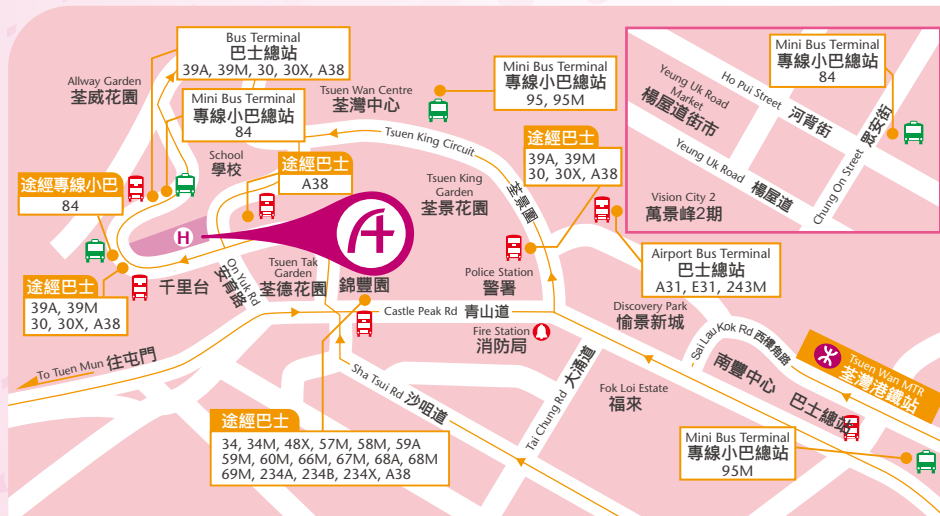


## Location 醫院位置



### Bus 巴士

39A	Tsuen Wan West Station	荃灣西站
39M	Tsuen Wan MTR	荃灣港鐵站
30X	Whampoa Gardens	黃埔花園
30	Cheung Sha Wan	長沙灣
A38	Hong Kong International Airport	香港國際機場

### To the Hospital Via Castle Peak Road

所有行經青山公路荃灣段之巴士：

- + Alight at Tsuen King Circuit Flyover
- + Take the bus in front of Tsuen King Circuit Police Station
- + 於荃景圍天橋站下車，
- + 然後步行至荃景圍警署轉乘巴士到醫院。

### Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

### Parking 停車場

Parking is available for a fee for patients and visitors

本院設有收費停車場予病人及其家屬使用

**Adventist 港** Hong Kong Adventist Hospital • Tsuen Wan  
**Health 安** 香港港安醫院 • 荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.  
新界荃灣荃景圍199號

Telephone 電話：(852) 2275 6688

Fax 傳真：(852) 2275 6767

Website 網站：www.twah.org.hk



Like us on

Hong Kong Adventist Hospital - Tsuen Wan

Valid date 有效期至：2024/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at www.twah.org.hk

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

**Adventist 港**  
**Health 安**

Hong Kong Adventist Hospital • Tsuen Wan

香港港安醫院 • 荃灣



# Obstetric

## Packages and Services

## 產科服務計劃



## Dear Prospective Parents 給即將為人父母的您

As a leading health care provider, our hospital is committed to providing the highest quality care in a safe and pleasant environment. As you approach the special and precious moment of welcoming a new member to your family, we understand the concerns that you may have regarding the costs of hospital care and confinement.

With this in mind, Hong Kong Adventist Hospital – Tsuen Wan offers the following packages:

新生命誕生帶來喜悅，也是對初為人父母者一連串挑戰的開始。香港港安醫院—荃灣產科部的醫護人員以專業知識和貼心的服務，陪伴新手父母走過這重要的人生階段。

同時，了解到有些父母可能因未能預算實際支出而感到顧慮，我們特別推出了以下各項計劃，讓大家為未來作好準備。

### Prenatal Services 產前服務

- ♥ Prenatal Care Package  
產前檢查計劃
- ♥ Prenatal Class  
孕婦護理講座

### Delivery Packages 分娩套餐

- ♥ Normal Vaginal Delivery  
自然分娩
- ♥ Caesarean Section  
剖腹分娩

## Our Accreditations 評核認可



Australian Council  
on Healthcare Standards  
澳洲醫療服務標準委員會



Hong Kong College of  
Obstetricians and Gynaecologists  
香港婦產科學院

# Premier Facilities Unparalleled Comfort

## 尊貴設施 貼心照顧

The maternity ward at Hong Kong Adventist Hospital – Tsuen Wan is specially designed with patient comfort as a priority: built-in lighting units are adjustable and beds are designed for more comfortable labor and delivery. During deliveries, mothers may stay in the Birthing Suite with their spouse where they are attended by our staff, and are no longer required to transfer to the delivery room or change beds.

