

Adventist 港  
Health 安

Hong Kong Adventist Hospital • Stubbs Road

香港港安醫院•司徒拔道



# Obstetric

Services Packages

產科服務計劃



Adventist 港  
Health 安

Hong Kong Adventist Hospital • Stubbs Road

香港港安醫院•司徒拔道

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2022/07 Revised 修訂

Extending the Healing Ministry of Christ  
延續基督的醫治大能



## Dear Prospective Parents

給即將為人父母的您

The birth of a new life is a joyous occasion that also ushers in a season of new challenges for first-time parents. As a leading health care provider, Hong Kong Adventist Hospital – Stubbs Road (HKAH – SR) is committed to walking alongside new parents by providing professional, compassionate care in a safe and pleasant environment.

新生命誕生帶來喜悅，也是對初為人父母者一連串挑戰的開始。香港港安醫院—司徒拔道產科部的醫護人員以專業知識和貼心的服務，陪伴新手父母走過這重要的人生階段。

### Our Accreditations 評核認可

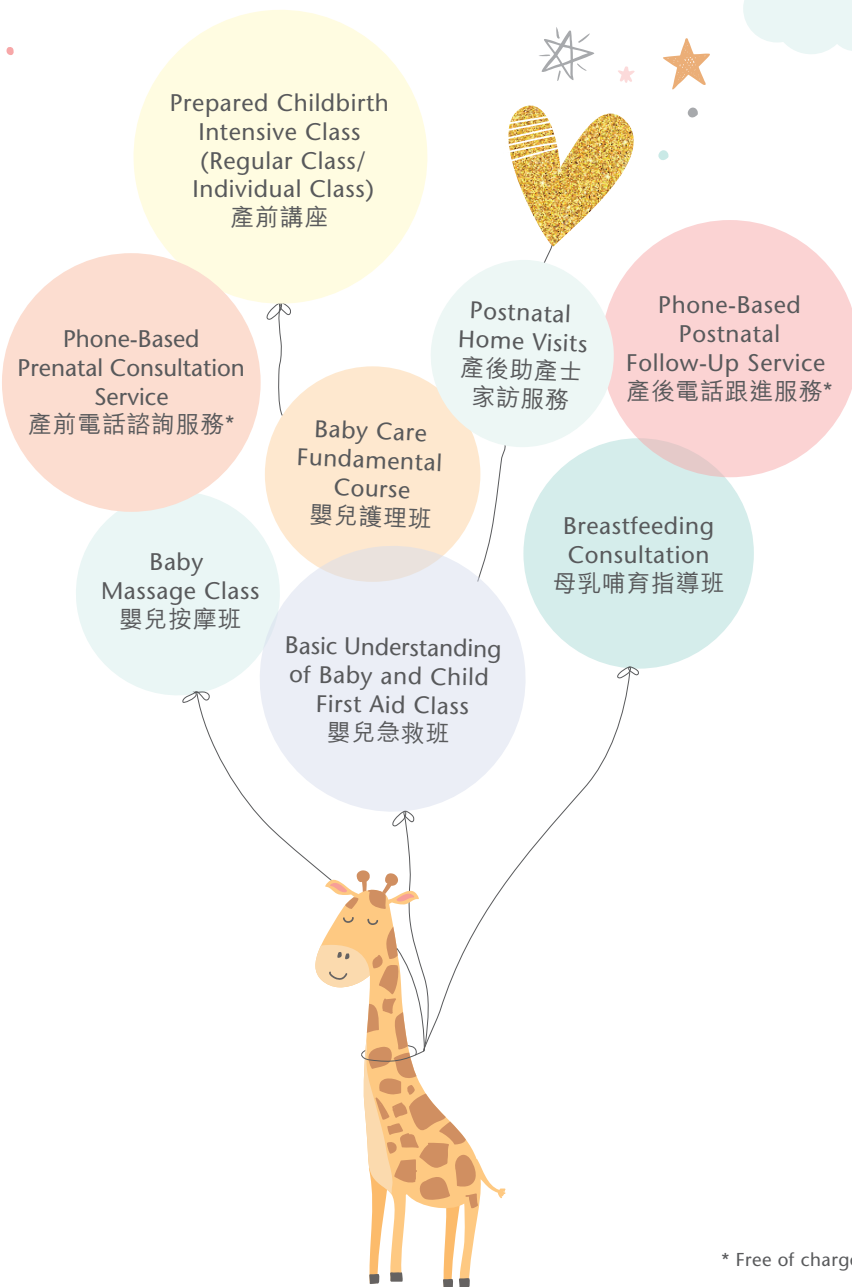


Joint Commission International (JCI)  
國際聯合委員會



Hong Kong College of  
Obstetricians and Gynaecologists  
香港婦產科學院

## Obstetric Services 產科服務



\* Free of charge 免費

## Our Rooms 房間

Our Rooms and Facilities 房間類型與設施一覽

	3-bed Room 3人房	2-bed Room 2人房	1-bed Room 1人房	VIP Room 貴賓 (單人房)
Room size (sq. ft.) 房間尺寸 (尺)	417	269	269	373
LCD television (inch) 獨立液晶電視 (吋)	22	22	48	48
Local, now TV, and satellite TV networks 本港及衛星電視頻道	✓	✓	✓	✓
Private computer 專用電腦	✓	✓	✓	✓
Free Wi-Fi 免費無線寬頻上網連接	✓	✓	✓	✓
Safe 保險箱	✓	✓	✓	✓
Refrigerator 雪櫃	✓Shared 共用	✓Shared 共用	✓	✓
Desk 書檯			✓	✓
Sofa bed 梳化床			✓	✓
Massage chair 按摩椅				✓
Locker 儲物櫃	✓	✓	✓	✓
Premium bath products 尊貴沐浴用品				✓
Blow-dryer, hair straightener and curling iron 風筒、直髮器及捲髮器	✓	✓	✓	✓
Microwave 微波爐			✓	✓
In-room tea/coffee machine 房內咖啡及茶沖調設施				✓
Public beverage machine 公共咖啡及茶沖調設施	✓	✓	✓	✓
Ginger water provided for body cleansing and external use (for an additional fee) 熱薑水抹身和外用 (須額外收費)	✓	✓	✓	✓

## Other Facilities 其他設施和設備

### Baby Security System 嬰兒保安系統

To ensure the safety of all newborns at the hospital, an individual band with a 2D barcode is attached to the ankle of each baby and the wrist of each mother upon delivery. An alarm will be activated immediately if anyone tries to take a baby out of the Maternity Ward without authorization. The nursery is also locked with a door code and is monitored 24 hours via a CCTV system.

嬰兒出生後，醫護人員會隨即為寶寶戴上電子條碼腳環。並與戴上腕環的母親進行配對，如嬰兒被擅自帶離產科病房範圍，保安系統便會立即啟動警報。此外，育嬰室設有密碼鎖及24小時閉路電視監察系統。



### Minimizing Risk of Infection 感染控制

After a newborn's body temperature has stabilized, our nurses will bathe the baby (with the consent of the parents). To minimize the risk of infection, the hospital utilizes disposable bathing products.

嬰兒出生後，在體溫穩定及父母同意下，護士會替嬰兒沐浴。本院採用即用即棄的沐浴設備，防止嬰兒交叉感染。

