

A 母嬰健康諮詢台 Prenatal and Postnatal Health Channel

住院期間，準媽媽及其家人可以在院內收看特備的「母嬰健康諮詢台」節目，此頻道以廣東話和普通話雙語24小時不停播放，內容豐富，包括懷孕常識、孕婦護理、分娩過程、產後運動、嬰幼兒日常護理等等，涵蓋分娩前後所需的知識。

We recommend that parents access to the Mother/Baby Health Information Channel which is available on all televisions in hospital to enhance parents' knowledge of prenatal and postnatal care of newborns. This channel created by our hospital is available 24-hours per day in both Cantonese and Putonghua.

A 母乳輔導診所 Breastfeeding and Lactation Clinic

母乳是嬰兒最天然、健康、美味和可靠的食物，以母乳餵育，對孩子和母親都有莫大好處。本院積極提倡母乳育嬰，特設「母乳輔導診所」，由國際母乳哺餵顧問專科護士主理，不僅教導母乳哺餵的技巧，還幫助解決此期間有可能出現的種種困難。

At TWAH, we believe that breastfeeding provides numerous health benefits for babies and mothers. TWAH has a Breastfeeding and Lactation Clinic which encourages mothers to breast-feed instead of formula-feed. Our International Lactation and Breastfeeding Consultant is available to help you prevent and overcome breastfeeding difficulties.

A 初生嬰兒聽力測試 Hearing Test for Newborns

了解各為人父母者對孩子的愛護，本院特別設有「初生嬰兒聽力測試」服務。根據個別父母要求，安排合資格並富經驗的聽力專家為初生嬰兒進行聽力測試，如有需要，亦會轉介予相關專業人士繼續跟進。

As part of a newborn's care, a hearing test is available upon request. This test is performed by an experienced and qualified audiologist to measure a newborn's response to sound. If necessary, a referral to a specialist for more treatments or a follow-up appointment will be provided.

A 初生嬰兒護理 Nursery Consultation

照顧初生嬰兒可能遇到不少困難，令父母感到無助。有鑒於此，本院「產前輔導及護理診所」除設有24小時熱線外，還提供「即時輔導服務」。各父母在生產和出院後，即使遇到疑難，仍可以隨時回到本院，由本院富經驗的專科護士解答疑難，並在他們細心指導下，學習如何照顧嬰兒，包括沐浴、餵食、嬰兒皮膚護理等等。

Prospective parents may call our 24-hour hotline for any questions or concerns. In addition, our Neonatal Counseling and Care Clinic also provides consultation services. Please contact our attentive nurse specialist after discharge whenever difficulties arise and learn techniques for caring for newborns including bathing, feeding, skin-care, etc.

A 預約及查詢 Bookings and Inquiries

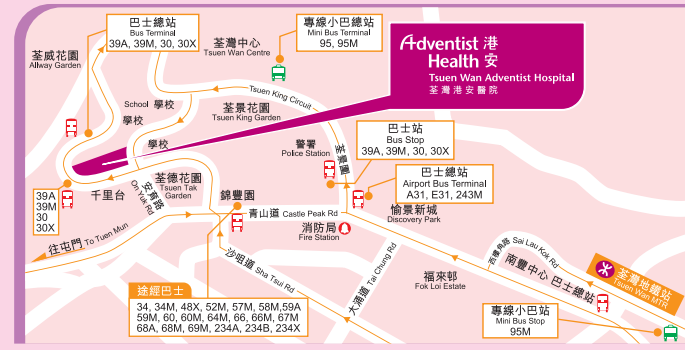
如欲進一步了解上述內容，歡迎致電與本院產科部職員聯絡，或瀏覽本院網站。

For more information, please feel free to contact us directly by telephone, or visit our website.

電話 Tel : 2276 7396
網址 Website : www.twah.org.hk



路線圖 Map



巴士 Bus

- 39A 荃灣西站 Tsuen Wan West Station
- 39M 荃灣地鐵站 Tsuen Wan MTR
- 30X 黃埔花園 Whampoa Gardens
- 30 長沙灣 Cheung Sha Wan

所有行經青山公路荃灣段之巴士：
+ 於荃德花園站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen Tak Garden
+ Take the bus in front of Tsuen King Circuit Police Station

專線小巴 Minibus

- 95M 荃灣地鐵站 Tsuen Wan MTR
- 95 荃灣碼頭 Tsuen Wan Pier

A 24小時特別門診 hour priority clinic

Adventist 港 Health 安 Tsuen Wan Adventist Hospital
荃灣港安醫院

地址：新界荃灣荃景圍 199 號
Address : 199 Tsuen King Circuit, Tsuen Wan, N.T.
電話 Telephone : 2276 7676
傳真 Fax : 2415 6767
網頁 Website : www.twah.org.hk

Adventist 港 Health 安 Tsuen Wan Adventist Hospital 荃灣港安醫院

婦產科多元化服務 Obstetrics Services



N-1010

新生命來臨既令人歡欣，亦帶來挑戰。荃灣港安醫院產科部的醫生及護理人員以專業知識、貼心的多元化服務，陪伴各父母走過這段難忘的人生旅途，一起經歷生命誕生的奇蹟。

同時，本院已預備了自然及剖腹分娩計劃，不同計劃所包括的事項已詳列於〈產科全套優惠〉小冊子內，歡迎大家自行取閱，或向本院職員索取。

Welcoming a newborn baby into the world brings many challenges. The doctors and nurses of our obstetrics department will accompany you through this unforgettable journey with their professional knowledge and caring services. Let's experience the miracle and joy of the birth together!

We at TWAH have designed packages for normal vaginal delivery and cesarean section to fit your needs. Please help yourself to our brochure titled "Obstetrics Package" or make a request from one of our staff member to inform you of the details.

