

MATERNITY CARE SERVICES

Staying With You Beyond Your Pregnancy



Mount Alvernia Hospital



Providing quality
maternity care for
mothers and babies



A PRECIOUS BEGINNING...

Whether it is your first child or a new addition, childbirth remains a special experience. A smooth motherhood journey starts with choosing the right hospital for delivery and the care leading up to it.

At Mount Alvernia Hospital, we share our knowledge with you so that you can make good decisions about childbirth. In doing so, we hope you will feel confident and empowered throughout your maternity journey.

In addition to all the necessary resources, information and guidance, we also provide a homely and relaxing environment within which we provide the right hospital care for you and your baby.

**Please take the time to read all the information provided in this booklet.
If you have further enquiries, you can**



Call us at **6347 6688**



Write to us at **enquiries@mtalvernia.sg**



Visit **www.mtalvernia.sg** for more information

Thank you for choosing Mount Alvernia Hospital. We look forward to providing an assuring maternity destination for your special day.



OUR MATERNITY UNIT

A hospital's maternity experience is one of the many things you have to think about when it comes to antenatal, delivery, postnatal and paediatric care.

For more than 50 years, we have been dedicated to providing quality maternity care for you and your baby. Our team of midwives, nurses and lactation consultants will support you during the birthing process, postnatal and baby care. For facilities, our maternity unit consists of a delivery suite, maternity wards, baby nurseries and neonatal intensive care unit (NICU).



Delivery Suite

The 11 delivery rooms are all single-bedded. Each room is equipped with a foetal monitoring and baby resuscitation system that detects foetal movements and identifies babies who require immediate delivery.

Your baby and your safety are of utmost importance to us. Hence close monitoring of your wellbeing at all times and remedying any irregularities in the first instance is our top priority.

Through our anaesthetic specialists, we also offer epidural service if you require pain relief during labour. Our caring and efficient midwives provide one-to-one support, easing your birthing experience and reducing the need for pain relief.

The operating theatres, neonatal intensive care and high dependency units are all located within close proximity of the delivery ward. This takes care of any emergencies during high risk deliveries.



Maternity Wards

The Family Suite @ Our Lady's Ward

Integrated with today's lifestyle needs, this ward is designed for you to recuperate in total privacy and comfort. Our experienced nurses take care of your needs while the ample space provided allows the privacy you need to celebrate your baby's arrival with your family and close friends.

Single Rooms

Our single rooms are intended for you to have a comfortable and restful stay. Furnished with pleasant themes and cool colours, they create an environment that promotes rest and recovery. Each room comes with a personal dressing table and a sofa for your convenience and comfort. If you need a family member or caregiver to stay with you, the sofa can be easily converted into a bed.

Multi-Bedded Rooms

The ward is air-conditioned with shared bathroom facilities and amenities. Each bed has a privacy curtain, side table, telephone, television and a single seater sofa for your visitors.





Maternity Wards

Nursery

Your baby will be staying at the nursery attached to your maternity ward. Our specially trained nurses will care for your baby, while a team of doctors will monitor your baby's health every day.

After breakfast, our nurses will facilitate a bonding session for you and your baby, teaching you how to care for the little one. We encourage you to tap on our nurses' vast baby care experience during your stay at the hospital.



Neonatal Intensive Care Unit (NICU)

Infants are called neonates in their first 28 days of life and they can be born full term or prematurely (before 37 weeks of gestation). Neonatal care is a specialised field which combines technology and trained nursing professionals to provide special care for the tiniest patients.

The neonatal intensive care unit attends to high-risk deliveries, resuscitation of newborns, neonatal intensive care and follow-up. Together with doctors, our dedicated nurses are able to provide continuous monitoring, investigations, specialised medical and nursing care for these neonates. We are also able to provide pre and post-operative care for neonates requiring surgery.



Ward Visiting Hours

Daily: 8:30am - 8:30pm

*Average Length of Stay

2-3 days for Vaginal Birth

4-5 days for Caesarean Section Birth

**The above is only a guide. Actual length of stay is dependent on your recovery process and your doctor's advice.*

MATERNITY TOURS

Prior to your due date, you may schedule a guided tour of the delivery suites and the different maternity wards. The tour will familiarise you with the pre-admission and admission procedures, including where to check in when you are ready to give birth.

Maternity Tours Schedule:

Mondays to Fridays: 2.30pm

Saturdays: 10am and 12pm

There are no tours on Sundays and public holidays.



Scan to register
for a guided tour

For more information, call us at 6347 6788
or email enquiry@mtalvernia.sg

Enjoy Motherhood with Alvernia Ladies Card

Pregnancy marks the beginning of a new journey - one that comes with its own special moments of joy and challenges. It can be made easier with Alvernia Ladies Card, as you and your little one can enjoy the experience together with a range of privileges at every step of the journey.



Scan to register
and learn about
the benefits



PREPARING FOR THE JOURNEY AT ALVERNIA PARENTCRAFT CENTRE

As new parents, you will have many questions about caring for your newborn and breastfeeding. The Alvernia Parentcraft Centre offers you a one-stop centre for all your needs in childbirth preparation and infant care.

The Centre features a cosy lobby and mini library with a wide range of valuable resources such as guides, books and reference materials on parenting, nursing and breastfeeding.

If you have chosen to deliver your baby with us, you can attend educational sessions during your hospital stay. Our lactation consultants will guide you on general infant care such as bathing your baby and successful breastfeeding. If you have queries after your discharge, outpatient consultation is available at our Centre.

Services

- Antenatal Consultation
- Childbirth Education
- Breastfeeding Talk and Consultation
- Bathing Your Baby
- Bottle Feeding and Weaning
- Baby Massage Class
- Personalised Home Care Service for Mothers and Babies
- Alvernia Breastfeeding Mothers' Support Group

Opening Hours:

Mondays to Fridays
8.30am to 1pm; 2pm to 5pm

Saturdays
8.30am to 1pm

Closed on Sundays and
public holidays

For appointment, please call
us at **6347 6641**

Childbirth Education Course

Jointly developed by our team of specialists, physiotherapists and dietitians, this course aims to prepare you for childbirth and postnatal care. Begin the first session from the 20th week of pregnancy. You and your partner are strongly encouraged to attend this course together. The format includes lectures, videos, demonstrations and practical sessions. The lessons are spread over six weeks and each lesson takes about two hours.