### Delayed First Bath 延遲首次沐浴時間

The vernix caseosa, a waxy coating on the skin of newborns, acts as a natural moisturizer and cleanser, and protects babies from infection. Our hospital therefore delays each newborn's first bath to allow for gradual absorption of the vernix caseosa.

寶寶出生時，皮膚上會黏一層蠟質塗層。這塗層不但是天然的保濕劑和清潔劑，還可防止新生兒受感染。因此，在本院，寶寶可以待身體慢慢吸收這塗層後才沐浴。

### Wireless Maternal and Fetal Monitoring 無線母胎監測系統

To safeguard the health and wellbeing of both expectant mothers and babies, our wireless maternal and fetal monitoring system allows doctors and nurses to monitor and assess their condition, all the while offering mothers continued freedom of movement without being restricted by wires and cables.

無線母胎監測既可以幫助醫生和護士監測和評估重要的臨床訊息，以確保準媽媽和寶寶的健康，又不會影響準媽媽的活動。其無線設計可以讓準媽媽即使連接着系統，都能自由自在走動。



## Compassionate, Attentive Care 貼心安排

### Immediate and Uninterrupted Skin-to-Skin Contact Immediately After Birth

#### 肌膚相親

Skin-to-skin contact is the best way for parents to bond with their newborn. After the birth, our obstetric team will assess the baby's condition in the operating or delivery room and arrange for skin-to-skin contact between the baby and parents, which allows the baby to experience the smell, heartbeat, and breath of his/her parents and increases the chances of successful breastfeeding.



肌膚相親是建立親子關係的最佳方法，產後我們的產科團隊會按嬰兒在手術室/產房的情況，安排父母與寶寶擁抱作肌膚相親，讓寶寶可以接觸到您的氣味或聽到您的心跳，感覺到您的呼吸，有助成功餵哺母乳。

#### Kangaroo Care 袋鼠式護理

“Kangaroo Care” which involves skin-to-skin contact by holding a naked baby against a parent's bare chest, is particularly beneficial for premature or small babies. It not only promotes bonding, but also stabilizes a baby's heart rate and improves oxygen saturation rate. Babies experience a sense of security, which decreases crying, conserves energy and oxygen, and enhances sleep and nutrition intake, thereby fostering weight gain.

「袋鼠式護理」是一種特別有利不足月或體重過輕嬰兒的照護模式。寶寶除了藉肌膚相親接觸與父母建立良好的親子關係外，被擁抱於父母的胸膛可以使寶寶有安全感，從而穩定寶寶的心跳和血氧濃度，減少哭泣並降低氧氣及能量的消耗，延長睡眠時間及改善營養吸收，從而加速體重增加。



### One-on-One Bedside Breastfeeding Support 一對一床邊專業母乳餵哺指導

Breast milk is the healthiest, most natural food for babies, and breastfeeding provides numerous health benefits for babies and mothers. Our hospital highly encourages mothers to breastfeed their baby. A team of medical professionals is on hand to help new mothers prevent and overcome breastfeeding difficulties by introducing techniques to them while they are at the hospital. We are also committed to providing support after discharge through our postnatal follow-up hotline, lactation clinic, and home visit services.

