

## other useful information

Below are some useful information and tips to help you prepare as you approach the day of your delivery.

### Signs of Labour

- Regular contractions occurring every 5 to 15 minutes.
- A blood-stained mucus discharge from the vagina or 'show'. Should you encounter any bleeding from the vagina which is not 'show', please call our Delivery Suite hotline at 6772 5602 or proceed to the Delivery Suite immediately.
- A sudden gush or continuous trickle of clear fluid from the vagina, which indicates that your 'waterbag' has ruptured.

### Things to bring for your delivery and admission

You should pack your bag or suitcase a few weeks ahead and be ready for delivery and admission. Items to bring include:

#### For the mother

- Comfortable clothes or pajamas with front fastening (hospital's nursing pajamas will be provided)
- Cardigan
- Nursing bras
- Breast pads
- Slippers (will be provided in A class ward)
- Toiletries (will be provided in A & B class wards)
- All documents given during pre-registration

#### For the baby

- Hat
- Mittens & booties
- Vest
- Blanket or shawl for use on the day of discharge

### What to expect during delivery?

When you are in labour, please call our Delivery Suite hotline at 6772 5602 and proceed to our Delivery Suite at Main Building 1, Level 2.

Upon arriving at the Delivery Suite, our nurses will bring you to your own suite, where you will remain throughout the delivery. If your labour is established, you will be given a fleet enema to clear your bowels. You and your baby will be monitored continuously to ensure that your labour is progressing well. You can also expect regular vaginal examinations by the obstetrician/midwife and if necessary, an infusion line will be set up. During labour, you are advised not to eat and drink, but sips of water are allowed. Your spouse/partner is encouraged to accompany you throughout your labour.

Some patients may find contractions very uncomfortable. You may want to opt for entonox, pethidine or epidural. You should discuss these options with your obstetrician prior to your delivery to determine the option that best suits your needs.

### What to expect after delivery?

The medical and nursing staff in the postnatal ward will show you how to:

- Care for yourself during the postnatal period
- Breastfeed or bottle-feed your baby
- Change your baby's diapers
- Clean your baby's umbilical cord
- Bathe and care for your baby

They are also available to help you understand more about:

- Neonatal jaundice
- Postnatal 'blues'
- Postnatal visits at our clinic for you and your baby
- Vaccination for your baby
- Family planning

### Birth registration

You have to register your newborn within 42 days after birth. You will need to bring along your spouse's and your identity cards (for residents) or passports (for non-residents), original marriage certificate and the Birth Notification Form issued by the hospital.

Birth registration is available at our Patient Service Centres in Kent Ridge Wing 2, Level 3 (PSC 3).

### One-stop Baby Bonus service

The hospital will issue you a Baby Bonus kit issued by the Ministry of Community Development, Youth and Sports when you pre-register. It contains instructions and forms for participating in the Baby Bonus Scheme.

You can submit your Baby Bonus application forms and the required supporting documents (as stated in the kit) at PSC 3 or 4 when you register the birth of your newborn.

## Contact Us

Clinic	Location	Tel	Fax
NUH Women's Clinic -Emerald / Ruby	Level 3, KRW 2	6772 2277 6772 2255	6778 8683 6872 0103
Clinic G	Level 1, MB 1	6772 5403	6774 4352
Jurong Clinic for Women	Blk 130, Jurong Gateway Road #01-231	6665 1570	6665 0031

Please visit us at : [www.nuhgynae.com.sg](http://www.nuhgynae.com.sg)

## Location

**National University Hospital**  
5 Lower Kent Ridge Road, Singapore 119074  
Tel: (65)6779 5555 Fax: (65)6779 5678  
Website : [www.nuh.com.sg](http://www.nuh.com.sg)  
Co. Reg. No. 198500843R



Information in this brochure is given as a guide and should not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions relating to the surgery, your health or medical condition.

Information is correct at time of print (Oct 2012) and subject to revision without notice.



NUH Women's Centre  
Is My Answer

**Having a  
University Baby at NUH**  
Maternity Packages & Services for  
Mums-to-be

# Maternity Packages & Services

For Mums-To-Be

*Congratulations, you are going to be a mother soon!*

At NUH, we are happy to serve you and be able to meet your healthcare needs during your pregnancy and delivery. Our team of experienced obstetricians and nursing staff aim to provide quality care and service to help you stay in the best of health and prepare you for the birth of your baby through a smooth, safe and memorable delivery.



our antenatal and inpatient packages, *specially for you*

## antenatal package\*

We are pleased to offer you an antenatal package that covers all pregnancy-related consultations after your 20th week of pregnancy.



This package includes:

- All clinic consultations with your obstetrician from the 20th week of your pregnancy till the birth of your baby.
- 2 ultrasound/obstetric scans (at 22 and 32 weeks) to monitor the growth of your baby.
- Up to 2 CTG sessions to monitor your baby's heartbeat and movements.
- 1 post-natal consultation.

### Who is eligible for the antenatal package?

All NUH patients who are at least 20 weeks pregnant.

### How do I sign up for this package?

As you approach your 20th week of pregnancy, our clinic staff will inform you of this package during your visit. You can sign up and pay for the package in full at the clinic.

## complimentary maternity tour

We conduct complimentary maternity tours to our Delivery Suite, Postnatal Ward and Children's Specialist Clinic on every alternate Wednesday of the month. Each tour is limited to 10 couples and is available on a first-come-first-served basis. You can register for the tour with our clinic staff.

## antenatal and parentcraft programme



In 8 sessions, our experienced midwife, physiotherapist and lactation consultant will guide you in coping with your pregnancy and preparing for childbirth. Classes are available on Saturdays (9-10am, 11.30am-1.30pm or 2-4pm). Each class is limited to 10 couples and is available on a first-come-first-served basis. You can register for the class with our clinic staff.

## pre-registration service

From your 28th week of pregnancy, you will be pre-registered for your delivery. It allows you to bypass the usual administrative procedures when you come for your delivery and proceed directly to the Delivery Suite. Upon pre-registration, you will be given all the necessary documents to bring along for direct admission to the Delivery Suite. This service is free and deposit is payable only upon admission. We will also provide financial counselling during pre-registration.



## inpatient packages\*

We are pleased to offer you several inpatient packages to meet your delivery needs.

### Delivery Package

All estimated charges for a normal or elective Caesarean delivery package are listed in the Table of Delivery Charges. You may request for a copy from our clinic staff.

### Paediatric Screening Package

This package consists of a daily visit from a paediatrician to check on your baby during your stay at NUH. All private patients are automatically registered for this package.

Any tests and medication that are required will be charged separately. In the event that your baby requires a higher level of care or intensive care due to unforeseen circumstances, all additional items consumed will be charged, on top of the package

### Paediatric Standby Service (Optional)

This is an optional service for a paediatrician to standby during your delivery. You or your obstetrician can request for this service at the time of delivery.

### Rooming-in Service (Optional)

This service is available in the single bed ward (A1 Class) if you would like a family member to accompany you through the night. There is a sofa bed in the ward for one adult to room-in.