



## From Pregnancy to Delivery

### Antenatal Care

Our team of experienced Consultant Obstetricians and Gynaecologists provides the following services:

- Pregnancy Tests
- Antenatal Care
- Antenatal Packages
- First Trimester Scan and Blood Tests (screening for Down Syndrome)
- Foetal Anomaly Scan

### Choices of Rooms

You may choose from any of the following rooms for your stay with us:

- Victoria Suite
- Ophir Suite
- Deluxe Room
- Single Room
- 2-Bedded Room



Companion facilities are included in the Suites and Deluxe Room, and may be provided in the Single Room with meals at a chargeable fee.

### Delivery Suite

Our delivery suites are spacious and specially designed to provide a comfortable setting for you and your husband to prepare for your baby's arrival.

Our experienced team of specialists and nurses will be on hand to assist you with the birth of your baby.

### Tour of Maternity Ward

We conduct individual tours of our maternity facilities at the following schedule:

Monday : 3.00pm  
 Wednesday : 3.00pm  
 Saturday : 3:00pm

Please proceed to our Business Centre at Level 8, five minutes prior to the timeslots stated above for the maternity tour.

Our Maternity Ward Team will be pleased to show you around thereafter.

### Antenatal Class

Antenatal classes will help you prepare for your impending delivery. Topics covered are maternal nutrition, labour and delivery, practical advice on how to care for your baby and making adjustments in preparation of parenthood. For more information, please contact us at **6311 1516 / 7**. Antenatal Book will be provided at no extra cost once you signed up for Antenatal Class.

### Dental Health for Pregnancy

Studies have shown that gum disease and oral infections are risk factors for pre-term low birth weight babies. Maternal dental health check-ups and proper hygiene are an essential part of your pre-natal routine. Call us at **6311 2360 / 2365** or email [dental@raffleshospital.com](mailto:dental@raffleshospital.com) for more information.



### Our Specialists in Raffles Women Centre

Dr Lee I Wuen  
 MBBS (S'pore), M.Med (O&G) (S'pore),  
 MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Sheila Loh Kia-Ee  
 MBBS, M.Med (O&G) (S'pore),  
 MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology  
 Clinical Interest: IVF and Fertility Medicine

Dr Joan Thong Pao Wen  
 MBBS (S'pore), M.Med (S'pore),  
 MRCOG (UK), FAMS (O&G)  
 Specialist in Obstetrics & Gynaecology  
 Clinical Interest: IVF and Fertility Medicine

Dr Tan Yew Ghee  
 MBBS (S'pore), M.Med (O&G),  
 MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Koh Gim Hwee  
 MBBS (S'pore), M.Med (O&G),  
 MRACOG (Aust), MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology  
 Clinical Interest: IVF and Fertility Medicine

Dr Goh Wee Ching Karolyn  
 MBBS (S'pore), M.Med (O&G), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Cordelia Han Chih Chih  
 MB BCh(Ireland), MRCOG(UK), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Chow Kah Kiong  
 MBBS (S'pore), M.Med (O&G), MRCOG(UK),  
 FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Jazlan Joosoph  
 MBBS (S'pore), MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Shamini Nair  
 MBBS (S'pore), MRCOG (UK), FAMS  
 Specialist in Obstetrics & Gynaecology

Dr Seng Shay Way  
 MB Bch (Ireland), MRCOG (UK)  
 Specialist in Obstetrics & Gynaecology  
 Clinical Interest: IVF and Fertility Medicine

Dr Sivahami Saraswathi Sivananthan  
 MBChB (Bristol), MRCOG  
 Specialist in Obstetrics & Gynaecology

### How to Reach Us

Our main centre is located in Raffles Hospital. We have six clinics – all conveniently located within a 5-minute walk from an MRT station. We are open after office hours for your convenience\*.

Raffles Hospital #12-00 Singapore Land Tower #01-02A Marina Bay Financial Centre, Tower 3 #17-05 *Tampines One #04-33	6311 1230 6535 5965 6636 3249	Bugis MRT Raffles Place MRT Downtown MRT  Tampines MRT
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### Other Essential Numbers

24-Hour Appointment Hotline	6311 1222
Accident and Emergency Department	6311 1111
Labour Ward	6311 1500
Postnatal Ward	6311 1800
Paediatric Ward	6311 1505
Breastfeeding and Mothercraft	6311 1517
Raffles Children Centre	6311 1270
*Tampines One, #04-33	6788 2288

### RafflesHospital

585 North Bridge Road | Raffles Hospital | Singapore 188770  
 Tel: 6311 1111 | [enquiries@raffleshospital.com](mailto:enquiries@raffleshospital.com) | [raffleshospital.com](http://raffleshospital.com)

RafflesMedGrp RafflesHospital



# Maternity Guide

This guide is specially prepared to provide you with essential information for your delivery in Raffles Hospital and for the care of your newborn baby.

We are 'Baby Friendly Hospital Initiative' certified

## Admission Checklist

### Elective Admission for Delivery

On the scheduled date of admission, please proceed to our Business Centre at Level 8, from Monday to Friday, 8.00am – 5.30pm for registration. After office hours, please proceed to our Business Centre at Level 10 for registration.