孕婦護理講座 Prenatal Class

初為人父母，若能於產前學習一些有關的基本知識，可以令生產過程更順利和美滿。本院的孕婦護理講座共六堂，內容包括孕後的生理和心理變化、懷孕期間常見不適與併發症、產兆、各種分娩術與分娩過程、入院準備、無痛分娩、減痛方法、呼吸技巧、產前產後運動、母乳餵飼、初生嬰兒照顧與黃疸、產後護理等。本院鼓勵準父母一起參加護理班，及在班上分享迎接嬰兒的心路歷程。

We encourage prospective parents to attend these classes in preparation for pregnancy, labor, childbirth and parenthood. The class consists of 6 sessions regarding physical and psychological changes, discomforts and complications of pregnancy, the process of labor, preparation for admission, pain relief during labor, epidural anesthesia, breathing techniques, antenatal and postnatal exercises, breastfeeding, and appearance of newborns, baby care and postpartum adjustment. During these sessions, mother-to-be, husbands/partners are encouraged to share their thoughts and concerns.

尊貴設施 貼心照顧 Premier facilities, intimate care

荃灣港安醫院產科部門的房間乃經特別設計：鑲入式燈光設計可調節照射角度和亮度，睡床乃經特別設計的產床。準媽媽無須於臨產時轉移至產房，可直接在入住的房間裡自然分娩，在至親與專業人員的陪伴下迎接新生命，倍添安心和舒適。

The maternity ward of TWAH has been specially designed with patient comfort in mind: the angle and height of the built-in lighting units are adjustable and the bed is designed for easier labour and delivery. During deliveries, mothers can stay in the ward with their families, attended by our professionals. It is no longer necessary to transfer to the delivery room or have to change beds.



產前產後書籍 Prenatal and Postnatal Books

新生兒來臨不僅象徵著幸福和快樂，教育和照顧的責任亦伴隨而至。為了與一眾父母分擔，本院於入院前送上產前書籍，好加深準父母對懷孕和生產過程的認識，並為嬰兒來臨作充份的準備；又於出院後致送產後書籍，好增加對產後護理與照顧嬰幼兒的了解。

A complimentary prenatal book will be given during pregnancy, and a complimentary postnatal book will be given at the time of discharge. These books will provide prospective parents and new parents with the necessary tools to educate themselves in caring for their newborns.

父親陪產 Fathers in the Delivery Room

本院了解許多爸爸欲親眼目睹嬰兒來到世間的珍貴一刻，甚至錄像留念，故此，本院一直為選擇自然分娩的家庭提供父親陪產服務，讓爸爸與媽媽於獨立產房內，在不受外界干擾的情況下，攜手迎接新生兒的來臨，真切感受到對方為家庭付出的努力。陪產服務現已推廣至剖腹分娩，即準父親可於手術室中陪同產婦分娩，見證嬰兒來臨的重要時刻。

Fathers are allowed and encouraged to be in the delivery room, including cesarean section birth situations. TWAH recognizes the importance of their presence in providing support. Video-recording of the labor is also allowed. A private delivery room is available.

父親剪臍帶 Fathers to Cut Umbilical Cord

由爸爸親自為愛兒剪臍帶，親歷這神聖的一剎，並由醫護人員拍照留念，不僅是父母永誌難忘的回憶，亦令愛兒甫出生即感受到父愛的溫馨。準爸爸在進入產房前會經嚴格的消毒程序，所有步驟都在醫護人員的指導下進行，不會帶給新生兒受感染的機會。

Witnessing the childbirth process while cutting the umbilical cord allows fathers or partners to experience the miracle of birth. Fathers or partners must undergo the sterilization procedure per the doctor's or nurse's instructions before they will be allowed to cut the umbilical cord. Photographs may be taken by our nursery staff if the parents wish for them to do so.

新生兒成長經歷相簿 Memory Books for Newborns

他的第一張相片、第一個笑容、第一次轉身.....新生兒每個「第一次」都是溫馨的回憶。本院特別送上〈新生兒成長經歷相簿〉，相簿為活頁形式，並附有照顧新生嬰兒的資料，好讓父母以相片和文字記錄下每個「第一次」，以便現在或將來細細回味。

A baby's first photo, first smile, first turn, or any baby's "first" is precious moment. "A Memory Book For Your Newborn" is our gift to new mothers for you to be able to record every one of your baby's special and memorable moment. Additionally, this memory book also provides useful information and tips for caring for newborns.



嬰兒保安系統 Baby Security System

為了加強母嬰安全，嬰兒出生後，隨即戴上電子條碼腳（金厄）。唯有由戴上配對手（金厄）的母親抱起嬰兒，設於嬰兒房的保安感應系統方會發出聲音以茲確認，否則，便立即發聲警告。育嬰室出入口並設有保安系統，一旦嬰兒被抱離嬰兒房，亦會立即啟動警報，以進一步保障嬰兒安全。

To ensure the safety of our babies, all babies will wear special bands with a 2D bar code on their legs and hands upon delivery. An alarm will be activated immediately if anyone tries to take the baby out of the nursery without authorization.

港安親子樂 Adventist Health Mother's Club

為幫助父母解決在照顧嬰兒時遇到的困難，本院組成了「港安親子樂」，讓新生家庭可以互相分享和交流經驗，並通過本會定期舉辦的講座和活動，加強育兒知識。凡在港安生育的家庭都可以成為會員。

In order to facilitate a support network of families and friends for all parents to share their experiences, we have recently set-up the Adventist Health Mother's Club. All families whose babies were born in TWAH are welcome to join. TWAH provides on-going seminars and activities to keep new mothers informed and updated on child-care information.