

# Lactation Consultation Service

母乳顧問諮詢服務



Gleneagles Hospital

HONG KONG

港怡醫院

B) Prenatal / Postnatal Counselling — Package

產前 / 產後諮詢服務 — 套餐

(valid for 6 months after booking confirmation  
有效期為預約後的六個月內)

Package 套餐	Clinic Visit 門診
Prenatal Counselling x 1 + Postnatal Counselling x 2 OR Postnatal Counselling x 3 一次產前諮詢 + 兩次產後諮詢服務 或 三次產後諮詢服務	HK\$3,000*

\*20% off will be offered to mothers who gave birth at GHK  
(Weekdays only, except Public Holidays)

\* 於港怡醫院分娩的母親可獲20%折扣優惠  
(只限星期一至五，公眾假期除外)

Remarks:

- For any changes or cancellations, please call and notify us  
24 hours prior to your scheduled appointment
- All consultation by appointment
- Appointment / Enquiries hotline: +852 3153 9140

備註：

- 如欲取消或更改預約，請致電及需於  
24小時前通知本院
- 上述所有諮詢服務只接受預約安排
- 預約 / 查詢電話：+852 3153 9140

Location: Clinic P, 1/F, Tower A  
位置：A座一樓一診所P



Lactation Clinic  
母乳餵哺診所

For enquiries, please contact our nursing staff.

Information provided by Gleneagles Hong Kong Hospital.

如有任何疑問，請向本院護士查詢。  
以上資料由港怡醫院提供。

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

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

港怡醫院  
Gleneagles Hospital Hong Kong

Lactation Consultation  
Service  
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Gleneagles Hospital  
HONG KONG  
港怡醫院

## A) Prenatal / Postnatal Counselling — Single

### 產前 / 產後諮詢服務 — 單次

#### ■ Prenatal Counselling 產前諮詢

Participant(s): Couple / Individual

Ideal Months: 24 weeks or above of pregnancy

Fee: HK\$800 per visit

Topics: Breastfeeding practices, breast care

對象：夫婦 / 個人

理想週數：懷孕24週或以上

費用：每次港幣800元

內容：母乳餵哺輔導、乳房護理



#### ■ Postnatal Counselling 產後諮詢

##### 1. Outpatient Service 門診諮詢

Fee: HK\$1,200\* per visit

■ Attachment and positioning assessment

■ Breast milk expression technique:

Hand expression / pumping

■ Prevention and management of problems:

Cracked nipples, engorgement, insufficient milk supply, etc.

■ Assessment and suggestions to support the mother

■ Nipple problems management:

Inverted / retracted / flat nipples

■ Mastitis / breast abscess / blocked duct /

twins management

■ Breast massage

■ Infant oral assessment

費用：每次港幣1,200元\*

■ 母乳餵哺姿勢評估

■ 擠奶技巧：手擠 / 使用泵奶器

■ 預防和處理母乳餵哺問題：乳頭破損 / 乳房腫脹 / 母乳不足等

■ 評估及支援

■ 乳頭問題處理：乳頭凹陷 / 內縮 / 扁平

■ 乳腺炎 / 乳房膿腫 / 乳管閉塞 / 雙胞胎處理

■ 乳房按摩

■ 嬰兒口腔評估



##### 2. Home Visit (For mothers who gave birth at Gleneagles only)

家訪到診（只限於港怡醫院分娩的母親）

Fee: HK\$1,800 per visit

費用：每次港幣1,800元

\*20% off will be offered for mothers who gave birth at Gleneagles (For weekdays only except public holidays and not applicable to home visit service)

\*於港怡醫院分娩的母親可獲20%折扣優惠  
(只限星期一至五，公眾假期除外及不適用於家訪到診服務)