

# Obstetrics Services

## 產科服務



Gleneagles Hospital  
HONG KONG  
港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).  
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## Bus 巴士

Gleneagles is within walking distance from various bus stops along Aberdeen Tunnel / Wong Chuk Hang Road and Nam Fung Road.  
您可由位於香港仔隧道/黃竹坑道和南風道的各個巴士站步行至港怡醫院。

Available bus services along Aberdeen Tunnel / Wong Chuk Hang Road include: 37B 37X 38 42 42C 70 72 72A 75 77 90 90C  
途經香港仔隧道/黃竹坑巴士服務包括：37B 37X 38 42 42C 70 72 72A 75 77 90 90C

Available bus services along Nam Fung Road include: 36 41A 76  
途經南風道巴士服務包括：36 41A 76

## MTR 港鐵

Gleneagles is within walking distance from MTR

**Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



## Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

## 醫院地址

香港黃竹坑南風徑1號

Mainline 電話

+852 3153 9000

Service hotline 服務熱線

+852 2122 1333

Fax 傳真

+852 2528 0081



[www.gleneagles.hk](http://www.gleneagles.hk)



港怡醫院  
Gleneagles Hospital Hong Kong

Gleneagles Hospital Hong Kong reserves the rights to change the above information without prior notice.

In case of discrepancy in information, please refer to the hospital's website.

港怡醫院保留一切更改以上內容之權利而毋須另行通知。如以上內容與實際情況有偏差，將以本院網站內所提供之資料為準。

# Obstetrics Services 產科服務



Gleneagles Hospital

HONG KONG  
港怡醫院



## About Gleneagles Hong Kong Hospital 有關港怡醫院

Gleneagles Hong Kong Hospital (GHK) is a state-of-the-art, multi-specialty private hospital designed to provide Hong Kong people with high-quality and accessible healthcare services.

We provide clear and accurate fee estimates to all patients before admission to help them make informed decisions. A transparent pricing system allows patients to manage costs, giving patients peace of mind.

The Obstetrics (Pre & Postnatal) ward and nursery are located on 3/F, Tower A. The Antenatal Observation room and Labour & Delivery rooms are located on 2/F, Tower B.

Our Obstetrics department provides two Labour & Delivery rooms equipped with individual delivery bed, resuscitator and en-suite bathroom.

港怡醫院是一所提供多個專科醫療服務的私營優質醫院，配備先進周全的醫療設備，為香港市民提供高質素且可負擔的醫療服務。

入院前，我們會提供清晰及準確的費用諮詢，以協助病人在清楚相關費用的情況下作出決定。高透明度的收費制度，讓市民在有預算，安心地選用港怡醫院的醫護服務。

產科病房(產前及產後)及育嬰室位於醫院A座大樓三樓，產前觀察室及產房位則於醫院B座大樓二樓。

此外，我們備有兩間設備完善且寬敞舒適的獨立產房，配有獨立產床、嬰兒急救床及獨立洗手間。





## Our Rooms & In-room Facilities

### 病房及病房設備

#### Room Category 病房類別

Facilities 病房設施	Family Suite 家庭套房	Private Single 私家房	Semi-Private Single 半私家單人房	Standard 標準房
Bathroom, Toilet 浴室及洗手間	√	√	√	Shared 共用
Hairdryer 吹風機	√	√	√	X
Separate Living Room 獨立客廳	√	X	X	X
In-room Coffee/Tea Making Facilities 咖啡及茶沖調設施	√	√	X	X
Bluetooth speaker and charger 藍牙喇叭及充電器	√	√	X	X
Mini Fridge 迷你冰箱	√	√	√	X
In-room Electric Safe 小型夾萬	√	√	√	√
LED TV with cable channels 平板電視配備 有線電視頻道	√	√	√	√
Free Wi-Fi Service 免費無線上網	√	√	√	√

#### Family Suite 家庭套房



#### Semi-private Single 半私家單人房



#### Private Single 私家房



#### Standard Room 標準房



Antenatal Observation Room 產前觀察室



Labour &amp; Delivery room 產房

## Other facilities 其他設備

### Centralised surveillance of cardiotocography (CTG) 中央監測胎兒心聲系統

We have in place a viewing and archiving system which allows real-time, remote viewing of CTGs with automatic archiving function. Fetal monitors can be connected with the system from all areas within the Labour and Delivery room. It enables nurses to effectively monitor all mothers and foetuses in the Labour and Delivery room.