Course Schedule:

Weekdays

6.30pm to 8.30pm

Saturdays

1.30pm to 3.30pm or 4pm to 6pm

Register online at



Scan QR code
to access
registration form

Alvernia Ladies Card member's privilege
applies.

For more information, call us at **6347 6641**
or email parentcraft@mtalvernia.sg

Course Topics

- ✓ **Changes during pregnancy**
- ✓ **Nutritional needs during and after delivery**
- ✓ **Childbirth**
 - Back care and exercises during pregnancy
 - Stages of labour
 - Breathing relaxation techniques to cope with labour
 - Relaxation and massage
 - Role of support person
- ✓ **Delivery**
 - Signs of labour
 - Pain relief in labour
 - Methods of delivery
 - Care of mother after delivery
 - Familiarisation tour of hospital
- ✓ **Breastfeeding**
 - Infant feeding
 - Importance of breastfeeding & bonding
 - How to get off to a good start in breastfeeding
 - Breastfeeding positions and latching on techniques
 - How to manage minor problems in breastfeeding
 - Working and breastfeeding
- ✓ **Bathing and care of your newborn**



THE BIG DAY

- ✓ Before your estimated date of delivery (EDD), your obstetric clinic will arrange a maternity booking for you. Then our maternity unit will follow up **with a confirmation letter** on your booking and admission information.
- ✓ We offer **maternity packages** for all types of delivery (Normal/ Assisted/ Caesarean-Section) with a selection of room types (Suite/ Single/ Multi-Bedded) to choose from.
- ✓ **We can only confirm the availability of your preferred room type at the time of admission.** This is due to the uncertainty of patients' discharge and emergency admissions. If your choice of room is not available during admission, we will transfer you to your desired accommodation the moment it becomes available.
- ✓ **All packages include Bacillus Calmette-Guérin (BCG) & 1st Hepatitis B injections for your baby (during hospital stay only) if his or her condition permits.** We will also provide a personal toiletry pouch comprising of shampoo, shower gel, body lotion, toothbrush, toothpaste, comb, shower cap and face towel.

Pre-Admission Form

To help us expedite your admission, please complete the information at <http://forms.mtalvernia.sg/pre-admission/> and send it back to us at least one day before your admission.



Scan for
Pre-admission
Form



What To Bring For Your Hospital Stay

Documents

- ✓ NRIC
- ✓ Passport (for foreign patients only)
- ✓ Maternity confirmation letter
- ✓ Blood test results during pregnancy
- ✓ Insurance card, doctor's referral letter, letter of guarantee (if any)
- ✓ Alvernia Ladies Card (for member's privileges)

For Mum

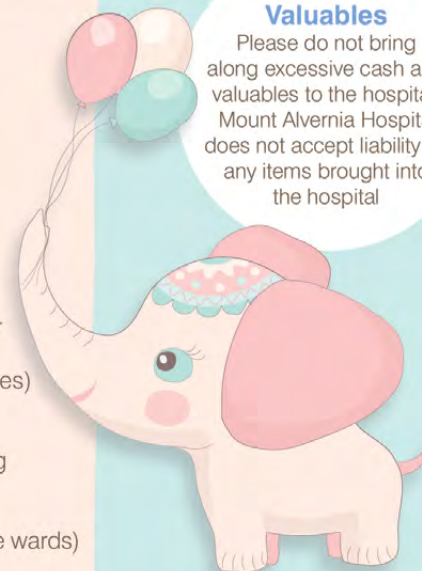
- ✓ Pyjamas or night dresses with front opening to facilitate breastfeeding
- ✓ Personal toiletries
- ✓ Non-slip bedroom slippers (to be worn in the wards)
- ✓ Nursing bras
- ✓ Socks (to be worn in the Delivery Suite)
- ✓ Casual wear upon discharge
- ✓ Optional
 - ✓ Sanitary Pads
 - ✓ Breastfeeding (nursing) pads

For Baby

- ✓ 2 pairs of mittens
- ✓ Full set of clothes and wrap to go home

Valuables

Please do not bring along excessive cash and valuables to the hospital. Mount Alvernia Hospital does not accept liability for any items brought into the hospital



When To Come To Hospital

- When your water breaks or you notice continuous leaking of fluid from the vagina
- If you have vaginal bleeding
- Onset of persistent or periodic contractions



Confinement Meals

Our menus offer a choice of confinement food or a delectable selection from the Chinese, *Malay and Western cuisines. Your meals may differ from our regular menus if your doctor or dietitian prescribes a therapeutic diet for you.

**No pork or lard is used in the preparation of Malay cuisine.*

Breastfeeding Friendly Environment

During your stay, our lactation consultants from the Alvernia Parentcraft Centre will visit you personally at the ward to offer advice and guidance on general infant care and breastfeeding.

You are also invited to attend our breastfeeding and care for baby workshops during your stay to practise and learn more. These are conducted on Mondays, Wednesday and Fridays at the Centre for one hour.

There is also a dedicated TV channel on breastfeeding in your room to help you practise at your convenience.

Essential Protocol

Breastfeeding has to be managed so that the mother knows if the newborn is actually getting the milk and is not at risk of dehydration due to poor latching. We introduced a newborn dehydration protocol in all our nurseries where we monitor the following:

- newborn's weight loss (preferably within 7-10%)
- passing of urine throughout the day

Both are indications of correct breastfeeding techniques and that the baby is getting the breastmilk.

We believe that the more we are able to demonstrate "how to do it right" to you, the more confident you become and are more motivated to breastfeed.

If you need advice or help in infant feeding, our nurses are here to assist.



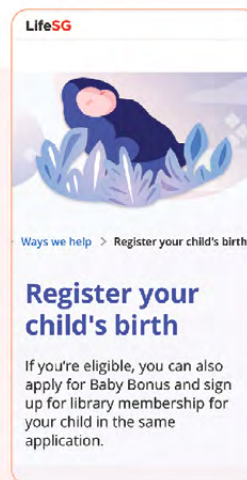
From 29 May 2022, registration for all births will be simpler and faster on LifeSG.
Gain immediate access to your child's digital birth certificate, anytime and anywhere!