本院產科部的房間乃經特別設計，其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。準媽媽毋須於臨盆時轉移至產房，可直接在入住的分娩室自然分娩，在至親與專業人員的陪伴下迎接新生命，倍添安心和舒適。



Delivery Room  
分娩室

## Our Rooms 房間

### Our Rooms and Facilities 房間類型與設施一覽

	3-bed Room 3人房	2-bed Room 2人房	1-bed Room 1人房	Premium Private Room 優質私家房	Deluxe Private Room 尊貴私家房
Room Size (ft) 房間尺寸 (尺)	417	269	269	376	430
Dual Density Mattress 雙用高密度護理床褥			✓	✓	✓
LCD Television (inch) 獨立液晶體電視 (吋)	22	22	48	48	48
Local, now TV, and Satellite TV Networks 本港及衛星電視頻道	✓	✓	✓	✓	✓
Private Computer 專用電腦				✓	✓
Free Wi-Fi 免費無線寬頻上網連接	✓	✓	✓	✓	✓
Cordless Telephone with Direct Line 室內無線直線電話				✓	✓
Safe 保險箱			✓	✓	✓
Refrigerator 雪櫃			✓	✓	✓
Desk 書檯			✓	✓	✓
Sofa Bed 梳化床			✓	✓	✓
Massage Chair 按摩椅					✓
Locker 儲物櫃	✓	✓	✓	✓	✓
Premium Bath Products 尊貴沐浴用品				✓	✓
Blow-dryer 風筒	✓	✓	✓	✓	✓
Microwave 微波爐				✓	✓
Minibar (includes items such as snacks and juice) 備有小食和果汁					✓



Premium Private Room  
優質私家房

## Other facilities 其他設施和設備



### Central Monitoring System and Fetal Monitoring 中央監護系統與胎兒監護儀

Real-time data sent to a central monitoring system enable nurses to simultaneously and effectively monitor all mothers and fetuses in the delivery rooms.

先進儀器傳輸即時數據，協助護士監察所有在產房內的母親和胎兒的最新狀況。



### Baby Security System 嬰兒保安系統

To ensure the safety of all newborns at the hospital, special bands with a 2D barcode are attached onto the legs and wrists of the babies upon delivery. An alarm will be activated immediately if anyone tries to take a baby out of the Maternity Ward without authorization.

嬰兒出生後，醫護人員會隨即為他們戴上電子條碼腳環。唯有由戴上配對腕環的母親抱起嬰兒，保安感應系統方會發出確認聲音。若有其他人抱起嬰兒，或嬰兒被帶離產科病房，保安系統便會立即啟動警報。

Deluxe Private Room  
尊貴私家房

## Ultimate Care 貼心安排

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

The Mother/Baby Health Information Channel is available on all televisions at the hospital to provide helpful information to enhance parents' knowledge of prenatal and postnatal care of newborns. This channel is specially created by our hospital and is available 24 hours a day in both Cantonese and Putonghua.

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二十四小時不停播放，內容豐富，包括懷孕常識、孕婦護理、產後運動、嬰幼兒日常護理等等，涵蓋分娩前後所需的知識。

### Kangaroo Care 袋鼠式護理

When held against a parent's bare chest, a baby benefits from skin-to-skin contact when he or she is able to feel and hear a mother or father's heartbeat and breathing. Known as "Kangaroo Care", this method of holding a baby has been proven to stabilize a baby's heart rate and breathing pattern and improve oxygen saturation levels. The warmth of the skin-to-skin contact also provides a sense of security to the baby, which decreases the amount of crying, conserves energy and oxygen, lengthens sleep time, and helps with more rapid weight gain. Kangaroo Care not only improves bonding between parent and child, it also gives mothers more opportunities to breastfeed, which often leads to earlier hospital discharge.

這是一種針對嬰兒的照護模式。當父母將嬰兒擁入懷內，嬰兒會藉皮膚接觸感受到父母的心跳和呼吸聲，如同在子宮內般。「袋鼠式護理」可以使寶寶有安全感，穩定寶寶心跳速率、呼吸和血氧濃度，減少哭泣並降低氧氣及能量的消耗，延長睡眠時間並加速體重增長，還能促進親子關係，減少雙親的壓力和焦慮，亦可提供母親直接哺育母乳的機會，縮短寶寶住院的天數。

### Rooming-in 母嬰同室

Our expert medical team strives to provide professional and family-centered care during a new mother's stay at our hospital. To encourage early family bonding, our rooming-in option allows all members of the family to connect with the new baby early on and learn how to care for the baby. This also ensures that the baby remains in a consistent and stable environment as he or she transitions from the hospital to home.

住院期間，由醫護人員提供以家庭為中心的專業護理服務，促使家庭成員認識和學會照顧嬰兒，互相適應，並建立良好親子關係，使嬰兒往後能在持續而穩定中成長。

### Breastfeeding and Lactation Clinic 母乳輔導診所

At Hong Kong Adventist Hospital – Tsuen Wan, we believe that breastfeeding provides numerous health benefits for babies and mothers. Our Breastfeeding and Lactation Clinic encourages mothers to breastfeed instead of formula feed, and our International Lactation and Breastfeeding Consultant is available to help mothers prevent and overcome breastfeeding difficulties.

Expectant mothers may now book a breast assessment and follow-up care at our clinic, provided that they:

- ♥ Have undergone our prenatal check-up, or
- ♥ Intend to deliver their baby at our hospital, and
- ♥ Plan to breastfeed

母乳是嬰兒最天然、健康、美味和可靠的食物，餵育母乳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，教導新手母親餵哺技巧，並幫助她們解決有關困難。

假如您：

- ♥ 參加了本院的產前檢查，或
- ♥ 打算於本院分娩，及
- ♥ 計劃以母乳餵哺嬰兒

您便可預約乳房評估及餵哺時的跟進服務。

## Prenatal Class & Tea Party

### 孕婦護理講座及茶聚

We encourage prospective parents to attend our prenatal classes in preparation for pregnancy, labor, childbirth, and parenthood. The course consists of six sessions and covers topics such as physical and psychological changes, discomforts and complications of pregnancy, the process of labor, preparation for admission, pain relief during labor, epidural anaesthesia, breathing techniques, antenatal and postnatal exercises, breastfeeding, appearance of newborns, baby care, and postpartum adjustment.

