

產前及產後資訊

Prenatal and Postnatal Information



產前 Prenatal

中文版

English Version



妊娠糖尿病
Gestational Diabetes



懷孕及哺乳期的
營養須知
Nutrition During
Pregnancy and
Breastfeeding



產前護理
Antenatal Care



產前運動針對
紓緩懷孕不適
Antenatal
Exercises to
Relieve Discomfort



Only Chinese version
is available



孕婦注射
百日咳疫苗
保初生嬰兒安全
Pertussis Vaccination



Only Chinese version
is available



孕婦旅遊
安全至上
Travel During
Pregnancy



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is available



入院需備物品
Personal Necessities
Upon Admission



電話 Tel: (852) 3966 3270 | 傳真 Fax: (852) 2892 7515 | 電郵 Email: maternity@hksh-hospital.com



產科部
Maternity Unit

www.hksh.com



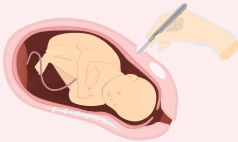
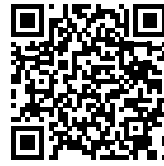
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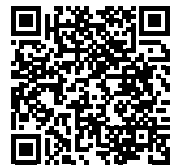
陰道分娩
Vaginal Delivery



剖腹分娩
Caesarean Section



麻醉程序須知
Information Sheet
for Anaesthesia



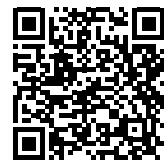
產後 Postnatal

中文版

English Version



媽咪錦囊
Tips for
Postnatal Care



錦囊包括產後生理變化、產後護理、產後運動進程、母乳育嬰、育嬰常見之謬誤、避孕方法簡介、認識產後可能出現的情緒問題、社康護理服務

Tips include Physical Changes after Childbirth, Postnatal Care, Exercise Programme, Benefits of Breastfeeding, Fallacies about Baby Care, Introduction to Contraceptive Methods, Postpartum Emotional Problems, Community Nursing Service



初生嬰兒沐浴篇
Newborn Bathing
Technique



母乳餵哺嬰兒
健康好處多
Advantages of
Breastfeeding



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is available

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