mailto:dobaye@gmail.com">dobaye@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Eszter Mészáros</td>
<td>English</td>
<td>birth doula, postpartum doula</td>
<td><a href="mailto:bohemianwitch@gmail.com">bohemianwitch@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Eszter Schneiderné Diószegi</td>
<td>English</td>
<td>Lactation consultant (LLL or IBCLC)</td>
<td>+ 36 30 952 2115 <a href="mailto:dioszegi.eszter@ibclc.hu">dioszegi.eszter@ibclc.hu</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Name</td>
<td>Language</td>
<td>Services</td>
<td>Contact Information</td>
<td>Location</td>
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</tr>
<tr>
<td>Eva Belányi</td>
<td>English</td>
<td>birth doula, pregnant and baby massage</td>
<td>+ 36 30 9919 773 <a href="mailto:bszeva@hotmail.com">bszeva@hotmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Felicia Vincze (or Marki-Zay)</td>
<td>English</td>
<td>midwife, birth doula</td>
<td><a href="mailto:felicia@ateszuledes.hu">felicia@ateszuledes.hu</a></td>
<td>Szeged and area, Budapest (only Jahn Ferenc hospital)</td>
</tr>
<tr>
<td>Ibolya Rózsa</td>
<td>English</td>
<td>Lactation consultant (LLL or IBCLC)</td>
<td>+ 36 30 583 4877 <a href="mailto:iboly@iboly.hu">iboly@iboly.hu</a></td>
<td>Budapest and vicinity</td>
</tr>
<tr>
<td>Ildikó Genahl</td>
<td>English</td>
<td>Birth doula, Postpartum doula, Pre- or postnatal exercise, yoga instructor for yoga during pregnancy</td>
<td>+ 36 30 636 2870 <a href="mailto:genahli@hotmail.com">genahli@hotmail.com</a></td>
<td>Budapest, Pest county</td>
</tr>
<tr>
<td>Katalin Csomómé Lindmayer</td>
<td>Czech, Slovak</td>
<td>birth doula, postpartum care, breastfeeding, childbirth classes, counseling, bonding support</td>
<td>+ 36 20 952 7358 <a href="mailto:katalin@lindmayer.hu">katalin@lindmayer.hu</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Kinga MAHR</td>
<td>German</td>
<td>Massage (pregnancy or baby), babysitting</td>
<td>+ 36 30 4793483 <a href="mailto:mahr.kinga@gmail.com">mahr.kinga@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Krisztina Wouters-Kozma</td>
<td>English</td>
<td>Lactation consultant (LLL or IBCLC), Prenatal classes, Massage (pregnancy or baby)</td>
<td>+ 36 30 222 6995 <a href="mailto:bykrisztina@gmail.com">bykrisztina@gmail.com</a></td>
<td>Budapest, Nagykovácsi</td>
</tr>
<tr>
<td>Magdi</td>
<td>Italian</td>
<td>birth doula</td>
<td>+ 36 30 493 9688</td>
<td>Szeged</td>
</tr>
<tr>
<td>Name</td>
<td>Language(s)</td>
<td>Services</td>
<td>Contact Information</td>
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<tr>
<td>Puroszné Nagy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melinda Kernné Mihácsi</td>
<td>German</td>
<td>Birth doula, Postpartum doula</td>
<td>+ 36 70 319 5317 <a href="mailto:kmlinda77@gmail.com">kmlinda77@gmail.com</a></td>
<td>Szombathely</td>
</tr>
<tr>
<td>Mixi Garai</td>
<td>French</td>
<td>Birth doula</td>
<td>+ 36 30 400 2434 <a href="mailto:garaimixi@gmail.com">garaimixi@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Mónika Schanda</td>
<td>English, German</td>
<td>Midwife, Birth doula, Lactation consultant (LLL or IBCLC), Prenatal classes</td>
<td>+ 36 20 395 5174 <a href="mailto:monika@schanda.hu">monika@schanda.hu</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Nandu (Andrea Noll)</td>
<td>English, German, Spanish</td>
<td>midwife, birth doula, Aquanatal instructor trainer, prenatal classes</td>
<td>+ 36 30 4488444 <a href="mailto:nandu@nandu.hu">nandu@nandu.hu</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Nóra Schimcsig</td>
<td>English, German</td>
<td>Birth doula, postpartum doula, HypnoBirthing classes, counseling, VBAC support</td>
<td>+ 36203465721 <a href="mailto:noradula@gmail.com">noradula@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Orsi Lénárd</td>
<td>German</td>
<td>Pregnancy massage, counseling, birth doula, VBAC support</td>
<td>+ 36 20 329 25 69 <a href="mailto:dula@lenardorsi.hu">dula@lenardorsi.hu</a></td>
<td>Budapest, Pomáz</td>
</tr>
<tr>
<td>Patricia Verbőczy</td>
<td>English, Japanese</td>
<td>Birth, newborn and child photography</td>
<td>+ 36 20 801-7198 <a href="mailto:patricia@patriciafoto.com">patricia@patriciafoto.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Pintérné Fazakas Andrea</td>
<td>Román</td>
<td>Birth doula</td>
<td>+ 36 20 771 9303 <a href="mailto:fazakasa@citromail.hu">fazakasa@citromail.hu</a></td>
<td></td>
</tr>
<tr>
<td>Piros Clease</td>
<td>English</td>
<td>Birth doula, yoga, bellycasting</td>
<td><a href="mailto:piroska_clease@yahoo.co.uk">piroska_clease@yahoo.co.uk</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Name</td>
<td>Language</td>
<td>Services</td>
<td>Contact Information</td>
<td>Location</td>
</tr>
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</tr>
<tr>
<td>Réka Dézsi</td>
<td>English, German, Romanian</td>
<td>birth doula, postpartum doula, prenatal classes</td>
<td>+ 36306404061 <a href="mailto:dolcevita4d@gmail.com">dolcevita4d@gmail.com</a></td>
<td>Szombathely</td>
</tr>
<tr>
<td>Réka Morvay</td>
<td>English</td>
<td>Birth doula, Lactation consultant (IBCLC), Prenatal classes, Psychologist</td>
<td>+ 36 30 924-4755 <a href="mailto:rekamorvay@gmail.com">rekamorvay@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Renáta W. Ungváry</td>
<td>German</td>
<td>Lactation consultant (LLL or IBCLC)</td>
<td>+ 36 30 202 0870 <a href="mailto:ungvary.renata@gmail.com">ungvary.renata@gmail.com</a></td>
<td>Budapest</td>
</tr>
<tr>
<td>Szilvia Rédey</td>
<td>English</td>
<td>birth doula</td>
<td><a href="mailto:szilvielle@gmail.com">szilvielle@gmail.com</a></td>
<td>Pilis, Szentendre</td>
</tr>
<tr>
<td>Tünde Szlifka</td>
<td>English</td>
<td>Birth doula, Postpartum doula, Prenatal classes, Massage (pregnancy or baby), Pre- or postnatal exercise</td>
<td>+ 36 70 772 9009 <a href="mailto:szlifkatunde@gmail.com">szlifkatunde@gmail.com</a></td>
<td>Budapest</td>
</tr>
</tbody>
</table>
Appendix J: List of registrars