During these sessions, mothers-to-be, husbands, or partners are encouraged to share their thoughts and concerns. Participants are also invited to tour the hospital's obstetric unit after the course to gain a better understanding of what to expect prior to admission.

初為人父母，若能於產前學習一些基本知識，可以令生產過程更順利。本院的孕婦護理講座共四堂，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、各種分娩方法及其過程、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和茶聚，在班上分享迎接嬰兒的心路歷程。講座後，可安排參觀本院的婦產科，了解生產的環境。

#### Prenatal Class 孕婦護理講座 (4 lessons 堂)

Original price 原價：HK\$1,000

Discounted price 優惠價：HK\$800

#### Remarks 備註：

Fathers may attend free of charge.  
準父親費用全免。



# Delivery Packages

## 分娩計劃

### Normal Vaginal Delivery Package 自然分娩計劃

Mother	產婦
+ 4 days and 3 nights postnatal accommodation	+ 四日三夜產後住院
+ Birthing suite	+ 享用獨立分娩室待產
+ Maternity admission service, routine fetal monitoring, and nursing care	+ 產婦入院檢查、胎兒觀察及護理服務
+ Blood group type and screening	+ 血型及抗體檢測
+ Routine induction of labor including the using of CTG	+ 常規引產服務，包括連續性胎心聲監察儀器
+ Routine normal delivery services, including monitoring and treatment in labor	+ 常規產房服務，包括產程中的監察、檢查等
+ Routine postnatal observation, nursing care, and treatment	+ 產後一般護理、觀察及檢查
+ All routine drugs, materials, and accessories used including take-home medicine	+ 產前及產後的所有常規物品、常用藥物和出院藥物
+ Postnatal health and infant care education, including baby bathing and breastfeeding	+ 產後護理及育嬰指導如母乳餵哺、嬰兒沐浴等
Baby	嬰兒
+ 4 days and 3 nights nursery charges	+ 四日三夜嬰兒房費用
+ Neonatal nursing care including baby bathing, cord care, milk formula, and diapers	+ 初生嬰兒護理，包括沐浴、臍帶護理、奶粉及紙尿片
+ Laboratory tests for neonatal screening, such as G6PD, bilirubin, TSH, and cord blood gas analysis	+ 初生嬰兒常規化驗，包括G6PD、膽紅素、TSH及臍帶血血氣分析
+ Vitamin K injection and initial vaccinations for hepatitis B and BCG	+ 維他命K注射及第一次防疫注射（卡介苗及乙型肝炎疫苗）
+ Phototherapy and incubator, if needed during the covered period	+ 計劃期間必須的照燈及保溫箱費用
+ Rooming-in (only applies to 2-bed and 1-bed room packages)	+ 母嬰同室（只適用於2人房及1人房套餐）
+ Ward follow up for jaundice	+ 出院後黃疸跟進檢查
Father	父親
+ Fathers in the Delivery Room	+ 父親陪產
+ Cutting of the Umbilical Cord by the Father	+ 父親剪臍帶
+ Kangaroo Care	+ 袋鼠式護理

### Caesarean Section Package 剖腹分娩計劃

Mother	產婦
+ 5 days and 4 nights postnatal accommodation	+ 五日四夜產後住院
+ Maternity admission service, routine fetal monitoring, and nursing care	+ 產婦入院檢查、胎兒觀察及護理服務
+ All preoperative preparations	+ 手術前護理
+ Blood group type and screening	+ 血型及抗體檢測
+ All routine operating room charges including general anaesthetic equipment and drugs	+ 手術室的常規費用，包括全身麻醉儀器及藥物
+ Post-operation routine observation, nursing care, treatment, and medication	+ 手術後的一般護理、觀察、檢察和藥物
+ All routine drugs, materials, and accessories used including take-home medicine	+ 產前及產後的常規物品、常用藥物和出院藥物
+ Postnatal health and infant care education, including baby bathing and breastfeeding	+ 產後護理及育嬰指導如母乳餵哺、嬰兒沐浴等
Baby	嬰兒
+ 5 days and 4 nights nursery charges	+ 五日四夜嬰兒房費用
+ Neonatal nursing care including baby bathing, cord care, milk formula, and diapers	+ 初生嬰兒護理，包括沐浴、臍帶護理、奶粉及紙尿片
+ Laboratory tests for neonatal screening, such as G6PD, bilirubin, TSH, and cord blood gas analysis	+ 初生嬰兒常規化驗，包括G6PD、膽紅素、TSH及臍帶血血氣分析
+ Vitamin K injection and initial vaccinations for hepatitis B and BCG	+ 維他命K注射及第一次防疫注射（卡介苗及乙型肝炎疫苗）
+ Phototherapy and incubator, if needed during the covered period	+ 計劃期間必須的照燈及保溫箱費用
+ Rooming-in (only applies to 2-bed and 1-bed packages)	+ 母嬰同室（只適用於2人房及1人房套餐）
+ Ward follow up for jaundice	+ 出院後黃疸跟進檢查
Father	父親
+ Fathers in the Delivery Room	+ 父親陪產
+ Cutting of the Umbilical Cord by the Father	+ 父親剪臍帶
+ Kangaroo Care	+ 袋鼠式護理

#### Remarks 備註：

- + Mothers booked for caesarean section between 7:00am and 11:00am are to be admitted at around 8:00pm the evening before. (No additional fee applies in respect of this earlier admission time.)
- + Mothers booking caesarean sections after 11:00am are advised to be admitted four hours prior to the time of surgery.
- + 如預約剖腹分娩時間為上午7時至11時，產婦必須於前一晚約8時入院。（此情況下，本院不會另收住院費用。）
- + 如預約剖腹分娩時間為上午11時後，產婦必須提前四個小時入院。

## Excluded Items 不包括項目

The excluded items listed below apply to both normal vaginal delivery and caesarean section packages.