我們配備這個系統，實時遠程監測產房內胎兒監護儀，亦同時具有自動歸檔的功能，讓護士有效監測產房內的所有母親和胎兒情況。

### Baby Security System 嬰兒保安系統

Babies are one of the most valuable patients in a hospital. Our Nursery is equipped with Baby-tag system and all doors are locked at all times. The Nursery area is also covered by a 24-hour CCTV system.

育嬰室設有安全設備（嬰兒保安系統）和所有門都是常鎖的，該區域亦有24小時閉路電視監察系統。



Nursery 育嬰室

## Antenatal Check Up

### 產前檢查

Obstetrics Clinic takes care of expectant mothers with obstetric conditions.

Antenatal care included antenatal consultation by doctors and routine laboratory tests:

產科診所為準媽媽提供產前檢查，包括由醫生進行的產前諮詢和產前常規化驗：

Blood Group and Rh Factor

血型、Rh因子

Haemoglobin with MCV and HCT

血色素及平均紅血球容積

VDRL

梅毒測試

Hepatitis B surface antigen

乙型肝炎抗原

Rubella

德國麻疹抗體

HIV antibody

愛滋病毒抗體測試

Other services provided by our clinic include ultrasound scanning (Morphology scan), screening for Down's Syndrome by Noninvasive Prenatal Testing, amniocentesis, Chorionic Villus Sampling (CVS).

我們產科診所提供的其他服務包括超聲波掃描（結構性超聲波）、唐氏綜合症篩查（非侵入性產前檢測）、羊膜穿刺術及絨毛膜取樣。



## Antenatal Class

### 產前講座

Our antenatal classes are tailor made for each parent-to-be. Classes are informative, interactive and unique, supporting you and your partner as well as newborn care after delivery.

All classes are hosted by different professionals (obstetricians, anesthetist, midwives, physiotherapists, dietitians, lactation consultant).

For details, please refer to our website.

我們的產前講座是為每位準父母度身訂造的。課程內容豐富、互動和獨特，更提供新生兒護理的資訊，為準父母給予支持。

每個課程都由不同的專業人士（包括產科醫生、麻醉科醫生、助產士、哺乳顧問、物理治療師及營養師）負責講解。

詳情可參閱本院網站。





## Husband's company during labour

### 父親陪產

It is important to have the husband's presence to provide support during delivery. We encourage the husband to be in the Labour and Delivery room and operating theater throughout the labour except under emergency situation.

我們深信在生產期間，丈夫給予產婦的支持是十分重要的。除緊急情況外，我們鼓勵丈夫在獨立產房或手術室陪伴生產。

## Cutting of umbilical cord by the Father

### 父親剪臍帶

To experience the miracle of birth, we allow the father to witness the childbirth process and also cut the umbilical cord in the Labour and Delivery room or operating theater under staff's instruction.

為了體驗新生嬰兒出生的奇妙一刻，我們鼓勵父親在獨立產房或手術室一同見證嬰兒出生，並在醫護人員指導下切斷臍帶。



## Newborn Hearing Screening Test

### 新生兒聽力篩檢

Studies showed that 1 to 3 out of every 1,000 babies are born with some degree of hearing loss. Newborn Hearing Screening aims to provide an early detection of hearing loss after his/her first 48 hours after birth. The earlier the appropriate intervention and training is given, the better the child can develop in the future. This would also allow the parents to receive relevant information and support at an early stage.

