

Antenatal Checkup Service

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The Obstetrics & Gynaecology Departments of hospitals under Hospital Authority collaborate with the Maternal and Child Health Centres (MCHCs) of the Department of Health to provide an antenatal shared-care programme to the expectant mothers. The programme comprises health education and maternal and fetal health checkups. Expectant mothers will receive specialist care from healthcare professionals and attend regular antenatal checkups at a nearby MCHC. Maternal and fetal health is protected throughout pregnancy and delivery.

Antenatal Checkup Arrangement

Once confirmed pregnant, expectant mothers should go to the nearby MCHC or Specialist Outpatient Clinics (Obstetrics) for booking of antenatal checkups. For normal cases, expectant mothers can have subsequent antenatal checkups at the MCHC. If there are signs of abnormality, the MCHC will refer the expectant mothers concerned to Specialist Outpatient Clinics (Obstetrics) or hospitals for examination and treatment.

First Antenatal Checkup

- * Review of obstetrical, medical and family history
- * General physical examination (height, body weight and blood pressure measurement)
- * Cardiovascular, chest and breast examination; pelvic examination if indicated
- * Urinalysis for protein and glucose
- * Blood test (Haemoglobin, Mean Cell Volume, Rhesus Factor, Rubella Antibody, Syphilis Screening, Hepatitis B Surface Antigen and HIV Antibody)

Subsequent Antenatal Checkups

- * Subsequent routine checkups: body weight and blood pressure measurement, urinalysis for protein and glucose
- * abdominal examination
- * Subsequent routine visit frequencies: four to seven subsequent checkups will be arranged in the case of early registration

Routine Screening Tests

Specialist Outpatient Clinics (Obstetrics) / MCHCs will arrange the following screening tests:

- 1) Universal Downs Syndrome Screening
- 2) Group B Streptococcus Screening

Specific Tests

For those expectant mothers with abnormal screening result or due to special clinical needs, specific tests may be arranged:

- * Amniocentesis
- * Chorionic Villus Sampling
- * Umbilical Cord Blood Sampling
- * Ultrasonogram
- * Oral Glucose Tolerance Test
- * Cardiotocogram

These tests are conducted in the best interests of the expectant mother and fetus.

Importance of Antenatal Checkup

Early booking of antenatal checkup safeguards maternal and fetal health.

Antenatal checkups help minimizing the risks to mothers and babies

- * Antenatal checkups enable early detection of pre-existing unidentified diseases or abnormality during pregnancy and early treatment can be carried out.
- * During antenatal checkups, doctors and midwives will give advice on physical changes and health in pregnancy and during labour. Antenatal talks are conducted for expectant parents to learn about parenting and the merits of breastfeeding.
- * Without antenatal medical assessment, the expectant mothers would be at higher risk at delivery.

Special Attention

Before the first antenatal checkup, expectant mothers who have any complication should seek medical advice. Should an emergency condition arise, please go to the nearby Accident & Emergency Department immediately.



**Antenatal checkup
is the best protection
for maternal and
child health**

For health information about pregnancy and babies, you are welcome to visit our website:

www.ha.org.hk/preg