1. Blood test (if the mother cannot provide the antenatal blood report)
2. Immunoglobulin injection for the baby, for mothers with hepatitis B
3. All doctors' fees (obstetrician, paediatrician, anaesthetist, and other consulting physicians), ward round fees, emergency charges, and all meals.
4. Epidural and spinal anaesthesia, all extra tests, examinations, treatments, and medications prescribed by doctors.
5. All emergency services beyond routine procedure, such as additional surgical procedures, use of special equipment, additional medication, blood transfusion, acute and intensive care, isolation, etc.
6. Cord blood service.
7. Hearing test.
8. Vacuum extraction or forceps delivery for vaginal deliveries.

無論自然或剖腹分娩計劃，其收費均不包括下列項目：

1. 為未能出示產前驗血報告的孕婦所安排的產前驗血檢查。
2. 如產婦患有乙型肝炎，嬰兒出生時注射的肝炎球蛋白。
3. 所有產科專科醫生、兒科專科醫生、麻醉科專科醫生和其他顧問醫生的診金、巡房費、緊急分娩費用及膳食費。
4. 無痛分娩及脊髓麻醉，及所有由醫生指定的額外化驗、檢查和藥物。
5. 所有正常程序以外的緊急服務，如額外手術和使用特別儀器、藥物、輸血、深切治療和隔離等。
6. 代抽取臍帶血服務。
7. 聽力測試。
8. 自然分娩過程中，必要時使用的「真空提取」或「產鉗分娩」。



## Special Gifts

### 特別禮品

#### Prenatal, Postnatal & Parenting Books 產前、產後及育兒書籍

A complimentary prenatal book will be given during pregnancy, and a complimentary postnatal book and parenting book will be given at the time of discharge. These books are excellent tools for prospective and new parents as they prepare for the task of caring for their newborns.

為協助準爸媽充份準備迎接小生命，本院於孕婦入院前會送上產前書籍，並於出院後致送產後及育兒書籍。

#### Special Souvenirs 精美紀念品

As a token of our gratitude, a special gift will be presented to you upon discharge, including a baby gift, a photo album, and a souvenir birth certificate that includes your baby's footprints.

In addition, a family portrait taken by a professional photographer will be given to those who select any private room package, while a family portrait and a DVD album will be given to those who select the premium private or deluxe private room packages.

為慶祝小寶寶出生，並答謝新任父母選擇於本院分娩，所有於本院出生的嬰兒，均可獲贈精美紀念相冊一本、小腳印出生證明書一張，和禮物包一份。

凡選擇單人房套餐的準父母將可獲贈全家福，選擇優質私家房和尊貴私家房套餐的準父母更可獲贈全家福連底片光碟，由專業攝影師拍攝，留下這永誌難忘的一刻。

## Other Services

### 其他服務

#### Fathers in the Delivery Room 父親陪產

Fathers are allowed and encouraged to be in the Birthing Suite for both vaginal and caesarean section births. Hong Kong Adventist Hospital – Tsuen Wan recognizes the importance of their presence in providing support. Private delivery rooms are available.

本院了解許多爸爸欲親眼目睹嬰兒來到世間的珍貴一刻，故此，我們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分娩室內，攜手迎接新生兒的來臨。陪產服務現已推廣至剖腹分娩。

\* The safety of mother and baby are our top priorities. As such, in the event of an emergency during a cesarean delivery that occurs outside office hours, we are unable to accommodate a birth companion within the operating theater. Thank you for your understanding.

\* 基於母嬰安全為首要考慮，若剖腹分娩時有緊急情況或於非辦公時間內，恕未能安排進入手術室陪產，敬請見諒。

### Cutting of the Umbilical Cord by the Father 父親剪臍帶

Witnessing the childbirth process while cutting the umbilical cord allows fathers or partners to experience the miracle of birth. Fathers or partners must undergo a sterilization procedure before they are allowed to cut the umbilical cord. Our nursery staff members are happy to assist with photos upon request.

由爸爸親自為愛兒剪臍帶，並由醫護人員拍照留念。準爸爸在進入產房前須先經過嚴格的消毒程序，所有步驟都在醫護人員的指導下進行，以保障新生兒的健康。

### Hearing Test for Newborns 初生嬰兒聽力測試

A hearing test is available for newborns upon request. The 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.

本院會根據個別父母要求，安排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。

### Nursery Consultation 初生嬰兒護理

Prospective parents may call our 24-hour hotline for any questions or concerns. Our Neonatal Counseling and Care Clinic also provides consultation services. Following discharge, please feel free to contact our nurse specialist whenever difficulties arise to learn more about newborn care including bathing, feeding, skincare, etc.

