

為確保你和胎兒的健康，接受產前護理是非常重要的。

產前檢查

贊育醫院及瑪麗醫院的產前護理服務是與政府衛生署的健康院合辦。若你的健康情況正常，第一次檢查後便會被轉介至住所附近的健康院繼續接受檢查及護理，若有需要，可隨時轉介回贊育醫院或瑪麗醫院接受治療。懷孕三十六週時亦會安排回瑪麗醫院覆診。懷孕二十八至三十週會進行口服葡萄糖耐性檢驗。

產前護理及教育活動

除了一般的產前護理外，贊育醫院亦提供產前診斷及超聲波檢查等。

為了使孕婦和丈夫有充份的生理和心理準備去迎接嬰兒的誕生，瑪麗醫生提供一系列的產前教育活動，包括：

產前講座

- 產前護理
- 初生嬰兒的護理、嬰兒哺餵及新生嬰兒黃疸
- 分娩的認識
- 產後護理、產後情緒問題及家庭計劃

母親育嬰講座

母乳育嬰能使下一代身體更健康，歡迎準父母參加母乳育嬰講座。



It is very important for you to receive antenatal care in order to keep you and your baby healthy

Antenatal Examination

The antenatal check-up services is jointly provided by the Department of Health with the Department of Obstetrics and Gynaecology of Tsan Yuk Hospital/Queen Mary Hospital. If no abnormalities are detected after the first antenatal visit, you may be referred to nearby Maternal and Child Health Centre to receive subsequent antenatal care. Should any problem arise, you may be referred back to Tsan Yuk Hospital/Queen Mary Hospital anytime for investigation and treatment. It is a routine that every pregnant woman would be arranged to have antenatal visits at 36 weeks of gestation in Queen Mary Hospital. Oral Glucose Tolerance Test at 28 to 30 weeks of gestation.

Antenatal Care and Antenatal Education Programme

Aside from the routine antenatal check-up, Tsan Yuk Hospital also provides other services like Prenatal Diagnostic Services and ultrasound examination to the indicated pregnant women.

In order to ensure that you and your partner having adequate psychological preparation for your new-born, a series of antenatal education programmes are arranged:

Antenatal Talks

- Antenatal, labour and postnatal care, family planning.
- Neonatal care, infant feeding and neonatal jaundice.
- Discussion on birth plan.

Breast feeding talk

Breastfeeding is the best gift for the baby. Breastfeeding talk to teach the mothers on Breastfeeding is available. Pamphlets are also provided for your reference.



Tour to Queen Mary Hospital Obstetric Unit

The tour is meant to facilitate couples to be familiar with the environment of the Delivery Suite and Maternity Wards in Queen Mary Hospital, especially the obstetric admission ward in Queen Mary Hospital.

Antenatal Exercises Classes

There are also antenatal exercise classes held by the physiotherapist in Physiotherapy Department, 3/F, East Wing, Tsan Yuk Hospital. An adult relative or friend can accompany & help you out in the class.

Advance booking is needed for the above programmes.

Signs and Symptoms Indicating Admission

In case there is any signs and symptoms of delivery including show, abdominal pain or leaking of liquor, please go to Block K, 9th floor, South Wing of Queen Mary Hospital for admission. Please remember to bring your identity card or other relevant document, follow-up card, Antenatal Care Record Book and your pre-packed luggage with you. Your pre-packed luggage should include:

Mother

- 1) a cup
- 2) accessories for morning and evening toilet
- 3) tissue paper
- 4) slippers
- 5) maternity pad with loop 2 packs and belt or mesh pant
- 6) brassiere
- 7) absorptive underpad 10 sheets
- 8) coins or telephone card.

If you have any queries about admission, please contact our clinic staff for information and advice.

Baby

- 1) new-born diapers
- 2) cotton wool piece or fragrance free wet tissue



參觀住院服務

透過參觀瑪麗醫院的產房和產科房，孕婦及其伴侶可親身感受實際環境與認識服務。為日後住院作好準備。

產前運動班

贊育醫院物理治療師會定期舉行產前運動班，希望孕婦們能踴躍參加，亦歡迎丈夫們或一位成人親友一起參與，請先預約。

入院徵兆

當你有任何的作產徵兆，如見紅、肚痛或羊水膜穿破，請儘快帶同身份証或身份證明文件、覆診咭、產前護理記錄冊和預早收拾好的物品入院（入院室設在瑪麗醫院K座九樓南翼）：

母親

- 1) 水杯
- 2) 梳洗用品
- 3) 廁紙 / 紙巾
- 4) 拖鞋
- 5) 有扣產婦衛生巾兩包及衛生帶或網褲
- 6) 胸圍
- 7) 厚身墊床紙10塊
- 8) 輔幣或電話卡

嬰兒

- 1) 初生嬰兒紙尿片
- 2) 棉花塊或無香料的濕紙巾



若妳對入院方面有任何疑問，請向本診所工作人員查詢。