### Admission for Emergency Delivery

In the event of emergency delivery, or when you feel that birth is imminent, please call **6311 1500** and proceed directly to our Labour Ward at Level 8.

### Registration for Admission

Please bring the following documents for registration:

- Letter of Admission (given to you at the clinic)
- Identity Card / FIN Card / Passport of both patient and spouse
- Identity Card of the Medisave Account Holder
- Letter of Guaranty (LOG) if applicable

### Deposit

- Deposit for delivery will be collected upon admission (If you have signed up for a hospital package, full payment of the package price will be required upon admission)
- Payment may be made in cash, NETS or credit card

### What to Bring for your Stay

Pack your bag two weeks in advance and prepare for a hospital stay of about two days for normal delivery and three days for Caesarean section:



#### For mother

- Two Breastfeeding brassieres
- A warm cardigan
- Slippers
- Extra panties and sanitary pads
- Breast pump set

#### For baby

- Baby mittens & booties
- Baby vest and wrapping blanket for the day of discharge

## Items provided by the Hospital

### For mother

- Basic toiletries pack, which includes shampoo & bath foam, comb, face towel, toothbrush and toothpaste
- Disposable bedroom slippers for Single and Deluxe Rooms and Suites
- Breast pump is available upon request at no extra charge. Other accessories such as funnel and bottle, are chargeable
- Breastfeeding gowns during hospital stay

### For baby

(Package items – for first pack only, subsequent packs will be chargeable)

- Disposable diapers
- Baby wet wipes
- Baby vest and swaddle during hospital stay



## Post Delivery Services

### Postnatal / Confinement Care

Our nurses will take care of you in the postnatal ward and teach you on breastfeeding and how to care for your baby. You will usually be discharged after a two to three-day stay. If you wish to stay longer for your confinement and need assistance with breastfeeding, please discuss with our Ward Manager.

Our Hospital provides a confinement menu. Please ask our friendly ward staff upon admission.

### ParentCraft / Lactation Services

As new mums and dads, you may be anxious about caring for your newborn. At Raffles, daily ParentCraft classes are available during your maternity stay for both your spouse and yourself.

During this informative session, our lactation consultant will provide you with tips on caring for your newborn and demonstrate how you can bathe and breastfeed your baby successfully. Following your discharge, you will be entitled to one complimentary consultation service.

The sessions are useful not only for first-time parents, but can also serve as an excellent refresher course for experienced parents.

Should you have any queries about caring for your newborn following your discharge, you are welcome to call our nursery at **6311 1517**.

### Breastfeeding Consultation

Breastfeeding consultation is available daily during office hours at a chargeable price. One complimentary consultation will be given after discharge.

Should you need any breastfeeding consultation, kindly contact us at **6311 1516 / 7**.

### Metabolic Screening and Hearing Test

Metabolic Screening and Hearing Test for newborns are available during your baby's stay in the nursery. These tests are performed 24 hours after birth.

### Jaundice Screening

Screening for jaundice is provided for newborns using bilirubin analyser. It involves placing a simple scanning device lightly over the baby's forehead. It is painless and does not require a blood test via heel prick.

A first scan will be done during your baby's stay with us in the nursery if he / she appears to be jaundiced. Otherwise, the screening scan will be done during your baby's first week visit at the Raffles Children Centre.

### Infant Massage Class

This course is suitable for parents of baby aged from one to twelve months. Parents need to bring along their babies for the course. For more information, please contact us at **63111516 / 7**.

### Baby Footprints Services

You may choose to commemorate your baby's birth by having your baby's first photo or footprints taken during your stay in the hospital.



Kindly approach our friendly ward staff for more information regarding these services which are provided by external providers.

## After Hospital Stay

### Birth Registration

#### Singaporeans and Permanent Residents

The Birth Registration service is available at our Business Centre, at Level 8, during the following hours:

Monday – Friday 9.00am to 4.00pm  
(Except Weekends & Public Holidays)

Please bring along the following documents for birth registration:

- E-Notification of Live Birth issued by ward nurse
- Original Marriage Certificate of parents
- Original NRIC of both parents
- Passport & FIN card of both parents (for foreigners only)

### Baby Bonus Scheme

For details on the Baby Bonus Scheme, parents can visit the Baby Bonus website: <https://www.babybonus.msf.gov.sg/parent/>

### Baby Bonus Hotline

Tel: **1800 253 7707**

### Baby's Immunisation

Immunisation against the following diseases are available at Raffles Children's Centre located in Raffles Hospital and Tampines One, Raffles Specialist at Raffles Holland V, and Raffles Juniors at Waterway Point.

- Hepatitis B
- Diphtheria
- Tetanus
- Pertussis
- Poliomyelitis
- Haemophilus Influenza B
- Pneumococcal Disease
- Chickenpox
- Measles
- Mumps
- Rubella
- Rotavirus
- Hepatitis A
- BCG (Tuberculosis)

Vaccination packages are also available and they include:

- Consultation by paediatrician
- Developmental assessment
- Vaccines for various ages in accordance to the National Childhood Immunisation Programme, Ministry of Health (MOH)