本院的產前輔導及護理診所設有。二十四小時熱線，提供即時輔導服務。嬰兒出生和出院後，父母可以隨時回到本院，由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。

## Postpartum Care Services

### 產後延長住院服務

All mothers, whether new or experienced, need plenty of rest and time for recuperation following delivery. After giving birth, a mother's organs will slowly return to their pre-pregnancy state during a period known as puerperium. This is a critical time, which is why the first month immediately following childbirth is considered the golden period for recovery. Hong Kong Adventist Hospital – Tsuen Wan's (HKAH – TW) Postpartum Care Service provides personalized, compassionate care to both mother and baby during the postnatal period, and aims to minimize the mother's physical and mental stress to facilitate a full and healthy recovery.

無論是有經驗的媽媽，還是新手媽媽，產後都一樣需要充份休養。產婦分娩後，其身體各器官將會慢慢恢復至懷孕前的狀態，這段時間稱之為「產褥期」，期間的護理不容忽視。產後第一個月亦因而被視為復原黃金時期，香港港安醫院－荃灣為媽媽推出「產後延長住院服務」，提供窩心、貼心的服務，解決媽媽及寶寶在產後恢復時期的全面護理需要，全力協助減輕的心理及生理上的負擔及壓力，令媽媽由內到外回復良好狀態。







## 24-Hour One-Stop Medical Services

### 一站式24小時醫護團隊

New mothers may experience pain in the wound area, or breast pain as a result of mastitis. The Postnatal Care Program includes consultations with a designated obstetrician and pediatrician, who conduct health examinations for mother and baby, and monitor wound healing and uterine contractions. Mothers are welcome to ask the doctors any postpartum questions they may have or enquire about infant care. Furthermore, nurses or midwives make daily rounds, during which they check on the condition of the mother's wound and breasts, assess her physical and mental health, and provide counseling. To facilitate a full recovery, our medical team is on hand to provide comprehensive support to new mothers through round-the-clock nursing services (available at the touch of a button), and access to diagnostic imaging and pharmacy services if needed.

產後媽媽傷口痛，有些更會因為乳腺發炎而感到疼痛難耐，該如何處理呢？如何舒緩不適呢？整個服務包括指定產科及兒科醫生諮詢，為初生嬰兒及產婦進行健康檢查等服務，密切監察傷口及子宮收縮復原狀況，若有任何疑問，或照顧寶寶上的困惑，均可直接詢問醫生，以獲得正確的護理知識。此外，護士或助產士亦會每日巡房一次，提供傷口檢查及護理、乳房檢查、健康評估、心理評估及輔導等。若有需要，只要按鐘便可以找護士協助，港安全全天候醫護團隊，包括24小時影像診斷服務及藥劑服務隨時為產婦服務，陪媽媽度過產後重要關卡，以助復原身體狀態。

## Attentive Infant Care

### 貼心照顧嬰兒

In addition to recovering from childbirth, new mothers also need to take care of their baby – something they may not be proficient at, especially during the early days. If they choose to room-in with their baby, the Adventist medical team is on hand to guide and support them; mothers may also choose to have their baby stay in the nursery to receive 24-hour nursing care, as well as basic services such as bathing, umbilical cord care, ear and nose cleaning, jaundice monitoring, laundry, bottle sterilizing (once per day), feeding and burping, diaper changing, and formula provision (if needed).

作為新手媽咪，對於照料寶寶可能一竅不通，除了面對產後身體狀態復原，同時亦要照顧寶寶，若選擇母嬰同房，港安團隊將會陪伴及指導媽媽。若想得到更好休息，亦可以選擇將寶寶放在嬰兒房交由護士24小時照顧，提供基本服務包括洗澡、臍帶清潔護理、眼耳口鼻清潔、生理性黃疸監測、嬰身衣服清洗、奶瓶消毒（每日一次）、餵奶及掃風、嬰兒換片及水奶提供。

## Lactation Counseling

### 哺乳期諮詢

Most hospitals provide breastfeeding support to new mothers during their hospital stay. However, every mother is different, and some experience delayed milk production after childbirth, meaning they may not have a chance to learn proper breastfeeding techniques before being discharged. Under the Postpartum Care Service, every mother is entitled to free coaching on feeding techniques. Members of nursing staff are on hand to teach new mothers the proper positions and techniques for breastfeeding or bottle feeding, help ease milk ducts, and set them up for a successful breastfeeding journey. Each room is also equipped with a refrigerator to allow for convenient storage of breast milk.

即使不少醫院已在住院期間提供哺乳期諮詢，但因每位媽媽情況不一，有些媽媽有可能至出院亦未能「上奶」，因而未能充分掌握餵哺技巧，在「產後延長住院服務」的每一位媽媽，都可獲得免費的餵哺技巧指導，讓護理人員協助調整親餵或瓶餵姿勢，傳授母乳哺育姿勢及技巧，幫忙疏通乳腺，益於日後的母乳之路，助寶寶獲得最佳營養，而每個房間亦設有雪櫃，用作存放母乳之用。

## Postnatal Exercise Course

### 產後鍛鍊課程

Appropriate postnatal exercise facilitates recovery and helps new mothers gradually return to their pre-pregnancy selves. Our postnatal exercise course includes postpartum exercise session or Pilates class(s) led by a physiotherapist, and through functional training and corrective exercises, aims to provide support to new mothers in terms of coping with postpartum challenges and understanding physiological and anatomical changes.

