

# Information on Antenatal Service



## ***Something you need to know about your pregnancy journey***

Hi Mum, are you excited when you know I am inside your womb? In the coming 9 months or so, I'll be growing inside quickly. We need to walk this journey together before I come out and meet you in the outside world.

## **Antenatal Care**

Throughout this period, your body will undergo many changes. Most of these changes are beneficial for my growth, however, some may not go as expected. So it is important to detect any problems developed during the course, which could affect you or me. That is why going for antenatal care is essential. With the support of healthcare professionals, they can provide you with the health knowledge to take care of ourselves, regularly monitor my growth and development as well as offering tests and procedures for you to identify any risks that may affect both of us. Inadequate care during this time would likely affect the well being of both of us.

You can register for antenatal service at Hospital Authority (HA) Obstetric Service, Maternal and Child Health Centres (MCHC) or private healthcare sector to access the following care and support to ensure the health of you and me.

## **Healthy Eating**

Eating a healthy and balanced diet, having regular physical activity, and maintaining a healthy weight gain are essential to allow me to develop and grow in an optimal nutritional environment. After I am born, provide me with prime nutrition and protection against infection with breastmilk. Breastfeeding benefits the long-term health of us.

## **Keep Track of Fetal Growth & Development**

During the antenatal check-up, the doctor will keep track of my growth and development inside your womb. My growth is a good indicator of my health. Also the doctor will recommend ultrasound scans to determine my condition, size, and your womb environment, to make sure I am growing as expected..

## Screening

Antenatal care also involves screening of potential conditions that can affect your pregnancy. For example, high blood pressure, diabetes and Group B Streptococcus infection, these conditions can complicate your pregnancy and may heighten the risk of premature birth, predispose you to pre-eclampsia and endanger my life. Besides, Prenatal screening test also helps to identify genetic diseases, e.g. Down Syndrome.

## Immunisation

Getting the Pertussis vaccine, seasonal influenza vaccine, COVID-19 vaccine are safe and important during pregnancy. They are beneficial to both of us. Antibodies developed in you can pass through the placenta to protect me.

## Antenatal Blood Investigations

Blood tests are crucial during pregnancy. Some of the conditions that can be diagnosed using laboratory tests including Blood Grouping, Rhesus (Rh) Factor, Haemoglobin & Mean Cell Volume, Rubella Antibody, Hepatitis B Antigen, Syphilis and Human Immunodeficiency Virus (HIV) Antibody Testing.

## Health and Parenting Education

The antenatal period is the time for healthcare professionals to empower you to take care of yourself. They also prepare you on how to properly care for a newborn, the benefits and importance of breastfeeding, etc.

## Counselling and Referral

Depending on your needs, healthcare professionals will provide appropriate support services, like emotional assessment, psychological counselling, interpretation service, case follow up and referral for specialist or social services.

***Remember, there is no substitute for good antenatal care!***