據研究顯示，每1,000名新生嬰兒中有一至三名有先天性聽力疾病。新生兒聽力篩檢旨在為新生兒出生48小時後提供最早期的識別先天性聽力障礙。及早發現聽力障礙，能在早期提供適合的治療及訓練，有助兒童的將來發展。此外，此有助父母在初期得悉資訊及支援。



## Breastfeeding Room/ Baby and mother sharing a room

### 母乳育嬰室/母嬰同室

Having the baby to stay in the same room with his/her mother facilitates breastfeeding and skin-to-skin contact after birth. Skin-to-skin contact is a great way for bond building between mum, dad and the newborn. There is no better way to start this loving relationship with your baby by letting your baby smell you, feel your heartbeat and hear you breathe as he/she feels the warmth of your cuddles.

母嬰同室讓您的寶寶在出生後可以母乳餵哺，並有肌膚接觸。肌膚接觸是建立親子關係的一個最佳方法，父母與初生嬰兒肌膚緊貼著肌膚的擁抱，讓寶寶可以藉此接觸到你的氣味、感覺到心跳、聽到你的呼吸，讓他/她感受擁抱的溫暖！



## Baby feeding 餵哺新生嬰兒

### We encourage and support breastfeeding! 我們鼓勵和支持母乳餵哺！

All babies are usually fed on demand. Each baby has a different feeding pattern, but all babies should be fed at least eight times in 24 hours. Initially they will take a small amount of colostrum, then consume more as breastmilk comes in. A feed is successful if you can hear the baby swallowing and sucking rhythmically with pauses, and if the baby is gaining weight with adequate urine output and bowel open. Ask your lactation consultant, midwife or nursery staff for information on attachment, positioning, feeding patterns and breastfeeding support networks.

所有嬰兒一般都是按需要餵哺，新生嬰兒會有不同的餵哺模式，但在24小時內至少應該有八次餵哺。最初，新生嬰兒只需要少量的初乳，隨著媽媽上奶而增加吃奶量。如果您可以聽到嬰兒有節奏地吞嚥吸吮及停頓而且嬰兒體重有增加和有足夠的大小便，那麼餵哺便是成功的。歡迎向哺乳顧問、助產士或育嬰室護士詢問有關寶寶吸吮、餵哺姿勢、餵哺模式和母乳餵哺支持網絡等資料。



Breastfeeding Room 母乳育嬰室  
(Mother can choose to feed the baby at the Breastfeeding Room  
母親可選擇到母乳育嬰室餵哺)



## Breastfeeding and Lactation Advice

### 母乳餵哺及顧問建議

At GHK, we believe that breastfeeding is natural and beneficial for the physical and emotional health of the mother and the baby. We encourage you to exclusively breastfeed your baby as often or as long as he or she wants. This will help your body produce enough milk. Your baby will stop feeding when he or she is satisfied, this may be after feeding on both breasts or just one breast. Lactation Consultation is available to help mothers avoid and overcome breastfeeding difficulties. We advise against giving your baby a top-up of formula milk if you are breastfeeding.

#### Lactation Clinic

We provide full range of services in breastfeeding related issues. This includes assessment in attachment and position, prevention and management in cracked nipples, engorgement, management in flat/inverted/retracted nipples, management in blocked duct, less milk, etc.

Do not hesitate if you encountered any breastfeeding related issues, we are here to support you.

在港怡醫院，我們相信母乳餵哺是自然及對媽媽和嬰兒的身、心健康都有益處。我們鼓勵和支持母親們經常或盡量餵哺母乳，這有助於您的身體產生足夠的母乳。寶寶會在兩邊乳房或一邊乳房餵哺後吃飽，便會停止吮吸。母乳餵哺顧問可協助媽媽解決有關餵哺母乳的困難。如果您選擇了母乳餵哺，在一般情況下我們不建議給新生嬰兒補充配方奶粉。