適當的運動可以協助產婦有更好的復原，服務內容提供產後運動環節或由物理治療師指導的普拉提課程，助媽媽了解產後可能遇到的問題與挑戰，學習產後身體生理及結構變化，提供功能性訓練及產後矯正恢復，協助媽媽恢復產前狀態。

## Postpartum Meal

### 產後護理膳食

During pregnancy, women tend to lose relatively more calcium and protein to meet the demands of the growing fetus and their own organs. Sufficient protein is also needed to facilitate postpartum healing, so it is important for new mothers to ensure adequate intake of calcium and protein. Furthermore, due to blood loss during the delivery process, mothers also need to replenish their iron stores to prevent iron deficiency anemia. To cater to different dietary needs, HKAH – TW offers a selection of healthy, nutritionist-designed meal plans, each of which comprise four meals per day to ensure new mothers enjoy a nutritious and balanced diet during the critical postpartum period.

女性在懷孕過程中會流失較多鈣質和蛋白質，以供寶寶構成骨骼和供身體各器官之用，媽媽還需要足夠蛋白質來促進產後的傷口癒合，因此產後要注意鈣質和蛋白質的補充，生產過程亦會流失不少血液，亦要注意補充鐵質，以預防缺鐵性貧血。荃灣港安照顧每一位媽媽的不同膳食需要，提供不同種類的產後護理膳食，餐單由營養師審核，以助產婦吃正確而有營養的食物。每日四餐，補充足夠營養，讓媽媽達到營養均衡。

## Nutrition Consultation Services

### 營養師諮詢服務

The package includes consultation session(s) with a nutritionist, who will provide personalized diet and nutrition advice to both vegetarian and non-vegetarian new mothers.

服務包括住院期間提供營養師諮詢，無論是素食或葷食者，都會獲得最合適個人化的營養建議。

## Designated Visitor Lounge

### 專屬會客探訪中心

A new mother not only needs to take care of her newborn, but also requires ample time to rest and recuperate. New fathers are welcome to stay alongside their wives to provide care and support, but to ensure optimal privacy and a restful environment for mothers, other visitors are not permitted in the ward and only doctors and medical staff are allowed. For family members and friends looking to visit, HKAH – TW's lounge is designed as a comfortable space to host visitors at specified times during the day.

產婦既需要照顧寶寶，也需要爭取時間休息，丈夫可以選擇入住貼身照顧妻子。樓層的私隱度高，除了醫護及職員外，其他人不可以隨意進入產婦的房間。我們明白親友都想來探望嬰兒，但為了保障產婦有更好的休息，荃灣港安特設探訪中心，在舒適環境及特定時段下，親友可到訪探視，避免影響產婦休息。

## Single-Room Ventilation System

### 獨立抽風系統

A 24-hour individualized ventilation system is installed in each room to protect the health of both mother and baby.

每一間房都是二十四小時獨立抽風系統，保障媽媽和嬰兒健康。



# Comfortable Environment and Thoughtful Amenities

## 優質環境及設備

Rooms are fully equipped with an infant cot, changing pad, bottle warmer, electric breast pump, and microwave (deluxe rooms only). Bed sheets are changed on a daily basis while bathrooms are also cleaned every day. Hot and cold drinking water may be replenished on demand, and pack of postnatal tea and Dried Ginger Peel will be provided daily if needed.

房內設備齊全舒適，設備嬰兒床、換片墊、座奶器、電動泵奶器、微波爐（僅限尊貴房間）。每天會有清潔員更換床單及清潔浴室，當產婦有需要時，可隨時按鈴，即可為媽媽更換房內熱水凍水，整個服務亦包括每日一包代茶、薑皮提供。

Fees 計劃費用	優質私家房 Premium Private	尊貴私家房 Deluxe Private
14-Night Stay for Postpartum Mother and Baby 產後媽媽及嬰兒入住專屬房間14晚	\$72,240	\$94,920
Special Offer 優惠價	\$62,000	\$68,500
30-Night Stay for Postpartum Mother and Baby 產後媽媽及嬰兒入住專屬房間30晚	\$142,065	\$190,785
Special Offer 優惠價	\$123,900	\$136,500



## Postpartum Care Services 產後延長住院服務

### 14-Night Stay Services Included 入住14晚服務內容

24-hour support from medical team	24小時護理團隊候命
One 30-minute nutrition consultation session	一節30分鐘營養師諮詢
Lactation counseling	哺乳期諮詢
Infant vaccination advice	嬰兒疫苗注射指導
Postpartum care services and education	產後護理服務和教育
One postpartum exercise session	一次產後運動環節
Postpartum meal	產後護理膳食
Two consultations with designated obstetrician	指定產科醫生諮詢（兩次）
Two consultations with designated pediatrician	指定兒科醫生諮詢（兩次）
Round-the clock infant care or rooming-in option	全天候嬰兒照顧或母嬰同房
Visitor center	探訪中心
Infant care products: infant cot, diapers, electric breast pump, fast bottle warmer, refrigerator, etc.	嬰兒護理產品提供：嬰兒床、尿片、電動泵奶器、快速暖瓶器及雪櫃等
Postnatal Tea Pack	代茶包
Dried Ginger Peel Pack	薑皮包
Daily ward rounds by nurse or midwife	護士或助產士巡房每日1次
New mother: care and examination of wound and breasts, physical and mental health assessment and counseling	產婦：傷口檢查及護理、乳房檢查、健康評估、心理評估及輔導
Infant care: basic daily care includes bathing, umbilical cord care, ear and nose cleaning, jaundice monitoring, laundry, bottle sterilizing (once per day), feeding and burping, diaper changing, and formula preparation	嬰兒照顧：每天1次基本服務包括洗澡、臍帶清潔護理、眼耳口鼻清潔、生理性黃疸監測、嬰身衣服清洗、奶瓶消毒、餵奶及掃風、嬰兒換片及水奶服務。
Daily room cleaning	每日房間清潔
Accommodation for father	爸爸入住
Laundry delivery service	代送洗衣服務