母乳是嬰兒最天然、健康、美味和可靠的食物，餵育母乳對孩子和母親都有莫大好處。本院積極提倡母親按嬰兒需要餵哺母乳，醫護人員會即時教導母親餵哺技巧及解決母乳餵哺所遇到的問題及提供產後母乳餵哺支援熱線、母乳餵哺診所及家訪服務，以幫助她們解決有關困難。

#### Rooming-In 母嬰同室

Our expert medical team strives to provide professional and family-centered care during a new mother's stay at our hospital. To encourage family bonding, our rooming-in option allows all members of the family to connect with the newborn early on and learn how to take care of the baby. Our rooming-in services also ensure that the baby remains within a consistent and stable environment during the transitions from the hospital to home.

在您住院期間，我們的醫護人員會為您提供以家庭為中心的專業護理服務，鼓勵及協助家庭成員認識和學會照顧嬰兒，互相適應，並建立良好親子關係，使嬰兒往後能在持續而穩定的環境中成長。





### Postpartum Essential: Hot Ginger Water 產婦必備：熱薑水

Ginger, a common ingredient in traditional Chinese cuisine, is especially useful for new mothers. According to Li Shizhen's Compendium of Materia Medica, ginger root is effective for dispelling "wind" and improving blood circulation. Using hot ginger water to wash the hair and wipe the body is helpful in relieving dizziness and headaches that are often experienced by mothers who have recently given birth. Our hospital's hot ginger water is an all-natural remedy prepared by boiling ginger root, and is suitable for women who have either delivered via vaginal birth or Cesarean section.

薑是中國傳統十分常用的食材，尤其是針對婦女生產後調理。根據李時珍的《本草綱目》記載，老薑有祛風和活血作用。產後容易出現頭暈和頭痛，用適量的熱薑水抹身和洗頭有助紓緩。本院提供以老薑皮熬製的熱薑水，不含添加物，成份天然，自然或剖腹分娩的產婦皆適宜使用。

Fee 費用 : HK\$1,000 (Vaginal birth 自然分娩)  
HK\$1,200 (Cesarean section 剖腹分娩)  
Provided daily during your stay. 於住院期間每天供應。

Note 備註 : For external use only. You are encouraged to place your order in advance by letting us know the quantity you need daily.  
只供外用。我們鼓勵每位媽媽提前告知每天所需的熱薑水數量。

Booking and enquiries 查詢或預約 : Food and Dietetics Department 膳食及營養部  
(852) 3651 8742



## Pre and Postnatal Courses/Services

### 產前產後課程/服務

#### Prepared Childbirth Series

##### 產前護理精要特訓班系列

Our monthly childbirth classes prepare future parents for labor and birth. The course is suitable for women who have reached at least 28 weeks of pregnancy and their partners; it aims to help couples make informed decisions and minimize fears. Led by our experienced registered midwife, the three-hour intensive workshop includes theory and demonstration.

為了協助準父母輕鬆地迎接新生命，本院特設「產前護理精要特訓班」，將有關內容濃縮在三小時的精要課程，以便讓準父母能掌握重要資訊，做好準備。課程每月定期舉辦，由資深助產士主講和帶領練習，適合懷孕28週或以上的孕婦及準父親報讀。

#### Regular Class 小組班

Venue 地點 : 1B La Rue Building, 40 Stubbs Road 香港司徒拔道40號港安大廈1樓B室

Date 日期 : **English Classes** 英語授課  
2nd Monday of the odd months 逢單數月份的第二個星期一  
**Cantonese Classes** 廣東話授課  
2nd Monday of the even months 逢雙數月份的第二個星期一

Time 時間 : 18:30 – 21:30

Fee 費用 : HK\$1,500 / couple 每對準父母

Remarks 備註 : + **Clients planning to give birth at HKAH – SR will enjoy 20% discount.**  
如已預約於香港港安醫院 – 司徒拔道分娩，報讀此課程可享8折優惠。  
+ Spaces available on a first come, first served basis.  
每班名額有限，先到先得。  
+ Refreshments offered  
茶點招待

#### Individual Class (One to One) 個別班 (一對一授課)

Venue 地點 : 1B La Rue Building, 40 Stubbs Road 香港司徒拔道40號港安大廈1樓B室

Date and time 日期及時間 : Monday to Friday, 10:30 – 22:00 星期一至五 10:30 – 22:00  
1 session: 3 hours 一節3小時 (必須預約)  
(by appointment only)

Fee 費用 : HK\$3,500 / couple 每對準父母

Language 語言 : English, Cantonese, Putonghua or Japanese  
英語、廣東話、普通話或日語

Remarks 備註 : + Refreshments offered  
茶點招待



## Baby Care Fundamental Course (for caregivers/domestic helpers)

### 嬰兒護理基礎課程 (照顧幼兒人士/家庭傭工)

This course provides caregivers, such as domestic helpers, guidance and instruction on the basic concepts and techniques of baby care.

