



## What to bring for LABOUR & DELIVERY

### 生产需携带的物品或文件

Your new baby's arrival is a moment of joy and excitement. However, in the midst of all the excitement, it can be very challenging to ensure you have packed everything needed to be brought to the hospital before the delivery. To ensure you are well prepared, make sure you pack these things around a month before the due date of your bundle of joy.

迎接新生儿的到来对父母来说是个兴奋及愉快的时刻。由于这段准备时间较为忙碌，父母往往会遗漏一些需要携带入院生产的重要物品或文件。在您预产期到来前一个月前，先把以下物品及文件准备妥当吧！

# PREGNANCY JOURNEY: Symptoms, Tips & More

## 怀孕之旅：症状、窍门和更多



### Items for Mummy

#### 妈妈所需物件

- Identity card or passport  
身份证或护照
- MOH or KKM maternity registered "Rekod Kesihatan Ibu" pink booklet (if available)  
MOH 或 KKM《粉红簿子》(若有)
- Slippers  
拖鞋
- Nursing bras or comfortable bras  
哺乳内衣
- Underwear or disposable underwear  
内裤或一次性内裤
- Toiletries: toothbrush, toothpaste and facial wash  
洗漱用品：牙刷、牙膏、沐浴露、洗发液、洗脸用具
- Towel or face towel  
毛巾或面巾
- Socks (several pairs)  
袜子 (几双)
- Sweater or jacket  
寒衣或外套
- Comfortable & loose-fitting clothing to wear home upon discharge  
产后回家穿的舒适及宽松的服装



### Items for Baby

#### 宝宝所需物件

- Warm clothing to wear home  
宝宝穿回家的衣服
- Mittens, booties  
手套、袜子
- Receiving wrapper or blanket  
被子



### Other Items

#### 其他所需物件

- Maternal appointment card  
生产预约卡
- Cash or credit card for deposit during admission (labour room delivery or caesarean section)  
现金或信用卡作为支付入院定金 (顺产或剖腹产)
- Snacks (eg. biscuits or bread)  
饼干或面包
- Drinks (eg. Milo or milk powder)  
饮料
- Mobile charger  
充电器
- Photocopy of parents' (1 copy):  
复印双亲的文件 (一份):
  - IC or passport 身份证或护照
  - Marriage certificate 结婚证书



## Common early PREGNANCY SYMPTOMS

### 怀孕早期常见症状



Constipation  
便秘



Fatigue  
疲劳



Feeling emotional or irritable  
情绪波动或烦躁



Frequent urination  
尿频



Morning sickness  
晨吐



Swollen or sore breasts  
乳房胀痛或疼痛



Larger and darker areoles  
around the nipples  
乳晕变大或颜色变深

## Food to avoid DURING PREGNANCY

### 怀孕期间要避免的食物

- Alcohol  
酒精
- Caffeine (eg: coffee, tea, soft drink, cocoa)  
咖啡因(如: 咖啡、茶、汽水、可可)
- High-mercury fish (eg: shark, tuna, king mackerel)  
高汞鱼(如: 鲨鱼、金枪鱼、鲭鱼)
- Organ meat  
内脏
- Processed junk food  
加工食品
- Raw egg  
生鸡蛋
- Raw sprout (eg: alfalfa, clover, radish, mug bean sprout)  
生豆芽(如: 苜蓿、三叶草、小红萝卜、马铃薯芽)
- Undercooked or raw fish  
未煮熟或生鱼
- Undercooked, raw and processed meat  
未煮熟、生食或加工肉类食品
- Unpasteurized milk, cheese, fruits juice  
未经巴氏杀菌的牛奶、奶酪、果汁
- Unwashed fruits or vegetables  
未经清洗的水果或蔬菜

## Guideline for ANTENATAL CARE

### 产前检查及检验表

<b>6-7</b> weeks 周	Once you know you are pregnant, book an appointment with an obstetrician and get a dating scan done. You are also advised to take folic acid. 一旦您知道自己已经怀孕, 与妇产科医生预约进行扫描并服用叶酸。
<b>11-13</b> weeks 周	<ul style="list-style-type: none"> <li>• Antenatal blood tests book 产前检查</li> <li>• First trimester screening for Down Syndrome &amp; NT scan 进行唐氏综合症、验血及 NT 扫描</li> <li>• Take prenatal vitamins 服用产前维生素</li> </ul>
<b>20-24</b> weeks 周	Detailed scan 进行详细的扫描
<b>&lt; 28</b> weeks 周	Regular antenatal follow-up 每月一次定期检查
<b>28-36</b> weeks 周	Follow up with doctor once every two weeks 两周一次产检
<b>&gt; 36</b> weeks 周	Weekly follow up thereafter 每周一次产检
<b>Other tests:</b>	<ul style="list-style-type: none"> <li>• 3D or 4D scan 3D 或 4D 扫描</li> <li>• OGTT test (Oral Glucose Tolerance Test) 口服葡萄糖耐量检测</li> <li>• NICC test (Non-invasive Chromosomes Check) 非侵入性产前染色体检测</li> </ul>

## Meet Our CONSULTANTS

### 我们的妇产专科医生



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