

Birth Plan 分娩計劃

You are welcome to discuss your birth plan with your doctor or health care professionals. When this form is completed, please email to maternity@matilda.org or fax to the Maternity Unit at 2849 6246.

歡迎您跟醫生或專業醫護人員商討您的分娩計劃。填寫表格後，請電郵至 maternity@matilda.org 或傳真至明德國際醫院產科部，傳真號碼：2849 6246。

Name 姓名： _____ EDD 預產期： _____

Booking No. 預約號碼： _____ Obstetrician 產科醫生： _____

Contact number 聯絡電話： _____ Email 電郵： _____

My main labour companion 伴侶或陪伴的親友： _____

Other people I would like to have the support at my birth 其他會支持您分娩的人士：

1. My most important goals for this birth

這次分娩，您最想達致的目標：

2. Things that will help me feel confident in achieving these goals:

有什麼可以輔助您達至目標：

3. My biggest fears 當前最擔心的是：

4. Things that may help alleviate my fears 有什麼可幫助您減少擔憂：

5. Things that will help me feel comfortable about breastfeeding, newborn care and going home with my baby 有什麼可幫助您餵哺母乳、照顧寶寶及出院後的照料：

Other comments 其他補充資料：