本課程旨在向需要照顧幼兒人士，如家庭傭工，傳授幼兒護理的知識和技巧

Time 時間	: Duration One full day (8 hours) 全日8小時																
Fee 費用	: HK\$2,400 / person 每位 ; HK\$2,800 / couple 每對父母																
Course content 內容包括	<table><tr><td>+ Personal hygiene</td><td>+ 個人衛生</td></tr><tr><td>+ Handling and holding a newborn</td><td>+ 扶抱嬰兒</td></tr><tr><td>+ Linens and laundry</td><td>+ 清洗嬰兒床單和衣物注意事項</td></tr><tr><td>+ Preparation of formula and bottle-feeding techniques</td><td>+ 奶瓶餵食的預備和技巧</td></tr><tr><td>+ Bathing and diaper changing</td><td>+ 嬰兒洗澡及更換尿片的技巧</td></tr><tr><td>+ How to manage a crying baby</td><td>+ 處理哭泣的嬰兒</td></tr><tr><td>+ Basic information on baby development</td><td>+ 嬰兒發展的基本知識</td></tr><tr><td>+ Domestic helper assessment (optional)</td><td>+ 家庭傭工技巧評估 (選擇性)</td></tr></table>	+ Personal hygiene	+ 個人衛生	+ Handling and holding a newborn	+ 扶抱嬰兒	+ Linens and laundry	+ 清洗嬰兒床單和衣物注意事項	+ Preparation of formula and bottle-feeding techniques	+ 奶瓶餵食的預備和技巧	+ Bathing and diaper changing	+ 嬰兒洗澡及更換尿片的技巧	+ How to manage a crying baby	+ 處理哭泣的嬰兒	+ Basic information on baby development	+ 嬰兒發展的基本知識	+ Domestic helper assessment (optional)	+ 家庭傭工技巧評估 (選擇性)
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## Baby Massage Class (Pre-/ Postnatal) - Conducted by Baby Massage Instructor

### 嬰兒按摩班 (產前 / 產後) - 由嬰兒按摩導師教授

Infant massage offers many benefits to babies and has been shown to facilitate brain development, strengthen cardiorespiratory function, improve absorption of nutrients, and relieve constipation and colic. Moreover, skin-to-skin contact between a mother and a baby encourages a release of hormones that in turn makes breastfeeding easier, helps produce more milk, relieves postnatal anxiety, and enhances parent-child bonding.

Designed to help foster infant development, our one-hour class is conducted by a Certified Infant Massage Instructor and is suitable for all parents-to-be.

嬰兒按摩能促進其腦部發展，增強心肺功能，促進營養吸收和改善便秘，而親子間的接觸能促使釋放荷爾蒙，有助增加乳量，令母乳餵哺較為容易，同時亦可緩解產後焦慮，增強親子關係。

本課程適合準父母參加，課程為1小時，由專業嬰兒按摩導師教授整套按摩手法，促進嬰兒全面發展。

Venue 地點	: 1B La Rue Building, 40 Stubbs Road 香港司徒拔道40號港安大廈1樓B室
Time 時間	: 1 hour (by appointment only) 約1小時，需預先預約
Fee 費用	: HK\$400 / couple 每對準父母
Language 語言	: Cantonese/ English 英語 / 廣東話

## Basic Baby and Child First Aid Class

### 嬰幼兒急救基礎課程

Led by a Basic Life Support instructor, this class provides practical information and instruction on how to handle various health emergencies involving young children and babies.

本課程主要涉及如何應對涉及嬰幼兒的緊急事故由BLS導師教授

Time 時間	: 09:30 - 12:00										
Fee 費用	: HK\$600 / person 每位										
Course content 內容包括	<table><tr><td>+ Demonstration and instruction of basic CPR techniques for children and babies</td><td>+ 講解嬰幼兒心肺復甦法基本技術及示範</td></tr><tr><td>+ How to handle a choking emergency</td><td>+ 嬰幼兒休克處理</td></tr><tr><td>+ Basic first aid techniques</td><td>+ 基本急救技術示範</td></tr><tr><td>+ Preparing a first aid box</td><td>+ 如何準備急救箱</td></tr><tr><td>+ How to respond to an emergency at home</td><td>+ 如何應變緊急事件</td></tr></table>	+ Demonstration and instruction of basic CPR techniques for children and babies	+ 講解嬰幼兒心肺復甦法基本技術及示範	+ How to handle a choking emergency	+ 嬰幼兒休克處理	+ Basic first aid techniques	+ 基本急救技術示範	+ Preparing a first aid box	+ 如何準備急救箱	+ How to respond to an emergency at home	+ 如何應變緊急事件
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## Postnatal Home Visits

### 產後助產士家訪服務

Welcoming and nurturing a new life is a precious time for parents. Our hospital is committed to walking alongside new mothers and fathers through this important step of the parenting journey by offering postnatal in-home services. During home visits, our nurse specialist will provide:

- + Personalized breastfeeding support
- + Assessment of newborn jaundice
- + Breastfeeding instruction and care for blocked milk ducts
- + Baby care instruction for areas such as bathing, umbilical cord care, milk bottle sterilization, etc.
- + Assessment of mother's recovery and emotional support

For bookings and enquiries, please contact our obstetrics team before discharge or call us at (852) 3651 8914.