LifeSG

3 steps to register your child's birth

1

Register your child's birth on LifeSG.



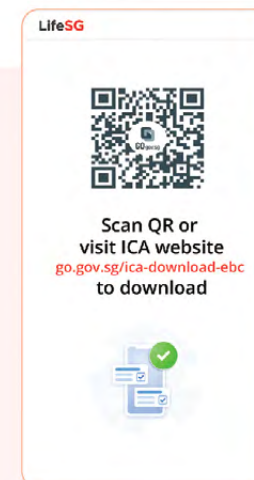
2

Receive confirmation of registration.



3

Download and save the digital birth certificate to your personal device.



For more info, visit go.gov.sg/lifeg-ebc or scan QR code below



LifeSG is brought to you by the following government agencies



GOING HOME

Discharge

Our discharge time is by 11am (before lunch). Upon confirmation from the doctor, your nurse will hand you the discharge paperwork to make payment at our Business Office located at Level 1.

You will also be informed if there is any medication collected from the general pharmacy. Should you need help to get to the taxi stand, please let our nurses know.



Baby Bonus Application Service

You may apply for this via the LifeSG app as well. Otherwise, you can apply online at <https://www.babybonus.msf.gov.sg> using your Singpass account. Please make sure that you have the following documents ready to complete application:

- Bank Account Holder's account details to receive the cash gift
- Personal particulars of the Bank Account Holder and CDA Trustee if they are a third party (i.e. not the child's parent)
- Adoption order and Schedule (if your child is adopted)
- Marriage Certificate (for overseas marriages)

For more information, please visit the official website at <https://www.babybonus.msf.gov.sg>

Blessing for Newborn

As a sign of blessing and thanksgiving, it is our tradition to hold a short prayer service for parents and their little ones, just before heading home after discharge. If you like to have your baby presented in the Chapel, please contact ward staff for assistance to arrange a suitable time for the blessing.

Feedback

We welcome feedback relating to your stay with us so we encourage you to complete a feedback form to enable us to evaluate and improve our services.



OTHER SERVICES

Newborn Hearing, Bilirubin (Test for Jaundice) and Metabolic Screening Tests

Your nurse may ask if you wish to order these tests for your infant to enable timely intervention.

Postnatal Care

We provide personalised consultation at the Alvernia Parentcraft Centre, and specially arranged home visits at your request. We also conduct baby massage classes and talks on providing optimal nutrition for you and your baby at our special baby seminars held throughout the year.

If you are unable to visit us at the Centre, we also provide home visits to assist.

Women's Health Screening

Plan to see your healthcare provider two to six weeks after your baby is born for a regular post-partum check-up. It's important that you take care of yourself too!

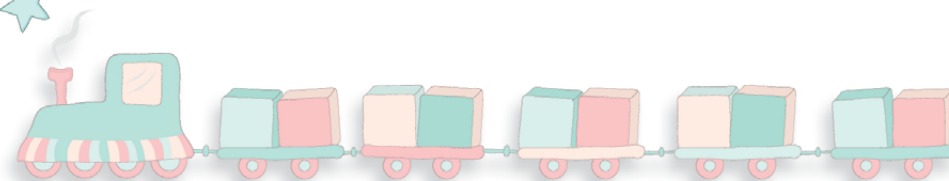
Visit https://mtalvernia.sg/clinical_services/health-screening/packages-for-women/ for some health screening packages that might be relevant to you.



Scan for Woman Health Screening Packages



GETTING AROUND THE HOSPITAL



Lifts D1 & D2 to
Levels 1-4 : Carparks

Lifts D3-D5 to
Levels 5-8 : Specialist Clinics
Level 5 : Outpatient Lab and Carpark

Retail
• 7-Eleven
• Mums Club
• Noel Gifts

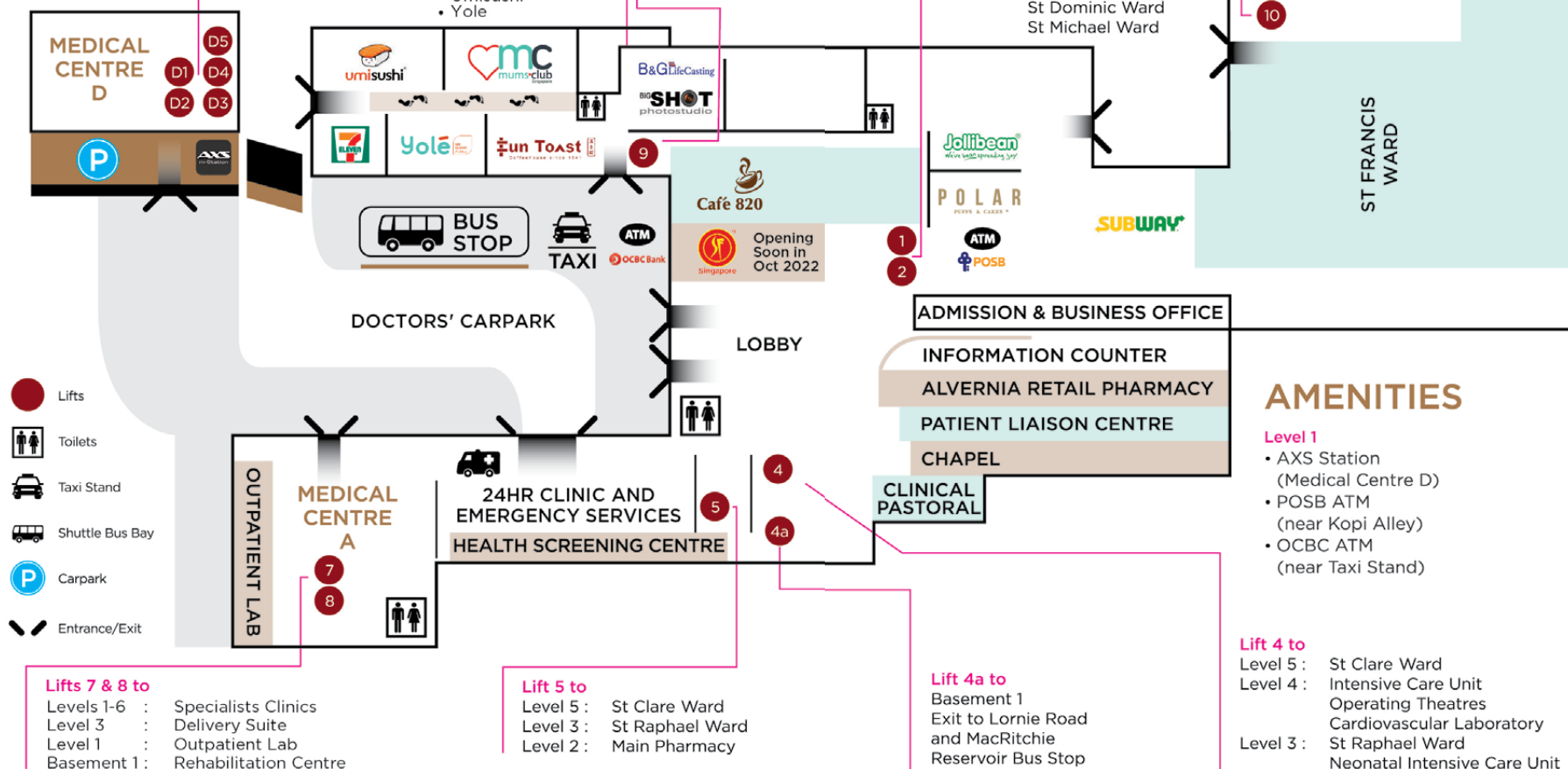
Food
• Café 820
• Fun Toast
• Jollibean
• Polar Café
• SF Farm Mart (Opening in Oct 2022)
• Subway
• Umisushi
• Yole