**District 1**
1014 Budapest, Úri utca 58.
Phone: +36 1 214-3122
Parking: Permit required
Monday: 14.00-18.00
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 2**
1024 Budapest, Mechwart liget 1.
Phone: +36 1 346-5254
Monday: 13.30-18.00
Wednesday: 8.00-16.00
Friday: 8.00-11.00

**District 3**
Budapest, Fő tér 3.
Phone: +36 1 437-8518 ext. 8522
Monday: 14.00-18.00
Wednesday: 8.00-16.30
Friday: 8.00-12.00

**District 4**
1042 Budapest, István út 14.
Phone: +36 1 231-3150
Monday: 14.00-18.00
Wednesday: 8.00-16.30
Friday: 8.00-12.00

**District 5**
Budapest V, Erzsébet tér 4.
Phone: +36 1 267-2363
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 6**
Budapest, Teréz krt. 13.
Phone: +36 1 322-5472
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 7**
1073 Budapest, Erzsébet krt. 6.
Phone: +36 1 462-3123
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-12.00

**District 8**
1082. Budapest, Baross u. 65-67
Phone: +36 1 459-2541
Monday: 13.30-18.00
Wednesday: 8.15-16.30

**District 9**
Budapest, Bakáts tér 1
Phone: +36 1 217-6492
Monday: 13.00-17.00
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 10**
Budapest, Szent László tér 29.
Phone: +36 1 433-8100
Monday: 13.30-17.30
Wednesday: 8.00-16.00
Friday: 8.00-11.30