明白到分娩育兒是人生的重要里程碑，我們特別為於本院出生的寶寶及其父母提供產後家訪服務，由專科護士到家中探訪母親及寶寶，包括：

- + 提供貼心指導，好令母親成功餵哺母乳
- + 檢查寶寶的黃疸指數
- + 指導母乳餵哺技巧及解決乳腺阻塞問題
- + 育嬰指導，如幫寶寶沐浴、清潔臍帶、教導清洗及消毒奶樽等
- + 檢視母親產後的康復進展及情緒支援

如欲參加，請於只出院前告知本院產科部職員，或致電(852) 3651 8914 登記。

Fee and Duration : HK\$1,600/1.5-hour session (HK\$300 for each additional half hour)  
收費及課時  
Surcharge: \$400 for Kowloon, \$600 for New Territories  
Additional fee for visit by Registered Lactation Consultant  
(fee to be discussed separately)  
每節HK\$1,600，一節為1.5小時，其後每半小時收費HK\$300  
附加費：九龍區HK\$400，新界區HK\$600  
指定註冊母乳餵哺顧問，收費時間另議

## Newborn Care Sharing

### 育兒技巧分享

During your hospital stay, our experienced obstetric nurses are happy to share helpful tips and techniques on newborn care with you. New fathers are welcome too!

住院期間，我們經驗豐富的產科護士會跟媽媽分享及教授育嬰資訊和技巧，也歡迎新手爸爸參與。



# Delivery Packages 分娩計劃



## Cesarean Section Package 剖腹分娩計劃

Mother	產婦
+ 5 days 4 nights accommodation	+ 五日四夜住院
+ Pre-operative care including pre-operation preparation and examination	+ 產婦入院檢查、胎兒觀察及護理服務
+ Husband's attendance during delivery and cutting of the umbilical cord	+ 丈夫陪產及剪臍帶
+ ABO blood typing and Rh factor screening	+ 血型及恆河猴因子檢測
+ All routine operation room charges	+ 手術室常規費用
+ Wound dressing and suture removal before discharge	+ 出院前傷口護理或拆線
+ Post-operation and maternal care	+ 手術及產後護理
+ Breastfeeding techniques taught by specialized nurses	+ 專科護士指導母乳餵哺
+ Baby bathing demonstration and instructions for cord care	+ 嬰兒沐浴示範、臍帶護理及指導
+ Use of breastfeeding gown and electronic breast pump during the hospital stay (breast pump accessories will incur an additional fee)	+ 住院期間提供母乳餵哺袍及電動奶泵 (電動奶泵配件須額外收費)
+ Commonly used postnatal oral medication and injections	+ 產後一般止痛針及口服藥
+ Obstetric kit (1 pack of maternity pads, 6 incontinence sheets, 1 cleansing bottle, 2 pairs of mesh panties, toiletries, 1 box of tissue paper)	+ 產科護理套裝 (產婦衛生巾一包、床墊六張、生理沖洗瓶一個、網褲兩條), 個人梳洗用品一套、紙巾一盒
+ Instructions on personal and baby care given by specialized nurse upon discharge	+ 專科護士指導出院後的個人及嬰兒護理
Baby	嬰兒
+ Cot charges for 5 days 4 nights	+ 五日四夜育嬰室房租
+ Routine newborn care and monitoring during hospitalization	+ 出生及住院期間的監察及護理
+ Formula milk, baby clothing, and diapers during the covered period	+ 住院期間的奶粉、衣物和紙尿片
+ Laboratory tests for neonatal screening including T4, TSH, G6PD, complete blood count, ABO blood typing, and Rh factor	+ 初生嬰兒常規化驗, 包括甲狀腺功能、G6PD、全套血球計算、血型及恆河猴因子檢測
+ Vitamin K injection and initial immunization: hepatitis B and BCG	+ 維他命K注射及第一次防疫注射 (乙型肝炎和卡介苗)
+ A family portrait was taken by a professional photographer	+ 由專業攝影師拍攝全家福一幀
+ Child health record	+ 兒童健康記錄冊
+ Gift set	+ 精美禮品
+ Monitoring of newborn jaundice	+ 檢查皮膚黃疸指數
+ Mother-infant matching security system	+ 母嬰電子識別系統