Services
• B&G Lifecasting
• BigShot Photostudio

Lift 9 to
• Alvernia Endoscopy Centre

Lifts 1 & 2 to
Level 4 : St Joseph Ward
High Dependency Ward
Day Surgery 4
Our Lady Ward
St Raphael Ward
Day Surgery 3
Level 3 : Parentcraft Centre
St Gabriel Ward
St Dominic Ward
St Michael Ward

Lifts 10 to
Executive Office



DINING, RETAIL AND SERVICES AT THE HOSPITAL

For your family and visitors who might need a bite or two, or even run short errands during their visit, we have a range of dining and retail services at our doorstep.

Dining



Serving wholesome and hearty meals that cater to both local and international taste buds, the hospital's coffee house is well known for its mee rebus and daily lunch specials. Besides main mails, the café also offers gourmet ice cream, cakes and pastries. You can come by today and enjoy a meal served by warm and friendly staff in a cosy environment.

Mon to Sat: 8am - 8pm
Sun & PH: 8am - 3pm



A fun, innovative and uniquely Singapore coffeehouse that moves ahead with the times with innovative menus but always keeping in touch with delectable traditional Nanyang food and beverages.

Mon to Sat: 7.30am - 8pm
Sun & PH: 8am - 6pm



Satisfy your craving for fresh soya bean milk or bean curd puddings here. You can also pick up a selection of local pancakes (mee chiang kueh) with a variety of fillings. Perfect for a quick snack!

Mon to Sat: 8am - 8pm
Sun & PH: 8am - 6pm



A familiar haunt of most locals, come get your fill of perennial favourites like curry puffs, chicken pies and sugar rolls.

Daily: 8.00am - 9.00pm



Freshly made submarine sandwiches and salads from the popular American chain make for a healthier fast food option when you are feeling a bit puckish. You can also customise your own sandwich with a variety of bread types, fillings and sauces.

Mon to Sat: 8am - 9.30pm
Sun & PH: 11am - 8pm



Great for quick dining and takeaways, they also offer party platters and delivery services for those special occasions.

Daily: 10am - 8pm



Indulge in ice cream with less calories, fats, and sugars than any other brand in the ice cream market. With the use of premium natural ingredients, Yole ice creams are rich and full-flavored without any added sugar.

Retail



The one-stop-shop is here! Satisfy your late night cravings with its variety of ready-to-eat items or do some last minute shopping here!

Daily: 7am - 11pm

Alvernia Retail Pharmacy

Just next to the Patient Liaison Centre, our Alvernia Retail Pharmacy dispenses prescriptions and sells major Mother and Child brands and other paraphernalia to cater to your needs.

Mon to Fri: 8.30am to 5.30pm
Sat: 8.30pm to 5pm
Sun & PH: Closed



Find a wide variety of products, including breast pumps, baby products, maternity lingerie, maternity accessories, baby clothings, baby furniture, toddler accessories, baby equipment and toys.

Mon to Sat: 10am - 8pm

ATMs and AXS Stations



The POSB ATM is located on Level 1 of the main building, opposite Subway, near Kopi Alley.



OCBC ATM is located outside the main building next to the wheelchair bay, near the taxi stand.

Services



B&G is a lifecasting company based in Singapore. It offers quality casts of your baby's little hands and feet. Their modern design and expert process makes it a breeze for your baby.

Mon to Sat: 10am - 6pm
Sun & PH: Closed



BigShot Photostudio captures special moments for babies and infants, as well as siblings and families. Book a session with BigShot and be rewarded with lasting fond memories.

Mon to Sat: 10am - 6pm
Sun & PH: Closed



The AXS Station is located at Level 1 of Medical Centre D. This 24-hour self-service terminal provides comprehensive payment for bills and fines, government e-services, top-ups, ticketing and much more.

GETTING TO THE HOSPITAL

By Car

From the Pan Island Expressway (PIE), get off at Lornie Road onto Thomson Road.

From the Central Expressway (CTE), turn into Braddell Road onto Thomson Road.

Main Entrance

The main entry and exit to the hospital is via Thomson Road.

Marymount Road Entrance

Vehicles can enter using the Marymount Road entrance. However, please note there is a height restriction of 2.5 metres.

By Taxi

The taxi stand is located in front of the florist, next to the main lobby.