**District 11**
1113 Budapest, Bocskai út 39
Phone: +36 1 224-5946
Monday: 13.00-17.30
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 12**
Budapest, Böszörményi út 23-25.
Phone: +36 1 122-5546
Monday: 13.00-17.30
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 13**
1139 Budapest, Béke tér 1.
Phone: +36 1 452-4100
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 14**
1145 Budapest, Pétervárad u. 11-17.
Phone: +36 1 467-9114
Monday: 13.30-17.30
Wednesday: 8.15-16.30
Friday: 8.15-11.30

**District 15**
1153 Budapest, Bocskai u. 1-3
Phone: +36 1 305-3121
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 16**
1163 Budapest, Havashalom u. 43
Phone: +36 1 401-1471
Monday: 13.30-17.30

**District 17**
1173 Budapest, Pesti út 163.
Phone: +36 1 253-3422
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 18**
Budapest, Batthyány u. 78.
Phone: +36 1 296-1443
Monday: 13.30-18.00
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 19**
Budapest Városház tér 18-20
Phone: +36 1 3474-539, +36 1 3474-540
Monday: 14.00-17.30
Wednesday: 8.00-16.30
Friday: 8.00-12.00

**District 20**
Budapest, Kossuth tér 1.
Phone: +36 1 283-0936
Monday: 14.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 21**
Budapest, Szent Imre tér 10.
Phone: +36 1 427-6127
Monday: 13.30-18.00
Wednesday: 8.00-16.30
Friday: 8.00-11.30

**District 22**
Budapest, Városház tér 11.
Phone: +36 1 229-2611
Monday: 13.30-18.00
Wednesday: 8.00-16.00
Friday: 8.00-12.00

**District 23**
Budapest, Grassalkovich út 158
Phone: +36 1 289-2100
Monday: 8.30-17.00
Wednesday: 8.30-16.00
Thursday: 8.30-12.00
Friday: 8.00-12.00

Réka Morvay
rekamorvay@gmail.com
www.rekamorvay.com

Having A Baby In Hungary
Appendix K: Pediatric offices and urgent care by district

**District 1**
1012 Budapest, I. Mikó u. 12.  
+36 1 375-7173, +36 1 375-7539  
1011 Budapest, I. Markovics I. u. 2.  
+36 1 202-0937, +36 1 201-6162  
**Urgent after hours care**  
Szent János hospital Building 24  
1125 Budapest, Diós árok 1-3.  
Phone:+36 1 212-5979  
Hours: Monday through Friday, 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 2**
1022 Budapest  
Rét utca 3.  
+36 1 212-4268, +36 1 212-4951  
1025 Budapest  
Csatárka út 51.  
+36 1 325-8829  
1026 Budapest  
Pasaréti út 67-69.  
+36 1 200-6575, +36 1 200-6567  
1028 Budapest  
Hunyadi János útca 81-85.  
+36 1 275-7761  
1028 Budapest  
Községház utca 12.  
+36 1 376-5372, 274-7149  
**Urgent after hours care**  
Szent János hospital Building 24  
1125 Budapest, Diós árok 1-3.  
Phone:+36 1 212-5979  
Hours: Monday through Friday, 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 3**
1031 Budapest  
Ányos u. 2.  
+36 1 368-6867  
1033 Budapest  
Óbuda u. 6.  
+36 1 250-3489  
1038 Budapest  
Csobánka tér 6.  
+36-1 250-0664  
1039 Budapest  
Füst Milán u.28.  
+36-1 243-4583  
1033 Budapest  
Pethe Ferenc tér 3.  
+36 1 367-1649  
1033 Budapest  
Vöröskereszti tér 9-11.  
+36 1 387- 2518  
1032 Budapest  
Vörösvári út. 88.  
+36-1 367-6569  
**Urgent after hours care**  
Szent János hospital Building 24  
1125 Budapest, Diós árok 1-3.  
Phone:+36 1 212-5979  
Hours: Monday through Friday, 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 4**
1041 Budapest, Király u. 19-21.  
+36 1 369-17-66  
1045 Budapest, Pozsonyi út 23.  
+36 1 369-33-23  
1046 Budapest, Erdősor út 1.  
+36 1 233-11-87  
1048 Budapest, Galopp u. 6.  
+36 1 380 67 22  
1048 Budapest, Hargita u. 1.  
+36 1 230 96 52  
**Urgent after hours care**  
1138 Budapest, Révész u. 10-12.  
+36 1 349-8601, +36 1 349-8603  
Hours: Monday through Friday 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 5**
1054 Budapest, Akadémia u. 8.  
+36 1 311-8222  
**Urgent after hours care**  
1138 Budapest, Révész u. 10-12.  
+36 1 349-8601, +36 1 349-8603  
Hours: Monday through Friday 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 6**
1067 Budapest  
Csengery u. 25.  
+36 1 322-2268  
**Urgent after hours care**  
1138 Budapest, Révész u. 10-12.  
+36 1 349-8601, +36 1 349-8603  
Hours: Monday through Friday 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 7**
1076 Budapest  
Péterfy S. u. 8.  
+36-1-322-2885  
1073 Budapest, Akácfa u. 62.  
+36 1 342-0149  
1074 Budapest, Vörösmarty u. 14.  
+36 1 322-8876
Having A Baby In Hungary

