

## - Pregnancy



Congratulations! The first thing to do is to embrace the excitement surrounding the big moment. Then you'll need to start thinking about your preferences for pregnancy care.

### Finding a hospital

Singapore's ten public hospitals consist of eight general hospitals (including Singapore General Hospital and National University Hospital), a women's and children's hospital (KK Women's & Children's Hospital) and a psychiatry hospital (Institute of Mental Health). Private hospitals include Parkway East Hospital, Gleneagles Hospital, Mount Alvernia Hospital, Mount Elizabeth Hospital, Mount Elizabeth Novena Hospital, Farrer Park Hospital, Raffles Hospital and Thomson Medical Centre.

### Did you know?

The birth rate in Singapore for 2023 was 8.336 births per 1,000 people, one percent down from 2022. Approximately 31,000 new Singaporeans were welcomed to the world.

### Choosing a doctor

Every woman has different preferences for childbirth, so do plenty of research and visit a number of obstetricians if possible. It's important that you feel comfortable, because you'll be sharing intimate and personal details with them. Here are some useful questions to get answered to inform your decision.

- #1 "Which hospitals do you attend?"
- #2 "Are you available around my estimated due date? If you're unexpectedly not around at the time I give birth, who would be your backup doctor?"
- #3 "How involved can I be in the decision-making process during pregnancy and labour?"
- #4 "What are your thoughts on pain relief in labour? Do you support and encourage natural pain relief methods?"
- #5 "What are your rates for induction, caesarean section and episiotomy? In what situations do you consider or recommend these?"
- #6 "What do you think about time limits for labouring, and how often do you use forceps or vacuum extraction to deliver a baby?"
- #7 "Will I be able to have skin-to-skin contact with my baby and start breastfeeding shortly after the birth?"
- #8 "Are you willing to let me have a vaginal birth for my second baby even though I had my first via caesarean?"
- #9 "How do you feel about vaginal breech birth? If you support it, what conditions do you have?"
- #10 "How do you manage the third stage of labour, the birth of the placenta? Do you allow it to happen naturally, or do you intervene?"