By Bus

The following bus services bring you to the nearest bus stops around Mount Alvernia Hospital:

52	54*	74	93	130	132	156	157
162	166	167	851*	852	855	980	

*Bus services at Marymount entrance: 54 and 851

By MRT

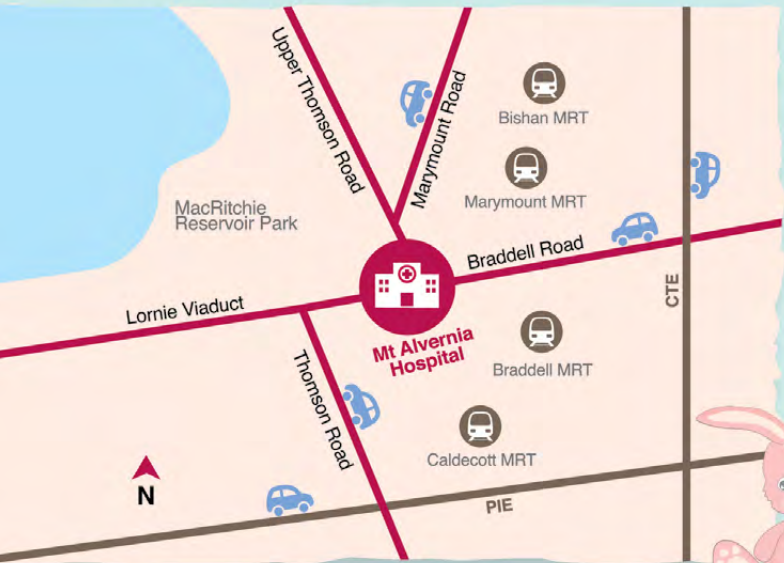
The nearest MRT stations are:

Marymount MRT (0.8km)	Caldecott MRT (1.13km)
Bishan MRT (1.5km)	Novena MRT (2.47km)

Free Shuttle Bus Services

Shuttle Bus Timing from Bishan to Mount Alvernia Hospital
Mondays to Saturdays, excluding Sundays and Public Holidays

From Bishan MRT Station					From Mount Alvernia Hospital				
6.35am	9.55am	12.35pm	2.45pm	5.25pm	6.45am	10.05am	12.45pm	2.55pm	5.35pm
6.55am	10.05am	12.45pm	2.55pm	5.35pm	7.05am	10.15am	12.55pm	3.05pm	5.45pm
7.15am	10.15am	12.55pm	3.05pm	5.45pm	7.25am	10.25am	1.05pm	3.15pm	5.55pm
7.35am	10.25am	1.05pm	3.15pm	5.55pm	7.45am	10.35am	1.15pm	3.25pm	6.05pm
7.55am	10.35am	1.10pm	3.25pm	6.05pm	8.05am	10.45am	1.20pm	3.35pm	6.15pm
8.05am	10.45am	1.15pm	3.35pm	6.15pm	8.15am	10.55am	1.25pm	3.45pm	6.25pm
8.15am	10.55am	1.25pm	3.45pm	6.25pm	8.25am	11.05am	1.35pm	3.55pm	6.35pm
8.25am	11.05am	1.30pm	3.55pm	6.35pm	8.35am	11.15am	1.40pm	4.05pm	6.45pm
8.35am	11.15am	1.35pm	4.05pm	6.45pm	8.45am	11.25am	1.45pm	4.15pm	6.55pm
8.45am	11.25am	1.45pm	4.15pm	6.55pm	8.55am	11.35am	1.55pm	4.25pm	7.05pm
8.55am	11.35am	1.50pm	4.25pm	7.05pm	9.05am	11.45am	2.00pm	4.35pm	7.15pm
9.05am	11.45am	1.55pm	4.35pm	7.15pm	9.15am	11.55am	2.05pm	4.45pm	7.25pm
9.15am	11.55am	2.05pm	4.45pm	7.25pm	9.25am	12.05pm	2.15pm	4.55pm	7.35pm
9.25am	12.05pm	2.15pm	4.55pm	7.35pm	9.35am	12.15pm	2.25pm	5.05pm	7.45pm
9.35am	12.15pm	2.25pm	5.05pm	7.55pm	9.45am	12.25pm	2.35pm	5.15pm	8.05pm
9.45am	12.25pm	2.35pm	5.15pm	8.15pm	9.55am	12.35pm	2.45pm	5.25pm	8.25pm





CONTACT LIST

Obstetrics and Gynaecology

Clinic/ Doctor	Location	Contact Details
A Clinic for Women Dr Chua Yang	Medical Centre D #08-58	6463 3366 www.aclinicforwomen.com.sg
ACJ Women's Clinic Pte Ltd Dr Adrian Tan Chek Jin Dr Candice Wang Peiying Dr Caroline Khi Yu May Dr Joycelyn Wong Sook Min	Medical Centre D #07-63	6353 2033
Agape Women's Specialists Pte Ltd Dr Lee Lih Charn	Medical Centre D #06-70	6252 3323
EN Clinic for Women Dr Esther Ng Shwu Yong	Medical Centre D #08-60	6255 5918 6255 0830
H K Ho Women & Fertility Clinic Pte Ltd Dr Ho Hon Kwok	Medical Centre A #02-06/ 07	6353 8833
K C Ching Clinic & Surgery for Women Dr Ching Kwok Choy	Medical Centre A #02-01	6354 6238
Maternity & Gynaecological Clinic Dr Kenneth Edward Lee	Medical Centre D #06-53	6252 5778 6252 5360
Michele Lee Women and Fertility Clinic Pte Ltd Dr Michele Lee Sook Ling	Medical Centre D #08-54	6354 3003
S L Goh Women's Clinic Dr Goh Shen Li	Medical Centre D #05-59	6258 8174 www.slgohclinic.com
SOG-SC Hong Clinic for Women Dr Hong Sze Ching	Medical Centre D #07-62	6352 2220 www.drhongsc.com.sg
Specialist Women's Clinic Pte Ltd Dr Chen Lin Han	Medical Centre D #05-55	6259 3323 6259 3313
Timothy Lim Clinic for Women & Cancer Surgery Dr Timothy Lim Yong Kuei	Medical Centre A #01-03	6261 3348 www.timothylimclinic.com
Tony Tan Women and Fetal Clinic & PLL Anaesthetic Clinic Dr Tony Tan	Medical Centre D #07-66	6972 4497 6972 4498 www.drtonytan.com
Wen Lim Clinic for Women Pte Ltd Dr Lim Yui Wen	Medical Centre D #08-65	6252 5009 www.wenlimclinic.com