**District 8**
1083 Budapest Szigony u. 2/A
+36 1 313-7885
1084 Budapest Auróra u. 22-28.
+36 1 313-6212
1088 Budapest Trefort u. 3.
+36 1 338-2266

**Urgent after hours care**
Heim Pál Children's Hospital
1089 Budapest Üllői út 86.
+36 1 264-3314, +36 1 264-7481

**District 9**
1097 Budapest Lónyay u. 46.
+36 1 217-0317
1097 Budapest Vaskapu u. 23-29.
+36 1 215-0876
1098 Budapest Csengegyű u. 23.
+36 1 282-6644

**Urgent after hours care**
1098 Budapest Tűzoltó u.71-75.
+36 1 783-1037

**District 10**
1101 Budapest Salgótárjáni út 47.
+36 1 261-4962
1105 Budapest Zsivaj utca 2.
+36 1 262-26-57, +36 1 262-51-21
1106 Budapest Kerepesi út 67.
+36 1 261-2177
1106 Budapest Hárselevelű utca 19.
+36 1 261-14-46
1107 Budapest Üllői út 136.
+36 1 262-70-95
1108 Budapest Újhegy sétány 13-15.
+36 1 265-2498, +36 1 265-1523, +36 1 265-1050

**Urgent after hours care**
Heim Pál Children's Hospital
1089 Budapest Üllői út 86.
+36 1 264-3314, +36 1 264-7481

**District 11**
1112 Budapest Menyecske u. 17.
+36-1-310-1464
1113 Budapest Dávid Ferenc u. 10.
+36-1-386-8245
1117 Budapest Fehérvári út 12.
+36-1-209-1328
1118 Budapest Háromszék u. 32-34.
+36-1-246-2162
1118 Gazdagréti tér 5.
+36-1-246-3385
1116 Budapest Albertfalva u. 3.
+36-1-208-4045
1115 Budapest Keveháza u. 10.
+36-1-205-7962

**Urgent after hours care**
Szent János hospital Building 24
1125 Budapest, Diós árok 1-3.
Phone:+36 1 212-5979

**District 12**
1121 Budapest, Rác Aladár u. 5.
+36 1 249-0140
1121 Budapest, Normafa u. 4.
+36 1 275-4852
1126 Budapest, Szilágyi Erzsébet fasor 18.
+36 1 355-5691, +36 1 355-5691
1126 Budapest, Bőszörményi u. 42.
+36 1 356 3396, 355-3002

**Urgent after hours care**
Szent János hospital Building 24
1125 Budapest, Diós árok 1-3.
Phone:+36 1 212-5979

**District 13**
1135 Béke utca 7.
+36 1 239-2482
1133 Ipoly utca 3.
+36 1 349-8182
1139 Növér utca 19.
+36 1 320-9292
1138 Révész utca 10-12.
+36 1 359-1370

**Urgent after hours care**
1138 Budapest, Révész u. 10-12.
+36 1 349-8601, +36 1 349-8603

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www.rekamorvay.com
Having A Baby In Hungary