## Normal Vaginal Delivery Package 自然分娩套餐

Mother	產婦
+ 3 days 2 nights accommodation	+ 三日兩夜住院
+ Routine examinations, nursing care, and fetal monitoring during labor	+ 產婦入院檢查、胎兒觀察及護理服務
+ Husband's attendance during delivery and cutting of the umbilical cord	+ 丈夫陪產及剪臍帶
+ ABO blood typing and Rh factor screening	+ 血型及恆河猴因子檢測
+ Postnatal maternal care	+ 產後護理
+ Breastfeeding techniques taught by specialized nurses	+ 專科護士指導母乳餵哺
+ Baby bathing demonstration and instruction on cord care	+ 嬰兒沐浴示範、臍帶護理及指導
+ Use of breastfeeding gown and electronic breast pump during the hospital stay (breast pump accessories will incur an additional fee)	+ 住院期間提供母乳餵哺袍及電動奶泵 (電動奶泵配件須額外收費)
+ Commonly used postnatal oral medication and injections	+ 產後一般止痛針及口服藥
+ Obstetric kit (1 pack of maternity pads, 6 incontinence sheets, 1 cleansing bottle, 2 pairs of mesh panties, toiletries, 1 box of tissue paper)	+ 產科護理套裝 (產婦衛生巾一包、床墊六張、生理沖洗瓶一個、網褲兩條), 個人梳洗用品一套、紙巾一盒
+ Instructions on personal and baby care given by specialized nurse upon discharge	+ 專科護士指導出院後的個人及嬰兒護理
+ Private delivery room (with restroom)	+ 享用獨立分娩室 (附設洗手間)
+ Nitrous oxide for pain relief (Entonox)	+ 止痛氣 (安桃樂)
Baby	嬰兒
+ Cot charges for 3 days 2 nights	+ 三日兩夜住院
+ Routine newborn care and monitoring during hospitalization	+ 出生及住院期間的監察及護理
+ Formula milk, baby clothing, and diapers during the covered period	+ 住院期間的奶粉、衣物和紙尿片
+ Laboratory tests for neonatal screening including T4, TSH, G6PD, complete blood count, ABO blood typing, and Rh factor	+ 初生嬰兒常規化驗, 包括甲狀腺功能、G6PD、全套血球計算、血型及恆河猴因子檢測 + 維他命K注射及第一次防疫注射
+ Vitamin K injection and initial immunization: hepatitis B and BCG	+ 維他命K注射及第一次防疫注射 (乙型肝炎和卡介苗)
+ A family portrait was taken by a professional photographer	+ 由專業攝影師拍攝全家福一幀
+ Child health record	+ 兒童健康記錄冊
+ Gift set	+ 精美禮品
+ Monitoring of newborn jaundice	+ 檢查皮膚黃疸指數
+ Mother-infant matching security system	+ 母嬰電子識別系統

### Remarks 備註:

- + Normal operating room hours: Mondays to Thursdays, 8:00 a.m. - 10:00 p.m., Fridays and Sundays, 8:00 a.m. - 6:00 p.m. (except hospital holidays)
- + A non-refundable deposit of HK\$40,000 is required for all non-HKID cardholders
- + For multiple pregnancies, each additional baby will be charged at 35% of the package fee
- + 手術室辦公時間: 逢星期一至四上午8時至下午10時, 逢星期五及星期日上午8時至下午6時。(本院假期除外)
- + 孕婦於預約時如未能出示香港身份證, 必須繳付按金港幣\$40,000。如選擇不在本院分娩, 已繳交之按金恕不退回。
- + 如屬多胎分娩, 每位多產的嬰兒增收全套優惠的35%。



## Terms and Conditions 條款及細則

1. All packages require advanced booking through a Hong Kong-registered obstetrician.
2. Package prices include all items listed in the package catalogue only.
3. Obstetrician, pediatrician, and anesthesiologist fees are not included in the packages. Please be reminded to include these doctors' fees when calculating your total charge.
4. All patients planning to deliver at HKAH – SR must be admitted under the care of an obstetrician and a pediatrician. Standby attendance of a pediatrician will incur an additional fee. For details, please consult your attending doctor.
5. Patients may indicate their room type preference upon admission. Our hospital staff will try to accommodate their choice based on availability.
6. Package prices will be adjusted accordingly if a room upgrade is requested following delivery.
7. Mothers registered for the Elective (Pre-booked) Cesarean Package who are admitted during labor or after spontaneous rupture of membranes and require a cesarean section will be automatically classified under the Emergency Cesarean Package.
8. Extra charges may apply under the following circumstances:
  - + Cesarean procedure exceeds the allotted time
  - + Extra laboratory tests, examinations, treatments, procedures, or nursing procedures not included in the package are required for individual conditions of mother or baby
  - + Medication, equipment, or medical supplies excluded from the package are required
  - + Mother or baby has complications during or after delivery
  - + Emergency services beyond an emergency cesarean section are requiredPlease contact the hospital staff for details.
9. Upon admission, please present your identification documents (for both the patient and spouse), doctor's letter, laboratory reports, and delivery package deposit receipt.
10. Changes to the package fees and information may be made from time to time, and without prior notice. Please confirm prices with our hospital before admission.
11. Patients may order food from our menu, which includes Chinese and Western vegetarian cuisine (for an additional fee).