Paediatric Medicine & Surgery

Clinic/ Doctor	Location	Contact Details
International Child & Adolescent Clinic Dr Koh Poh Kian Dr Ong Eng Keow Dr Ooi Pei Ling	Medical Centre D #08-56/ 57	6255 5239
Kids Clinic @ Mt Alvernia Dr Simon Ng Pau Ling Dr Wendy Sinnathamby	Medical Centre A #02-02	6817 8883/ 6356 8143
Kinder Clinic Pte Ltd Dr Darryl Lim Ching Wen Dr Lim Kwang Hsien Dr Tan Hwa Min Terence	Medical Centre A #06-03/ 04	6478 5925 www.kinderclinic.com.sg
Maternity & Gynaecological Clinic Dr Rhonda Watt Mun Wai	Medical Centre D #06-53	6252 5778
SBCC Baby & Child Clinic Dr Chan Kit Yee	Medical Centre A #01-01/ 02	6354 1922 www.sbcc.sg
SOG Clinic for Children Dr Irene Teo Ai Ngee	Medical Centre D #07-62	6250 0600 www.sogclinicforchildren.com.sg
Steven's Baby & Child Clinic Dr Steven Ng	Medical Centre D #06-54	6479 9515
C K Sim Paediatric Urology & Surgery Dr Sim Chiang Khi	Medical Centre A #02-08	6356 4166
The Children's ENT Centre/ The ENT Specialist Centre Dr Dawn Teo	Medical Centre D #07-65	6258 8638 / 6258 8633





MAIN CONTACT LIST

Department	Opening Hours	Tel & Email
Mainline Enquiries & Feedback	Daily 24 hours	6347 6688 enquiry@mtalverniasg.sg
Patient Liaison Centre	Mon to Thu: 8.30am - 6pm Fri : 8.30am - 5.30pm	6347 6788 patient.assist@mtalverniasg.sg
24hr Clinic & Emergency Services	Daily 24 hours	6347 6210
Alvernia Parentcraft Centre (Breastfeeding/ Childbirth Education)	Mon to Fri : 8.30am - 1pm, 2pm - 5pm Sat : 8.30am - 1pm	6347 6641 parentcraft@mtalverniasg.sg
Rehabilitation Centre	Mon to Fri : 8.30am - 5pm Sat : 8.30am - 1pm	6347 6203
Diagnostic Imaging (X-ray/ Scans)	Mon to Fri : 8.30am - 5pm Sat : 8.30am - 1pm	6347 6200
Nutrition & Dietetics	Mon to Fri : 8.30am - 5pm Sat : 8.30am - 1pm (last appointment at 5pm)	6347 6702
Alvernia Retail Pharmacy	Mon to Fri : 8.30am - 5.30pm Sat : 8.30am - 5pm	6347 6589
Main Pharmacy	Mon to Fri : 8.30am - 9pm Sat : 8am - 6pm Sun & PH : 8.30am - 3pm	6347 6217
Business Office	Mon to Thu: 8.30am - 6pm Fri : 8.30am - 5.30pm Sat : 8.30am - 1pm	6347 6600
Business Office (Admission Matters)	Daily 24 hours	6347 6601
Outpatient Lab Services	Mon to Fri : 8am - 5pm Sat : 8am - 1pm	6347 6213
Main Hospital Lab	Mon to Fri : 9am - 5pm Sat : 9am - 1pm	6347 6202

Appendix

SELECTING A MATERNITY HOSPITAL



After you decide on an Obstetrics and Gynaecology (OBGYN) doctor, you should also think about where you want to have your baby. Most women in Singapore have their babies in a hospital. However, there are emerging trends that some women are choosing to give birth at home.

Hospital

Most hospitals today offer a more relaxed and private setting for you to have your baby, with options as follows:

Labour

These suites are all single-bedded, each equipped with foetal monitoring and baby resuscitation systems to closely detect foetal movements and identify babies that require immediate delivery. Your partner can be an active part of the birthing team. After birth, you will recover in the same room before being transferred to the general ward.

General Wards

Most hospitals offer either single or multi-bedded room options. Each room is furnished in pleasant themes and cool colours to create an environment for rest and recovery.

Single rooms have more space and come with a personal dressing table and a sofa which can be converted into a bed easily if a family member or caregiver wants to lounge. The multi-bedded room comes with shared bathroom facilities and amenities.

Nursery

Your baby will be staying in the nursery attached to your maternity ward. The specially trained nurses will care for the baby and a team of doctors will monitor the baby's health daily.

Neonatal Intensive Care Unit

The neonatal intensive care unit attends to high-risk deliveries, resuscitation of an ill newborn, neonatal intensive care and follow-up.

Home

The trend for home births is still relatively new but getting popular. The advantage of delivering at home is that you're in a comfortable and familiar environment. The lack of proper medical equipment poses a risk should complications arise during delivery. A delay of care could potentially compromise your health along with that of your baby. Before making a decision to deliver at home, it is important to discuss with your OBGYN and have a full understanding of what is involved during the birthing process.





TYPES OF BIRTHING METHODS

Labour

There are three stages of labour. In the first stage, the cervix gradually opens up (dilates). In the second stage the baby is pushed down through the vagina and is born. In the final stage, the placenta comes away from the wall of the uterus and is also pushed out of the vagina.

The duration of labour varies between pregnancies and between individuals. Generally, labour is faster with each subsequent pregnancy. The early phase of labour can range from half a day to two days, and the active phase (when there's progressive cervical dilation) can be as short as one hour for those having their second/ third child, to an average of 10 - 12 hours for those having their first baby.

Normal progression of labour in its active phase constitutes a cervical dilation of 1cm per hour in the first pregnancy after the initial 3 - 4cm. The active phase of labour starts usually when the cervix is 3 - 4cm dilated and the cervix has to reach 10cm of dilation before you can start pushing.

After Birth

Immediately after birth, your baby will be weighed, examined, dried off and wrapped in blankets to keep it warm. APGAR* scores are taken and recorded at one- and five-minute intervals. An identification band is placed immediately on the ankle of your baby. In most cases, you will be able to hold and breastfeed your baby immediately.