#### 母乳餵哺診所

我們由國際認證哺乳顧問提供產前諮詢及產後會診服務。服務包括餵哺姿勢及嬰兒吮吸評估，預防及處理乳頭破損，漲奶，扁平或凹陷乳頭處理，乳腺阻塞，少奶等等問題的處理。

如果你遇到任何有關母乳餵哺的問題，歡迎你隨時向我們母乳餵哺診所查詢。

### Breastfeeding tips 母乳餵哺技巧

- ✓ Starting it from birth and then just keep doing it! 從出生開始，然後繼續做！
- ✓ Both you and your baby will love it and there is a lot of evidence that skin-to-skin contact will help the mother recover from the childbirth, and the baby will learn how to latch on with ease. 您和您的寶寶都會喜歡它，並且有很多證據表明肌膚接觸有助迅速從生產中康復，而新生嬰兒將更容易地學習到如何母乳餵哺。
- ✓ We provide rooming-in for mothers, your baby sleeps in a cot next to your bed, so you can be with the newborn and respond to his/her needs readily 我們提供母嬰共處，可讓您的寶寶睡在嬰兒床上，並在您的床邊以便輕鬆地觀察他的需求並做出回應。
- ✓ Our Breastfeeding Room allows 24-hour access for mothers to feed their baby as needed. 我們的母乳育嬰室可讓母親24小時到訪為新生嬰兒在有需要時餵哺，或在床邊餵哺。
- ✓ Your midwife will discuss skin-to-skin contact with you during pregnancy and labour. 您的助產士將在您懷孕期間和生產時與您討論如何做到肌膚接觸。



Lactation Clinic 母乳餵哺診所

## Postnatal Education

### 產後教育

Pregnant women feel relieved after delivery and their body system will revert to the pre-pregnant state. This period usually lasts for 6 weeks and is called puerperium. Proper care is important during this period.

產婦分娩後身心如釋重負，身體各器官亦開始恢復至懷孕前的狀態，這段時間稱為產褥期，一般需時六周，期間的護理實不容忽視。

### Mother 關於產婦

#### Postnatal Care 產後護理

Healthcare management for postnatal mother  
產後媽媽的健康生活模式

Physical change during puerperium  
產褥期間的身體變化

Postnatal exercise  
產後運動

Family planning  
家庭計劃

Psycho-social Health  
心理及社交健康

### Baby 關於新生嬰兒

#### Parenting 親職教育

Parenting at infant stage  
嬰兒期親職教育

Newborn care, e.g. bathing  
新生兒護理，如：洗澡

Care of the Umbilical Cord  
臍帶護理

Home Safety  
家居安全

#### Immunisation 免疫接種

Information for parents  
免疫接種資訊

#### Growth and Development 成長與發展

Breastfeeding  
母乳哺乳

Nutrition  
營養指導

Newborn Jaundice  
新生兒黃疸

## Other Optional Services

### 其他自選服務 (Chargeable 需額外收費)

#### Inborn Error of Metabolism Screening 初生嬰兒先天性代謝病篩檢

Every parent anticipates the birth of a healthy baby. However, a minority of newborns (1 in 4000) may suffer from 'inborn Errors of Metabolism' (IEM), which if left undetected and untreated, could significantly affect the long term health and development of the child. Test can be done after completing oral feeding for 1 day, and up to the 7th day after birth. Results will be available within few days.

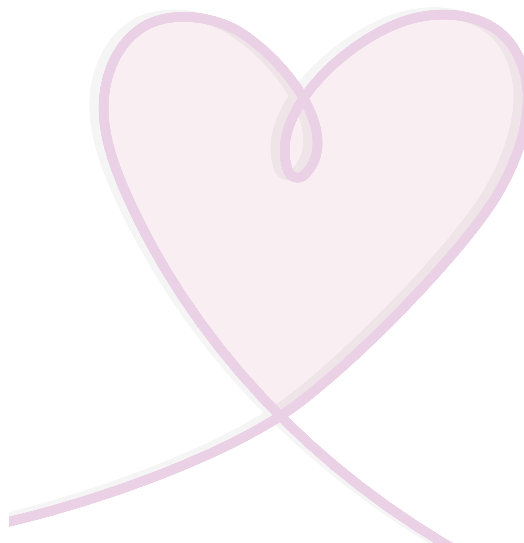
每個父母都期望一個健康寶寶的誕生。然而，少數的新生嬰兒 (1/4000) 有可能患上被稱為「先天性代謝缺陷」的疾病 (Inborn Errors of Metabolism; 簡稱代謝病或IEM)，若未能及早被發現和治療，可以對新生嬰兒的健康和發展帶來嚴重的長期影響。新生嬰兒吃奶滿一天後至出生後第七天之內可隨時抽血。只需數天時間便可得知檢測結果。