## 30-Night Stay Services Included 入住30晚服務內容

24-hour support from medical team	24小時護理團隊候命
Three 30-minute nutrition consultation sessions	三節30分鐘營養師諮詢
Lactation counseling	哺乳期諮詢
Infant vaccination advice	嬰兒疫苗注射指導
Postpartum care services and education	產後護理服務和教育
Three postpartum exercise sessions or Pilates classes conducted by physiotherapist	三次產後運動/物理治療師主理的普拉提培訓課程
Postpartum meal	產後護理膳食
Four consultations with designated obstetrician	指定產科醫生諮詢（四次）
Four consultations with designated pediatrician	指定兒科醫生諮詢（四次）
Round-the clock infant care or rooming-in option	全天候嬰兒照顧或母嬰同房
Visitor center	探訪中心
Infant care products: infant cot, diapers, electric breast pump, fast bottle warmer, refrigerator, etc.	嬰兒護理產品提供：嬰兒床、尿片、電動泵奶器、快速暖瓶器及雪櫃等
Postnatal Tea Pack	代茶包
Dried Ginger Peel Pack	薑皮包
Daily ward rounds by nurse or midwife	護士或助產士巡房每日1次
New mother: care and examination of wound and breasts, physical and mental health assessment and counseling	產婦：傷口檢查及護理、乳房檢查、健康評估、心理評估及輔導
Infant care: basic daily care includes bathing, umbilical cord care, ear and nose cleaning, jaundice monitoring, laundry, bottle sterilizing (once per day), feeding and burping, diaper changing, and formula preparation	嬰兒照顧：每天1次基本服務包括洗澡、臍帶清潔護理、眼耳鼻清潔、生理性黃疸監測、嬰身衣服清洗、奶瓶消毒、餵奶及掃風、嬰兒換片及水奶服務。
Daily room cleaning	每日房間清潔
Accommodation for father	爸爸入住
Laundry delivery service	代送洗衣服服務

10% discount\* of Well Baby Clinic can be offered for the clients who joined this service  
選擇使用「產後延長住院服務」的客人可享有優越兒童保健中心9折優惠\*。

\* Hong Kong Adventist Hospital - Tsuen Wan reserves the right to make the final decision in case of any disputes.

\* 如有任何爭議，香港港安醫院—荃灣保留最終決議權。

## Adventist Health Mother's Club 港安親子樂

The new Adventist Health Mother's Club was established to provide a support network for parents to share their experiences. All families of babies born at HKAH – TW are invited to join. Regular seminars and activities are hosted and organized by the hospital to keep new mothers informed and updated on childcare information.

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」，讓正在育嬰的家庭可以交流經驗，並通過本會定期舉辦的講座和活動，加強育兒知識。凡在本院生育的家庭都可以成為會員。

## Bookings and Enquiries 預約及查詢

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

如欲進一步了解上述內容，歡迎辦公時間內致電與本院產科部職員聯絡，或瀏覽本院網站。

Tel 電話：(852) 2275 6290 Website 網址：www.twah.org.hk

## Admission Notes

### 產婦入院須知

- Please bring the following items with you upon admission:
    - + Hong Kong Identity Card or valid travel documents, for both the expectant mother and her husband or partner
    - + Appointment card or doctor's referral letter
    - + Deposit or deposit receipt (A HK\$30,000 deposit is required for all non-Hong Kong residents upon delivery booking and a HK\$20,000 deposit is also required during admission registration. The deposit for Hong Kong residents is HK\$20,000.)
    - + Personal daily necessities, such as face towel, toothpaste, toothbrush, lotion, slippers, pajamas, and feminine hygiene products.
  - Please do not bring valuables.
  - Baby items and clothing are not needed until discharge.
- 入院時請帶備下列物品：
    - + 夫婦身份證或有效旅遊證件
    - + 覆診咭或醫生信
    - + 按金或按金收據（非本港居民須於預約時繳付「留位按金」港幣\$30,000，並須於入院登記時繳付按金港幣\$20,000。本港居民的入院按金為港幣\$20,000。）
    - + 個人日常用品，如毛巾、牙膏、牙刷、潤膚膏、拖鞋、睡衣和女性衛生用品等
  - 請勿攜帶貴重的個人和嬰兒物品入院
  - 住院期間，嬰兒衣服由本院提供，請自備嬰兒於出院時穿着的衣服。

### Fees 計劃費用

	Normal Vaginal Delivery Package 自然分娩計劃	Caesarean Section Package 剖腹分娩計劃
3-bed room 3人房	HK\$24,200	HK\$30,700
2-bed room 2人房	HK\$26,500	HK\$33,700
1-bed room 1人房	HK\$34,500	HK\$46,900
Premium private room 優質私家房	HK\$41,900	HK\$58,900
Deluxe private room 尊貴私家房	HK\$43,500	HK\$61,000