1. 必須透過本港註冊的婦產科醫生預先登記，方可參加有關計劃。
2. 有關計劃費用只包括列於〈產科全套優惠〉上之項目。
3. 有關計劃費用不包括婦科、兒科及麻醉科醫生費用。計算預算收費時，請謹記自行加上上述費用。
4. 凡於本院分娩，必須由一名婦產科醫生及一名兒科醫生負責。兒科醫生待命需另外收費，詳情請向有關醫生查詢。
5. 孕婦可於登記入院時告知欲入住的房間種類，本院職員將盡力配合安排。
6. 如於生產後提升房間類別，有關分娩套餐的收費亦會隨即自動調整。
7. 若因作動或破水而必須立即剖腹分娩，即使已預約「預訂剖腹分娩」套餐，仍視作緊急剖腹分娩。
8. 以下情況將收取額外費用，詳情請向本院職員查詢：
  - + 剖腹分娩程序超出所預定的時間
  - + 母嬰因個別情況而安排計劃以外的檢查、化驗、治療、手術和護理
  - + 使用計劃以外的藥物、儀器和醫療物品
  - + 產婦和嬰兒在分娩過程或產後出現併發
  - + 緊急服務或緊急剖腹分娩以外之手術
9. 產婦於入院時，務請攜帶個人及配偶的身份證明文件、醫生信、檢驗報告及預約分娩計劃的按金收據。
10. 分娩套餐的收費和內容有可能隨醫院政策而變動，事先未必能及時通知，敬請入院前向本院職員查詢。
11. 本院提供中西式素食餐膳，產婦可以於餐單上自行選擇。（須額外付費）



Hello  
Baby

## Special Gifts

特別禮品



### A Souvenir of Your Stay 精美紀念品

As a token of our gratitude, a special gift will be presented to you upon discharge. A package including a baby gift, a family photo taken by a professional photographer, and a souvenir birth certificate with your baby's footprints.

為慶祝小寶寶出生，並答謝新任父母選擇於本院分娩，所有於本院出生的嬰兒均可獲贈小腳印出生證明書一張，禮物包一份和精美全家幅一幀。相片由專業攝影師拍攝，留下這永誌難忘的一刻。

## Other Services 其他服務

### Fathers in the Delivery Room

#### 丈夫陪產

We believe that husband's supportive presence during the labor and delivery process is significant to their wife. Regardless of their choice of delivery methods. We highly encourage all fathers-to-be to accompany their wives in the delivery or operating room throughout that memorable moment (except in emergency).

待產期間，丈夫的支持與陪伴對孕婦十分重要。因此，無論您們選擇自然分娩或剖腹生產，我們的醫護團隊都會協助您們一同經歷這個難忘的時刻。除緊急情況外，我們十分鼓勵丈夫在產房或手術室陪伴太太生產。



### Cutting of the Umbilical Cord by the Father

#### 父親剪臍帶

To allow new fathers to participate in the joy of the birthing process, we encourage them to cut their baby's umbilical cord under the assistance and supervision of medical staff. We will also provide help to capture this memorable moment (by parent request).

為使父親能感受新生嬰兒來臨的喜悅，我們鼓勵爸爸親自為嬰兒剪臍帶，並由醫護人員拍照留念，記錄珍貴的一刻。所有步驟都會在醫護人員協助下進行。

### Hearing Test for Newborns 初生嬰兒聽力測試

Studies have shown that every 1,000 newborns, two to six babies are born with congenital hearing loss. To identify the problems and provide early interventions and treatments, a hearing test will be conducted to the newborn after 48 hours of birth. (Required Pediatrician referral)

據研究顯示，每一千名初生嬰兒中，約有2至6名患有先天性聽覺疾病。此項測試旨在為初生嬰孩在出生48小時後，提供最早期先天性聽力障礙的識別，以及早發現並提供適合的治療。(須經兒科醫生轉介)



### Nursery Consultation 初生嬰兒護理

Our hospital's experienced obstetric nurses provide consultation services to new parents through our 24-hour postnatal follow-up hotline and Neonatal Counseling and Care Clinic. Under their guidance, parents learn about various areas of newborn care, including feeding, bathing, skin care, and vaccinations.

本院設有二十四小時產後電話諮詢及護理診所，由資深產科護士為新手父母提供輔導服務。在他們的細心指導下，學會如何照顧嬰兒，其中包括嬰兒餵哺、沐浴、嬰兒皮膚護理、疫苗計劃等。



## Obstetric Physiotherapy Services

### Postnatal Exercise Consultation

#### 產後運動諮詢

A physiotherapist is available for consultations during your hospital stay to provide education and advice on postnatal exercises, covering topics such as back care, developing good bladder habits, pelvic floor and core exercises, as well as exercises for getting back into shape. The physiotherapist will also use the Pelvic Trainer, a biofeedback machine that displays visual feedback, to further support training of the pelvic floor muscles to prevent incontinence.