#### Stem cell cord blood collection service 代抽取臍帶血服務

Cord blood has recently been postulated to be useful in bone marrow transplantation since it is rich in stem cell.

Parents can request for umbilical cord blood storage by a commercial firm. Our staff will help collect cord blood as an additional service for you. However, mothers will need to sign a statement to declare that they have been fully counselled by the commercial company which is responsible for the cryogenic storage, before the hospital will provide the umbilical cord blood collection service. The latter procedure is not part of the hospital's obstetrics package.

臍帶血含有大量幹細胞，臍帶血已被視為骨髓移植的重要資源。父母如決定為新生兒儲存臍帶血，可以要求港怡醫院以外的商業公司代為處理。本院產房員工可應您的要求代為收集臍帶血，不過，此項服務並不包括在產科套餐服務內，乃屬額外服務。在醫院提供臍帶血採集服務前，必須簽署聲明，表明已聽取了該商業公司的意見，完全瞭解他們所提供的低溫液體貯運服務。





## Information for Pregnant Mothers 有關產婦的須知

- If there is show, leaking or abdominal pain, please come to the hospital and notify our front desk staff at once in order to speed up the admission procedure. For enquiry, please call your attending obstetrician or the Obstetrics department at 3153 9306 for further information.  
如有見紅、穿水或者陣痛的情況出現，必須入院；請於入院時告知大堂接待同事有關閣下的情況，以便盡快辦理入院手續；如有任何疑問，請致電主診醫生或致電3153 9306 產科部門查詢。
- For elective Caesarean Section, please be admitted four hours prior to the time of surgery and fast for six to eight hours before the operation (or as per doctor's instructions).  
\*\* if there is show, leaking or abdominal pain before the scheduled Caesarean Section, please call your attending obstetrician or the Obstetrics department at 3153 9306 for information; if admission is needed, please also notify our front desk staff at once to speed up the admission procedure. Operation appointment with less than 6 hours of notice is considered as emergency Caesarean Section.  
凡預約剖腹分娩，請於手術前四小時辦理有關手續及接受手術前護理。手術前必需禁飲食最少六至八小時(以醫囑為準)。  
\*\*若閣下於剖腹分娩的預約日期前出現見紅、穿水或者陣痛的情況，請致電主診醫生或致電3153 9306 產科部門查詢；若需要入院，請於入院時告知大堂接待同事有關閣下的情況，以便盡快辦理入院手續。少於6小時預約手術，一律作緊急剖腹分娩收費。
- If your attending obstetrician opines that your conditions are not suitable for delivery in a private hospital and preterm labour under 34 weeks, we will assist in referring you to a public hospital.  
如主診醫生認為閣下當時情況不適合在本院分娩，或於34週前有早產徵狀，本院將轉介閣下至醫院管理局轄下醫院。
- An extra charge will be levied for Caesarean Section at a specified time; for Spontaneous Vaginal Delivery, no delivery surcharge will be levied.  
凡於指定時間剖腹分娩(即擇時辰)，本院會收取額外附加費；如自然分娩，無論任何時間分娩，本院都不會收取額外附加費。
- On admission, please bring relevant documents including:
  - identity card, or valid travel documents (for non-HKSAR residents),
  - Confirmation Certificate on Delivery Booking (for pregnant mothers from Mainland China)
  - medical benefit card or letter of guarantee from your insurance company / employer (if applicable)
  - doctor's referral letter/admission letter
  - deposit receipt
  - all antenatal investigation report such as antenatal blood results, Group B streptococcus, screening reports, morphology scan etc (A surcharge will be levied for those who cannot show their antenatal blood reports.)  
產婦於入院時請帶備相關文件，包括：
    - 身份證明文件或有效之旅遊證件 (適用於非香港居民)
    - 預約分娩服務確認書 (適用於內地孕婦)
    - 醫療保險咭或由保險公司／僱主發出的保證信 (如適用)
    - 醫生信 / 入院信
    - 按金收據
    - 所有產前檢驗報告包括產前驗血報告、B型鏈球菌檢驗、胎兒超聲波報告等 (如未能提供產前驗血報告，本院將會收取額外附加費)
- Please bring along your dressing gown. Breastfeeding gown and slippers are available in the ward. Kindly contact our staff for details, if necessary.  
請自備睡衣。病房內有母乳餵哺專用的餵哺袍及拖鞋。如有需要，請向職員查詢。
- Please do not bring along any valuables. 請勿帶貴重物品如手飾、信用卡、大量金錢等入院，醫院恕不負責病人在住院期間的任何財物損失。



