

Maternity Guide

This guide is specially designed to provide you with essential information about your delivery at Raffles Hospital and the care of your newborn baby.



We are 'Baby Friendly
Hospital Initiative' certified

Raffles Women's Centre

Admission Checklist

Elective Admission for Delivery

On the scheduled date of admission, please proceed to our Business Centre on Level 9, from Monday to Friday, 8.00am to 5.30pm for registration. After office hours, please proceed to our Business Centre on Level 10 for registration.

Admission for Emergency Delivery

In the event of emergency delivery, or when you feel that birth is imminent, please proceed directly to our Labour Ward on 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 Guarantee (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, by NETS, or credit card

What to Bring for Your Stay

Pack your bag at least two weeks in advance. Prepare for a hospital stay of approximately two days for a normal delivery and three days for a Caesarean section:



For mother

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

For baby

- Baby mittens and booties
- Baby vest and wrapping blanket for the day of discharge
- Infant car seat

Items Provided by the Hospital

For mother

- Basic toiletries pack, which includes shampoo and bath foam, comb, face towel, toothbrush, and toothpaste
- Disposable bedroom slippers for Single and Deluxe Rooms and Suites
- Breast pumps and accessories are available upon request
- Breastfeeding gowns during hospital stay

For baby

- Complimentary baby diaper bag upon discharge
- Baby vest and swaddle during hospital stay



Post Delivery Services

Postnatal / Confinement Care

Our nurses will care for you on the postnatal ward and provide guidance on breastfeeding and baby care. Typically, you will be discharged after a two- to three-day stay. Should you wish to extend your stay for your confinement or require additional support with breastfeeding, please speak with our Ward Manager.

A confinement menu is available upon request. Please approach our friendly ward staff upon admission.

ParentCraft / Lactation Services

As new parents, it is natural to feel a little anxious about caring for your newborn. At Raffles Hospital, daily ParentCraft classes are available during your maternity stay. It is specially designed for both you and your partner in mind.

These informative sessions are led by our team of experienced lactation consultants, who will share valuable tips on newborn care and demonstrate essential skills such as bathing and breastfeeding your baby with confidence.

The classes are highly beneficial for first-time parents and also serve as an excellent refresher for those who already have children.

If you have any questions about caring for your newborn after your discharge, please do not hesitate to contact our nursery team at **6311 1517**.

Lactation Consultation

Lactation consultations are available both during your hospital stay and as outpatient appointments. Outpatient consultations slots are available for booking via the Raffles Connect app. Clients from other hospitals are also welcome to use this service.

If you have any breastfeeding enquiries, please contact us at **6311 1516** or **6311 1517**.

Metabolic Screening and Hearing Tests

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

Jaundice Screening

Jaundice screening for newborns is carried out using a bilirubin analyser. This involves gently placing a scanning device on your baby's forehead. The procedure is painless and does not require a heel-prick blood test.

An initial screening will be conducted during your baby's stay in the nursery, prior to discharge. A follow-up screening will be performed during your baby's first-week visit at Raffles Children's Centre.

Infant Massage Class

This course is suitable for parents of babies aged one to 12 months. Parents are required to bring their babies along for the class. For more information, please contact us at **6311 1516** or **6311 1517**.

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.

For further details about these services provided by external providers, please approach our friendly ward staff.



After Hospital Stay

Online Birth Registration

The link will be sent by the delivery suite.

Baby Bonus Scheme

For details on the Baby Bonus Scheme, parents can visit the Baby Bonus website: **www.babybonus.msf.gov.sg**.

Baby's Immunisation

Immunisations against the following diseases are available at Raffles Children's Centre in Raffles Specialist Centre, Raffles Children's Centre at Tampines One, Raffles Junior at Waterway Point and Raffles Holland:

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

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)



From Pregnancy to Delivery

Antenatal Care

Our team of experienced specialists in obstetrics & gynaecology provides the following services:

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

Choices of Rooms

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

- Victoria Suite
- Ophir Suite
- Executive 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 thoughtfully designed to provide a comfortable environment for you and your partner as you prepare for the arrival of your baby. And we are here to support you throughout your delivery journey.

Tour of Maternity Ward

We conduct individual tours of our maternity facilities at any time between 9am to 5pm.

Please proceed to our Business Centre (Level 8), to get in touch with the Maternity Ward Team, and they will be pleased to give you a personalised tour.

Antenatal Class

Antenatal classes help you prepare for your impending delivery. Our classes cover a list of comprehensive topics including labour and delivery, breast feeding, practical advice on how to care for your baby, and making adjustments in preparation for parenthood.



Scan to book!

For more information, please contact us at **6311 1516** or **6311 1517**. An antenatal reference book, which is specially curated by Raffles Hospital, will be provided at no extra cost when you sign up for the 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 checkups and proper hygiene are an essential part of your pre-natal routine. For more information, please call us at **6311 2360** or **6311 2365**, or email us at **dental@raffleshospital.com**.



Raffles Women's Centre

Dr Lee I Wuen

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

Dr Cordelia Han Chih Chih

MB BCh (Ireland), FRCOG (UK), FAMS
Specialist in Obstetrics & Gynaecology

Dr Goh Wee Ching Karolyn

MBBS (S'pore), M.Med (O&G), FAMS
Specialist in Obstetrics & Gynaecology

Dr Robin Guy Andrew Edwards

MBBS (UK), MRCOG (UK)
Specialist in Obstetrics & Gynaecology

Dr Carmen Gan Hsiao Chien

MBBS (UK), MRCOG (UK)
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), FRCOG (UK), FAMS
Specialist in Obstetrics & Gynaecology

Dr Aswini Aparna D/O Balachandran

MBBS (UK), MRCOG (UK)
Specialist in Obstetrics & Gynaecology

Raffles Fertility Centre

Dr Sheila Loh Kia-Ee

MBBS, M.Med (O&G) (S'pore),
FRCOG (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

Dr Joan Thong Pao Wen

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

Dr Seng Shay Way

MB Bch (Ireland), MRCOG (UK)
Specialist in Obstetrics & Gynaecology

How to Reach Us

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

Raffles Specialist Centre #18-00
Raffles Holland V #05-02/03/04
*Tampines One #04-33

6311 1230
6255 2202
6788 2288

Bugis MRT
Holland V MRT
Tampines MRT

Other Essential Numbers

24-Hour Appointment Hotline
Raffles24 Acute & Critical Care
Labour Ward
Postnatal Ward
Paediatric Ward
Raffles Children Centre

6311 1222
6311 1111
6311 1500
6311 1800
6311 1505
6311 1270

RafflesHospital

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