在您住院期間，本院的物理治療師隨時候命，為您提供產後運動的指導和建議。內容包括背部護理、培養良好的排尿習慣、骨盆底和核心肌肉訓練，以及產後修身健體運動等。我們也會利用生物反饋儀器Pelvic Trainer協助訓練。物理治療師可以透過Pelvic Trainer監察骨盆底肌肉強度，從而進一步擬定更合適的骨盆底肌肉訓練，防止尿失禁。

### Postnatal Pilates Class 產後普拉提訓練班

Suitable for mothers who have either given birth naturally or by cesarean section, our Postnatal Pilates Class is led by a physiotherapist with Pilates training. The trainer will conduct an assessment of your condition and create a program tailored to your needs. The emphasis of the class will be on strengthening core muscles (deep abdominals, back, and pelvic floor) and teaching you how to maintain good posture while caring for your baby to prevent back injury. Our Pilates room is fully equipped with reformers, a Cadillac, a Pilates chair, and fit balls.

本院提供的普拉提訓練班由受過相關培訓物理治療師教授，適合自然分娩或剖腹分娩的媽媽。導師會先評估學員的身體狀況，再度身訂造適切的訓練計劃。課程的重點是訓練核心肌肉（深層腹肌，背肌和骨盆底肌肉），亦會教導如何保持良好的抱嬰姿勢，讓您在照顧寶寶時不會弄傷背肌。此外，本院的普拉提房配備了各式各樣的器材，包括普拉提重組訓練器（Reformers）、凱迪拉克床（Cadillac）、普拉提訓練椅和健身球。

### Postnatal Slimming Program

#### 產後瘦身計劃

Led by a physiotherapist and a dietitian, this program aims to help new mothers return to their pre-pregnancy figures. The program designed to keep fit by maintaining a healthy diet and a supply of high-quality breast milk (for breastfeeding mothers).

物理治療師和營養師作為主理，為媽媽提供度身訂做的瘦身計劃。配合健康飲食和適量運動，協助媽媽回復懷孕前的身型。在瘦身的同時，亦授予媽媽相關營養攝取的知識，幫助餵哺母乳的媽媽保持優質母乳供應。



### Support and Care for Blocked Milk Ducts

#### 為乳管阻塞的媽媽提供支援與護理

A blocked milk duct is a common difficult breastfeeding condition. To support the nursing mothers, a joint program provides by Physiotherapist Departments, and Obstetric Departments offer a particular care service that treats mothers with blocked milk ducts through ultrasound therapy and massage. Instruction on correct breastfeeding techniques is also provided to prevent further breastfeeding complication.

餵授母乳的媽媽，或會因乳管阻塞而受困擾。本院物理治療部與產科部合力為有需要的媽媽提供護理支援，透過超聲波和按摩療法讓乳管回復通暢。此外，我們也會教授餵哺母乳的正確方法。



## Newborn Metabolic Screening Program 新生兒代謝病篩查

One of every 4,000 newborns suffers from 'Inborn Errors of Metabolism' (IEM) – rare genetic disorders that if left undetected and untreated, could significantly affect the long-term health and development of a child. Our newborn metabolic screening program ensures early identification of these disorders and timely intervention if needed. (Pediatrician referral required)

每個父母期望一個健康寶寶的誕生。然而，少數的新生寶寶（1/4000）有可能患上被稱為「先天性代謝缺陷」的疾病（Inborn Errors of Metabolism；簡稱代謝病或IEM），若未能及早發現和治療，可以對寶寶的健康和發展帶來嚴重的長期影響。為此，本院提供新生兒代謝缺陷疾病篩查計劃，以供選擇。（須經兒科醫生轉介）



## Bookings and Enquiries 預約及查詢

For more information, please feel free to contact our Obstetric Department by telephone, or visit our website.

如欲進一步了解上述內容，歡迎致電與本院產科部職員聯絡，或瀏覽本院網站。

Tel 電話：(852) 3651 8914 / 3651 8915 Website 網址：www.hkah.org.hk

## Admission Notes 產婦入院須知

Please bring the following items with you upon admission:

- + Hong Kong Identity Card or valid travel documents, for both the expectant mother and her husband or partner
- + Appointment card or doctor's referral letter
- + Non-HKID cardholders are required to pay a deposit of HK\$40,000 upon delivery booking, while HKID cardholders are required to pay a booking deposit of HK\$10,000. An additional deposit is required for all patients at the time of admission registration, the amount of which depends on the room category and delivery method. For details regarding admission deposits, please scan the QR code at the bottom right of this page.
- + The hospital will provide basic personal necessities such as a face towel, toothpaste, a toothbrush, and bath products. Mothers may choose to bring their own if they wish.
- + Other personal daily necessities as needed

入院時請帶備下列物品：

- + 夫婦身份證或有效旅遊證件
- + 覆診咭或醫生信
- + 非本港居民須於預約時繳付「留位按金」港幣\$40,000，而本港居民則須繳付「留位按金」港幣\$10,000。所有入院均須於辦理入院時繳付入院按金，按金會依據房間類別和分娩方式而有所不同。如想獲得入院按金詳情，請掃描本頁右下方的二維碼。
- + 本院會提供毛巾、牙膏、牙刷、沐浴洗頭等生衛用品，產婦可按個人需要自備個人日常用品

Please do not bring valuables.

請勿攜帶貴重的個人和嬰兒物品入院

Baby items and clothing are not needed until discharge.

住院期間，嬰兒衣服由本院提供，請自備嬰兒於出院時穿着的衣服。