- + Our obstetric package covers for normal vaginal delivery and caesarean section. In the event of complications, additional costs may be incurred.  
本院提供自然和剖腹分娩產科全套優惠計劃。若生產過程中需較複雜的支援或協助，則需支付額外費用。
- + We will try our best to arrange room type requests depending on the availability of rooms on admission.  
本院將盡力安排產婦入住其所預訂的房間類別，唯仍須視乎入院時的實際床位情況而定。
- + Please check out before 12 noon.  
退房時間為中午12時前。



Effective Date 生效日期：1/4/2024

Hong Kong Adventist Hospital – Tsuen Wan reserves the right to change or amend details without prior notification.  
For the latest information, please visit our website at [www.twah.org.hk](http://www.twah.org.hk)

如有任何資料調整或變更，香港安醫院—荃灣毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站[www.twah.org.hk](http://www.twah.org.hk)。

### Special Conditions 特別情況

Specified Delivery Time 擇定時間分娩	<p>A surcharge of 20% of the package price is required if a caesarean section is scheduled for a specific time during office hours*.</p> <p>A surcharge of HK\$15,000 and 50% of the package price are required if a caesarean section is scheduled for a specific time during non-office hours**. (A non-refundable surcharge of HK\$15,000 must be paid at the time of booking.)</p> <p>辦公時間內*進行剖腹分娩，需加收計劃費用之20%。</p> <p>非辦公時間內**進行或完成剖腹分娩，需加收計劃費用之50%及HK\$15,000。(HK\$15,000須於預約時繳交作留位之用，不設退款。)</p>
Emergency Caesarean Section 緊急剖腹分娩	<p>A surcharge of 20% of the package price is required if an emergency caesarean section is performed during office hours*.</p> <p>A surcharge of 50% of the package price is required if an emergency caesarean section is performed or completed during non-office hours**.</p> <p>辦公時間內*進行緊急剖腹分娩，需加收計劃費用之20%。</p> <p>非辦公時間內**進行或完成緊急剖腹分娩，需加收計劃費用之50%。</p>
Non-local Obstetric Patients 非本港居民	No Extra Surcharge 不收取附加費
Multiple Pregnancies 多胎分娩	30% surcharge for each additional baby 每位胎兒加收計劃費用之30%
Epidural Analgesia (applicable to normal vaginal deliveries only) 無痛分娩—脊柱硬膜外麻醉 (只適用於自然分娩計劃)	Package excludes anaesthetist's fee of HK\$4,500 全套費用(不包括麻醉科醫生費)
Post-partum Sterilization 輸卵管結紮手術	Surcharge of HK\$550 if performed with caesarean section (excluding doctor's fee) 如與剖腹生產同時施行，只加港幣\$550(不包括醫生費)

* Office Hours	: Sunday to Thursday	: 7:00 am to 10:00 pm
	Friday	: 7:00 am to 6:00 pm
** Non-office Hours	: Sunday to Thursday	: 10:00 pm to 7:00 am
	Friday	: After 6:00 pm
	Saturday, Hospital Holidays	: Whole Day
* 辦公時間	: 星期日至四	: 上午七時至下午十時
	星期五	: 上午七時至下午六時
** 非辦公時間	: 星期日至四	: 下午十時至翌日上午七時
	星期五	: 下午六時後
	星期六及醫院假期	: 全日



# FIT Mammy! Project

## 重塑身形計劃



腹大便秘的孕婦，產後肚皮一下子變得鬆弛，加上懷孕期間體內儲存的脂肪，想回復昔日窈窕身形並非易事。本院婦產科專為媽媽們度身設計了重塑身形計劃，由專人指導，從飲食和運動訓練入手，助你抓緊產後2至6個月這段「黃金期」，重現女性曲線美。

### 重塑身形計劃

日期	星期二或星期四
時間	上午十時十五分至十二時正
節數	三節（一組約五人）
內容	會見營養師、普拉提或塑身運動
*早鳥優惠	出院前報名可享免費15分鐘物理治療師評估
費用	港幣 <b>1,800元</b>

### 查詢及報名

電話：  
(852) 2275 6290

網上報名：  
[www.twah.org.hk](http://www.twah.org.hk)



備註：香港港安醫院－荃灣保留更改及刪除上述資料權利，而無須另行通知。

有效期至：2024/12/31

N-2312

重塑身形計劃

# FIT Mammy! Project

## Body Toning Programme



Loose, squishy, and still stocked up with excess fat, nursing a post-baby belly back into shape can be an arduous task for many mums. The Hong Kong Adventist Hospital – Tsuen Wan Obstetrics and Gynaecology department's tailor-made body toning programme aims to help mums recover their lost figures. Led by a team of specialists and structured around healthy diet and exercise, they will ensure you make the best of the two to six month post-natal "golden period" to restore those beautiful curves.

### Body Toning Programme

Dates	Tuesdays or Thursdays
Time	10:15a.m – 12:00noon
Sessions	3 (5 people per group)
Program	Meet with nutritionist, Pilates, body toning exercises
*Early bird offer	Enroll before discharge and get a free 15-minute physiotherapy assessment
Fee	<b>HK\$1,800</b>

### Enquiries and enrolment

Tel :  
(852) 2275 6290

[www.twah.org.hk](http://www.twah.org.hk)



Disclaimer: Hong Kong Adventist Hospital - Tsuen Wan reserves the right to change or cancel the above conditions without prior notice of default or warning