* APGAR stands for APPEARANCE (colour/ tone), PULSE (heart rate), GRIMACE (response to stimulation), ACTIVITY (muscle tone/ reflex response), RESPIRATION (respiratory effort)

Pain Management

In the early phase of labour, the contractions can be mild and infrequent, and are usually bearable. Sometimes, the rupture of the water bag indicates the start of labour, but contractions do not occur until a few hours later. In the active phase of labour, contractions are regular and increasingly painful. There are pain relief options such as Entonox gas, pain relief injections and epidurals. Epidurals are the most effective form of pain relief in labour and the medication does not cross the placenta so there are no direct effects on your baby, unlike intramuscular injection.

Speeding Up the Labour

Walking around or climbing stairs, when the pain is still tolerable, is a good way to expedite the process. Other options are medications that can increase the frequency and strength of your contractions. These medications are usually given via an intravenous route (through an infusion in your hand). Your doctor may order them if your labour has been abnormally slow, or there is a need to speed up your labour. An example of this is when your water bag has been ruptured for too long, hence increasing the risk of infection to your unborn baby.

CAESAREAN BIRTH (C-SECTION)

Emergency Cases

We hope that all our deliveries will be smooth, uncomplicated and done the natural way but things sometimes do not go according to plan. Certain conditions would require an elective Caesarean, such as a low lying placenta, two or more previous Caesareans, abnormal presentation of the foetus and many others. Assuming you do not have any of these, then there's a good chance that you will deliver vaginally. However, the situation may change during labour, when it may be prudent to perform an emergency Caesarean, such as when the foetus is in distress or when labour doesn't progress, amongst others. Your good doctor will have to make this call if the situation arises but remember, it is all done in the interests of mummy or baby and sometimes both. Safety always comes first. Most certainly an operation will cost more but, spending a little more for a potentially life-saving and foetal-health preserving procedure now would save you a lot more than if your baby encounters problems during delivery and needs to be placed in an intensive care unit or develops problems in the future.

Every year, 25 - 35% of babies in Singapore are delivered via Caesarean section. It is a major operation which can be performed under general anaesthesia (where you are completely unconscious during the whole procedure) or regional anaesthesia (where only the lower half of your body is numb to pain).



With regional anaesthesia, you'll be awake during the surgery and will not miss your baby's first cry and can probably hold your baby right away, too.

Compared to mummies who have had vaginal births, your hospital stay will usually last a day longer. While you lie in bed recovering, try to exercise your legs to reduce the risk of blood clots from developing with prolonged inactivity. Depending on your condition, you may be given antibiotics to lower the risk of infection.

Most C-section mummies experience tenderness around the incision. If your OBGYN prescribes painkillers to help, you will probably be able to get out of bed and move around within a day or two after giving birth. Take it easy and avoid strenuous activities; the pain will progressively subside over a few days if you do not strain.

Planned (Elective)

A Caesarean is 'elective' if it is scheduled in advance before your EDD. This usually happens because your doctor thinks that labour will be harmful for you or your baby.



SPECIAL CASES



Labour That Starts Too Early (Premature Labour)

Infants are called neonates in their first 28 days of life and they can be born full term or prematurely (before 37 weeks of gestation).

In most cases, labour starts by itself, either with contractions or with the sudden breaking of the waters or a 'show'. There are cases where the contraction is induced if the mummy is at risk as the pregnancy advances. Very premature babies are safely delivered by C-section. These babies have very specialised needs and require extra care and attention at all times.

These significantly premature babies will be transferred to the Neonatal Intensive Care Unit (NICU) immediately after birth instead of the usual nursery. Here the nurses are specially trained to provide care for the needs of premature neonates.

Overdue Pregnancies (Post-term)

If your labour does not start by your due date, your doctor will offer you a 'membrane sweep', which is a vaginal examination, to stimulate the neck of your uterus to produce hormones to trigger natural labour. If your labour still does not start over the next couple of days, your doctor will suggest having your labour induced (started off). While most post-date babies are born healthy, overdue pregnancies have significantly higher risks.

Some may show signs of foetal stress which means the baby's heart rate is not reacting normally. Stressed out mature babies tend to poop in-utero, and they may aspirate this at birth or ingest the dirty fluid even before labour. Furthermore if the baby grows too big, it is harder to deliver vaginally. You may need to give birth by Caesarean section.



Breech Birth

If your baby is breech, it means that it is positioned with its bottom downwards. This makes delivery more complicated and risky. Your OBGYN will talk to you about the best and safest way for your breech baby to be born.

Twin, Triplets and More

If you are expecting twins or more, labour may start early because of the expanded size of the uterus. It is uncommon for such pregnancies to go beyond 38 weeks.

The process of labour is the same but the babies will be closely monitored. Once the first baby has been born, the doctor will check the position of the second by feeling your abdomen and performing a vaginal examination. If the second baby is in a good position to be born, the waters surrounding the baby will be broken. The second baby should be born very soon after the first because the cervix is now opened fully. If contractions stop after the first birth, hormones will be added to the drip to restart them. Certain positions or presentations of twin babies will require C-section for safer births. Triplets or more are always delivered by elective C-section.



Extracted from Mother & Child Guidebook.

To find out more about maternity and beyond, you may obtain a complimentary copy of our award-winning* Mother & Child Guidebook from our Patient Liaison Officers during our Maternity Tours. Or download an e-copy from <https://mtalverniasg.com/maternity/magazine/mother-child-guidebook/>



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GESTATIONAL DIABETES



Gestational Diabetes (GDM) occurs when glucose levels in the blood are higher than usual during pregnancy. This can put the health of you and your baby at risk.

GDM is diagnosed with a 75g oral glucose tolerance test (OGTT). A fasting venous plasma glucose ≥ 7.0 mmol/l or a 2-hour venous plasma glucose of ≥ 7.8 mmol/l is diagnostic of GDM.

Risk factors for GDM include having a body mass index (BMI) of > 25 kg/m², first-degree relatives with diabetes, history of previous GDM or large babies > 4 kg, and/or history of poor obstetric outcomes usually associated with diabetes. GDM can also occur in women who have none of these risk factors.