## Information for babies 有關嬰兒的須知

- Baby's basic necessities will be provided by the hospital during hospitalisation. Please bring along baby's clothing on discharge. 本院提供嬰兒住院期間的基本日用品，出院時請自備嬰兒衣服。
- Other laboratory and phototherapy treatments for the baby and diagnosis by paediatricians are subject to charges. 嬰兒之其他檢查、照燈費用或兒科醫生診症費，需另外收費。
- Check out time on discharge day for the delivery package is at or before 12:00 noon. On discharge day, both the baby and the mother have to check out at the same time (except for babies who need to stay for other reasons).  
分娩套餐出院日之出院時間為正午十二時，當天嬰兒及產婦會一同出院(需留院接受治療的嬰兒除外)。  
本院只接受香港認可的臍血儲存服務公司提供服務，並需額外收費。
- The hospital will only allow accredited cord blood storage companies to provide services. Services charges will be levied.  
本院只接受香港認可的臍血儲存服務公司提供服務，並需額外收費。

## Information for Fathers 有關父親的須知

- If the husband wishes to stay in the operating theatre for Caesarean Section, attending obstetrician and hospital's consent must be obtained beforehand, and a surcharge will apply. For emergency Caesarean Section, the husband will not be allowed to stay in operating theatre. No mobile phone, video recording or photo taking are allowed in operation theatre. 所有剖腹生產手術，丈夫必須獲得醫生和本院同意方可進入手術室陪產，並需額外收費。如屬緊急剖腹生產手術，丈夫則不得進入手術室陪產。手術室內嚴禁使用手提電話、攝錄及拍照。
- For Spontaneous Vaginal Delivery, the husband can stay in Delivery Suite and no additional charge will be applied. Video recording is not allowed. 產婦進行自然分娩時，丈夫在獲得醫生和院方同意後，可於候產室和產房陪產，而不另外收費。期間並不允許攝錄。
- Lodger accommodation is available for all rooms at an additional charge. For standard Room, only female company is allowed. 如需於病房留宿，本院將收取額外費用。標準病房內只允許女性親友陪同。

## Other reminders 其他注意事項

- Full settlement of the package should also be made for early discharge. 提早出院亦需全額支付產科套餐的費用。
- Services for babies, including boarding, baby bathing, cord care, diaper, formula milk, incubator and/or phototherapy etc, are subject to charges. 寄嬰服務的額外收費：住宿、沐浴、臍帶護理、尿片、奶粉、保溫箱及/或黃疸光照治療和其他雜費。
- Additional charges during extended stay include boarding and other miscellaneous fees. 延長住院的額外收費包括住宿和其他雜費。

## Booking and Enquiries 預約及查詢

For more information, please call Obstetrics Department on 3153 9306, or visit our website [www.gleneagles.hk](http://www.gleneagles.hk).

如欲了解更多預約的詳情及查詢，請隨時致電3153 9306與產科部門聯繫，或到訪我們的網站 [www.gleneagles.hk](http://www.gleneagles.hk)。