



## **PAMELA YOUDE NETHERSOLE EASTERN HOSPITAL**

### **Department of Obstetrics & Gynaecology**

### **Information For Maternity Admission**

- 1. Please attend the hospital if you experience vaginal bleeding, abdominal pain or if you suspect that your water might have broken.**  
You can register through the admission office at G/F of Main Block (from 7am to 8pm) or at Accident & Emergency department (from 8pm to 7am).
- 2. Present your ID card/ identity documents for registration on admission.**
- 3. You are advised to bring the following personal necessities:**
  - a. Essential toiletries (e.g. toothpaste, shampoo etc.)
  - b. Thermal flask and cup
  - c. Brassiere, slippers
  - d. Mesh pants / disposable underpants
  - e. Socks (keep warm)
  - f. Maternity pads x 2 packs (with loose loops)
  - g. Under pad x 2 packs
  - h. Tissue paper
- 4. You are advised to bring the following items for the newborn:**
  - a. Disposable diapers (newborn)
  - b. Facial tissue
  - c. Moist wipes
  - d. Baby wrappers
  - e. Clean baby clothing to be worn on the day of discharge (avoid contamination by mothballs).
- 5. Visiting arrangement:**
  - a. For labour suite, only partner or one significant other is allowed to attend at delivery
  - b. Visiting time: please refer to hospital visiting guideline. Only two visitors per patient are allowed at any one time. Children under 12 are not allowed to enter wards.
  - c. Avoid consuming ginger wine, ginseng and other herbal medication as they may cause heavy vaginal bleeding.
- 6. Personal belonging:**

Please do not bring valuable items or large sums of money with you. You can bring your own padlock to lock away your personal belongings. The hospital is not responsible for any loss.
- 7. Bedside electric socket is for medical device only. For battery charging, please go to the convenience store on G/F of hospital.**



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## Towards A Healthier Pregnancy

#### 1. Diet

- You should drink 6-8 glasses of fluid (water, milk, soya milk and juice) per day to maintain adequate hydration.
- A healthy balanced diet that includes a wide range of meat, vegetables and fruits.
- Pickled food and spices should be avoided.
- Food rich in carbohydrates such as cakes, ice-cream, candies and soft drinks should be avoided.
- Frequent small meals can alleviate bloating and heartburn.

#### 2. Drugs

- Over the counter medications should be avoided.
- Alcohol and tobacco should be avoided.

#### 3. Rest

- Fatigue during pregnancy is common, take adequate rest in a well-ventilated room is helpful.

#### 4. Exercise

- Light exercise and housework is beneficial. However, strenuous exercise should be avoided.

#### 5. Bowel

- Constipation is a common problem during pregnancy, adequate intake of fluid and high-fibre food such as fresh fruit and vegetables make a difference.
- Laxatives should be avoided, unless prescribed by your doctor.

#### 6. Personal hygiene

- Wash your hair and shower regularly as you normally would.
- Taking a shower is preferred to bathing during late pregnancy.

#### 7. Clothing

- Wear loose comfortable clothing, avoid corsets, girdles and high heel shoes.

#### 8. Dental care

- Dental problems are common in pregnancy. An early dental check-up is advisable.

#### 9. Sexual life

- Penetrative sex is not harmful to pregnancy unless otherwise stated by your doctor or midwife.
- From 36 weeks onwards, vaginal intercourse is undesirable due to risk of premature rupture of membrane.

#### 10. Preparation for breast feeding

- You can learn more about breastfeeding through antenatal breastfeeding classes, brochures or by chatting to our breastfeeding mothers.
- Shower daily and wear brassiere of appropriate size. Speak to our nurse/doctor if you have any problem.

#### 11. Emotional well being

- Relax, take a deep breath, and just enjoy your pregnancy.
- Maintaining a disciplined life style with healthy eating habits and regular sleeping hours should be followed.

**\*\*Seek medical help should you experience any of the following symptoms: vaginal bleeding, excessive vomiting, cessation or decrease in fetal movement, fever, headache, dizziness, blurring of vision, swelling of legs/face and shortness of breath.**