Pregnant mums can help control GDM by eating healthy foods, exercising and, if necessary, taking medication. Controlling blood sugar can prevent a difficult birth and keep you and your baby healthy.

Blood sugar levels usually return to normal soon after delivery however, women with gestational diabetes are at increased risk of developing type 2 diabetes in future. Your doctor will usually ask that you repeat the OGTT 6 - 12 weeks after delivery to ensure that your blood sugar levels are normal.

Recommended Weight Gain During Pregnancy

*Recommendations for Total and Rate of Weight Gain during Pregnancy.
Reference: Institute of Medicine (IOM) 2009*

Body weight classification	Total weight gain during pregnancy	Ideal weight gain	Total weight gain for 1 st trimester	Weight gain for 2 nd & 3 rd trimester
Underweight (BMI < 18.5 kg/m ²)	12.0 - 18.0 kg	15.1 kg	2.0 kg	0.5 kg/ week
Normal body weight (BMI 18.5 - 24.9 kg/m ²)	11.0 - 16.0 kg	12.7 kg	1.6 kg	0.4 kg/ week
Overweight (BMI 25.0 - 29.9 kg/m ²)	6.0 - 11.0 kg	10.2 kg	1.0 kg	0.3 kg/ week
Obese (BMI ≥ 30 kg/m ²)	5.0 - 9.0 kg	7.6 kg	0.5 kg	0.2 kg/ week

The maternal weight gain recommended during pregnancy is listed in the table above.

Excessive weight gain during pregnancy can impact the health of the baby and worsen blood glucose throughout pregnancy. You may wish to discuss your individual expectations of weight gain with your doctor.

Losing weight through over-restriction of foods while pregnant can harm the health of both mother and baby and is strongly discouraged.



FAQ FOR NEW PARENTS



1. How many hours of sleep daily is healthy for my baby? What do I do if it seems like it is fighting sleep/ not getting enough sleep?

Good sleep is as important as good nutrition for the physical and mental development of your baby. A newborn sleeps 18 - 20 hours a day. Average sleep of a 0 - 12-month baby is 14 - 16 hours a day.

If your baby does not get enough sleep and good sleep, she will become tired and irritable. Develop a bedtime routine for your baby meaning that you do the same things each evening to prepare her for bed. Avoid stimulating activities before bed time; keep the bedroom quiet, comfortable, cool and dark. Allow baby to develop self-soothing skills so that she can fall asleep independently. A daily massage helps her to calm down and relax so that she sleeps better.

2. How can I tell the difference between spit up and vomit?

Spitting up milk is only a small amount or mouthful with wind or a burp. It is less forceful than vomiting which usually brings up a large amount of milk.

3. Should I always bring my baby to a doctor at any sign of a fever? At what age is my child more capable of having a functioning immune system that can deal with a fever on his own?

Fever can be a concern in babies. Take your baby to a doctor if there are signs of other symptoms with fever such as:

- High body temperature of 38°C or above
- Irritability such as excessive crying and difficulty sleeping
- Lethargy and unresponsiveness
- Refusal to feed of both mother and baby and is strongly discouraged.

At 5 years and above, your child is more capable of having a functioning immune system that can deal with a fever on his own.

4. At what age should I care about my baby's oral hygiene? Do I need to wipe baby's gums before his teeth grow? What are some ways to take care of baby's oral hygiene when he is young?

Baby's oral hygiene can begin the first few days after birth.

You can clean his gums daily with a piece of clean muslin cloth or gauze dampened with boiled cool water. As soon as baby's teeth appear, brush them with a soft bristled toothbrush without the toothpaste.

5. Any other tips for first time parents?

Initiate skin-to-skin immediately after birth for 1 hour if both mother and baby are well. Start breastfeeding in the first hour when baby shows readiness to feed. Room-in baby with you so that you can breastfeed baby on demand according to baby's feeding cues. Ensure baby is well attached on to the breast to receive enough milk. Allow baby to nurse till he/ she is satisfied.

A baby that is well-fed passes clear urine and motion 6-8 times and 2 - 5 times respectively every day.

Baby loses weight in the first week due to the excretion of meconium. Baby is back to his/ her birth weight when 7 - 10 days old. Thereafter, baby gains weight steadily at least 200gm per week. He/ She should weigh double the birth weight at 4-6 months and triple that at 1 year.



IMMUNISATION BASED ON AGE

Required by National Immunisation Registry

Did you know that you can view your child's/ children's immunisation records and medical appointments on the Moments of Life app?

For more information, please refer to page 12.

Age	Vaccine	Immunisation against
Birth	• BCG • Hepatitis B - 1st dose	• Tuberculosis • Hepatitis B
2 Months	• Hepatitis B - 2nd dose • DTaP - 1st dose • IPV - 1st dose • Hib - 1st dose	• Hepatitis B • Diphtheria, Pertussis & Tetanus • Poliomyelitis • Haemophilus influenza Type B vaccine
4 Months	• DTaP - 2nd dose • IPV - 2nd dose • Hib - 2nd dose • Pneumococcal Conjugate - 1st dose	• Diphtheria, Pertussis & Tetanus • Poliomyelitis • Haemophilus influenza Type B vaccine • Pneumococcal Disease
6 Months	• Hepatitis B - 3rd dose • DTaP - 3rd dose • IPV - 3rd dose • Hib - 3rd dose • Pneumococcal Conjugate - 2nd dose	• Hepatitis B • Diphtheria, Pertussis & Tetanus • Poliomyelitis • Haemophilus influenza Type B vaccine • Pneumococcal Disease
12 months	• MMR - 1st dose • Pneumococcal Conjugate - 1st booster • VAR	• Measles, Mumps & Rubella • Varicella
15 - 18 months	• DTaP - 1st booster • IPV - 1st booster • Hib - 1st booster • MMR - 2nd dose • VAR - 2nd dose	• Diphtheria, Pertussis & Tetanus • Poliomyelitis • Haemophilus influenza type b vaccine • Measles, Mumps & Rubella • Varicella
10 - 11 years	• Tdap - 2nd booster • IPV - 2nd booster	• Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis • Poliomyelitis

Source: Health Promotion Board



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