**District 14**
1144 Budapest Csertő park 3/c.  
+36 1 383-6991
+36 1 273-2564, 273-2565, 273-2566
1142 Budapest Ráskay Lea u. 69-73.  
+36 1 273-2556, 273-2557
1143 Tábornok u. 8.  
+36 1 273-2573, 273-2570
**Urgent after hours care**
1138 Budapest, Révész u. 10-12.  
+36 1 349-8601, +36 1 349-8603
Hours: Monday through Friday 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 15**
1152. Budapest , Rákos út 77/a.  
+36 1 271-2340
1157. Budapest , Szókavár u. 42-44.  
+36 1 418-2228
1151. Budapest , Sződliget u. 32.  
+36 1 307-6169
+36 1 415-0181
**Urgent after hours care**
1138 Budapest , Révész u. 10-12.  
349-8601, 349-8603
Hours: Monday through Friday 8 pm to 8 am, 24 hours a day on weekends and public holidays

**District 16**
1165 Budapest  Centenáriumi sétány 24.  
+36 1-404-4309
1162 Budapest  Délecgt utca 33-35.  
+36 1-409-0766, +36 1-409-3871
1161 Budapest  Hősök tere 7-9.  
+36 1-405-8740, +36 1-405-2376
1163 Budapest  Jókai utca 3.  
+36 1-408-0015
1164 Budapest  Rádió utca 10.  
**Urgent after hours care**
Heim Pál Children's Hospital  
1089 Budapest  Úllői út 86.  
264-3314, 264-7481

**District 17**
1172 Hősök tere 3.  
+36 1 258-03-70
1172 Naplás u. 58.  
+36 1 257-83-03

**District 18**
1171 Péceli út 190.  
+36 1 256-35-82
1171 Csongrád u. 2.  
+36 1 258-21-47
1173 Ferihegyi út 81.  
+36 1 257-47-25
1174 Kép u. 1/b.  
+36 1 258-25-42
1173 Egérszégház u. 40.  
1173 Újjak u. 13.  
+36 1 256-74-23
**Urgent after hours care**
Heim Pál Children's Hospital  
1089 Budapest  Úllői út 86.  
+36 1 264-3314, +36 1 264-7481

**District 19**
1171 Ady Endre út 122.  
+36 1 347-5991
1191 Budapest  Berzsenyi u. 3.  
+36 1 357-1239
**Urgent after hours care**
Heim Pál Children's Hospital  
1089 Budapest  Úllői út 86.  
+36 1 264-3314, +36 1 264-7481

**District 20**
1204 Budapest  Pacsirta u. 157.  
+36-1-284-7372
1201 Budapest  Vas Gereben u. 1.  
+36-1-421-4452
**Urgent after hours care**
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1089 Budapest  Úllői út 86.  
+36 1 264-3314, +36 1 264-7481
**District 21**
1212 Budapest, Görgey Artúr tér 6.
+36 1 276-1447
1212 Budapest, Görgey Artúr tér 8.
+36 1 427-5191; +36 1 427-5129

**Urgent after hours care**
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**District 22**
1224 Budapest, III. u. 1.
+36 1 362-4645
1224 Budapest, Batthyány u. 8-10.
+36 1 207-5986
1221 Budapest, Káldor Adolf u. 5–9.

**District 23**
1238 Budapest, Tánacsics Mihály u. 104.
+36-1-286-0296
1204 Budapest, Pacsirta u. 157.
+36-1-284-7372

**Urgent after hours care**
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+36 1 264-3314, +36 1 264-7481

Szent János hospital Building 24
1125 Budapest, Diós árok 1-3.
Phone:+36 1 212-5979
Hours: Monday through Friday, 8 pm to 8 am, 24 hours a day on weekends and public holidays
Appendix L: Private pediatric care

Many private clinics available for prenatal care also offer pediatric care. Below are the prices for their packages.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FirstMed</strong></td>
<td></td>
</tr>
<tr>
<td>FirstYear Plan</td>
<td>HUF 83 000 / year</td>
</tr>
<tr>
<td>Child Premium Plan</td>
<td>HUF 122 000 / year</td>
</tr>
<tr>
<td><strong>Rózsakert</strong></td>
<td></td>
</tr>
<tr>
<td>Infant Package</td>
<td>HUF 220 000 / year</td>
</tr>
<tr>
<td><strong>Dr Rose</strong></td>
<td></td>
</tr>
<tr>
<td>Age 0-1</td>
<td>HUF 290 000 – 690 000 / year</td>
</tr>
<tr>
<td>Age 1-18</td>
<td>HUF 290 000 – 690 000 / year</td>
</tr>
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</table>