

# Antenatal Care

During pregnancy, your body will undergo many changes. Most of these changes are beneficial for foetal growth, however, some may not go as expected. So it is important to detect any problems early during the course, which could affect you or your baby. That is why going for antenatal care is essential.

Healthcare professionals can provide you with the health knowledge to take care of yourself and your baby, regularly monitor your baby's growth and development as well as offering tests and procedures for you to identify any risks that may affect you or your baby. Inadequate care during this time could possibly affects the wellbeing of you and your baby. Eligible expectant mothers may receive antenatal care free-of-charge at public healthcare sector.

To ensure the health of you and your baby, expectant mothers should go to the nearby Maternal and Child Health Centre (MCHC) or Specialist Outpatient Clinic (Obstetrics) under the Hospital Authority (HA) for booking of antenatal checkups once confirmed pregnant.



## Shared care programme between Hospital Authority (HA) and Maternal and Child Health Centres (MCHCs)

A comprehensive antenatal shared-care programme is provided to pregnant women, in collaboration with the Obstetrics Department of hospitals under the HA, to monitor the whole pregnancy and delivery process. To ensure the continuity of quality care, antenatal service clustering between MCHCs and hospitals under the HA of the same district is provided.

If you plan to receive antenatal care in the public healthcare sector, you should attend the MCHC that has shared antenatal care with the HA hospital where you intend to give birth. Routine checkups, blood tests, health education on pregnancy-concerned care, as well as infant and young child feeding information are provided in MCHCs during antenatal visits.

### Note:

- MCHCs only accept registration of pregnant women who will deliver in the designated shared care hospitals under the HA.
- Appointment must be made for antenatal service.
- The procedure for registration of new cases is different among hospitals. For more information, please visit:

HA webpage  
[www.ha.org.hk](http://www.ha.org.hk)

or

Family Health Service webpage  
[www.fhs.gov.hk](http://www.fhs.gov.hk)



- Non local expectant mothers must consult the Obstetrics Department of hospitals under the HA for their first antenatal service registration.

## Antenatal checkup items

### Antenatal Blood Investigations



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

Antenatal care also involves screening of potential conditions that can affect your pregnancy. For example, high blood pressure, diabetes and Group B Streptococcus infection can complicate your pregnancy and may heighten the risk of premature birth, predispose you to pre-eclampsia and endanger your baby's life. Besides, prenatal screening tests also help identifying genetic diseases, such as Down Syndrome.

### Screening



### Keep Track of Foetal Growth and Development



During the antenatal check-up, healthcare professionals will keep track of baby's growth and development inside your uterus. Your baby's growth is a good indicator of baby's health. Also doctor may recommend ultrasound scans to determine your baby's size, as well as his/her condition inside your uterus, to make sure your baby is growing as expected.

Receiving vaccination for Pertussis, seasonal influenza and COVID-19 are safe and important during pregnancy. They are beneficial to both you and your baby. Antibodies developed in your body can pass through the placenta to protect your baby.



### Immunisation



### Health and Parenting Education

Antenatal period is the time for healthcare professionals to empower you with a wealth of health information, including how to properly care for a newborn, as well as 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.

Generally speaking, pregnant women receive check-ups every four to six weeks before the 28<sup>th</sup> week of pregnancy, every two to four weeks between the 28<sup>th</sup> and 36<sup>th</sup> weeks of pregnancy, and every one to two weeks after the 36<sup>th</sup> week. The MCHCs and the Obstetrics Departments of hospitals under the HA will make appropriate arrangements based on circumstances of each individual pregnant woman.



### **Frequency of Antenatal Checkups**



### **Specific Tests**

Depending on individual needs and screening results, specific tests such as amniocentesis, chorionic villus sampling, umbilical cord blood sampling, ultrasonogram, oral glucose tolerance test and cardiotocogram may be arranged.

## **After giving birth**

**MCHCs also provide postnatal service to mothers and child health service to their children aged 0 to 5.**

**For more information on child health service, please visit FHS website [www.fhs.gov.hk](http://www.fhs.gov.hk).**



Leaflet content will be updated from time to time. For the latest information, please refer to the website of the Family Health Service of the Department of Health.



**Family Health Service**

Website : [www.fhs.gov.hk](http://www.fhs.gov.hk)

24-hour Information Hotline : 2112 9900

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