



United Family Healthcare
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From Conception to Postpartum Your Complete Motherhood Handbook 2017



Shanghai United Family Hospital and Clinics

Setting the standard for obstetrics and gynecology in Shanghai!

A comprehensive, internationally-accredited medical institution

12 years of successful maternity medical service

Shanghai United Family Hospital and Clinics (SHU) has delivered more than 6,600 babies belonging to parents from across the world. When it comes to birth and so much more, our private, international hospital is trusted for its care.

One-stop service for you and your new family

We offer a full complement of specialty services from conception to postpartum, including prenatal care, maternal education, follow-up treatments, 4D ultrasound examination, laboratory, nursery, NICU, and postpartum care from our pediatricians and family medicine physicians. With United Family Home Health (UFHH) offering premium postpartum services at home, the United Family Healthcare team in Shanghai stands ready to serve you and your family in every aspect of your journey into motherhood.

Embracing international methodology

By following and embodying international medical trends, we promote a warm, people-oriented experience that surpasses expectations. Our hospital encourages natural vaginal deliveries and supports breastfeeding and non-transitional treatment. We also offer 24-hour labor epidural service with on-site pain specialists to help reduce pain during delivery. Whenever possible, we promote natural birth among pregnant mothers, even after a previous Cesarean.

Comprehensive, multidisciplinary care for the needs of new mothers and their children

As a full-service facility, SHU provides 24-hour services in emergency medicine, surgery, anesthesiology and imaging/radiology. We also offer other convenient outpatient services in pediatrics, family medicine, internal medicine, nutrition, dentistry, dermatology, physical medicine and rehabilitation, mental health, and more. In addition, to help ensure the safest delivery possible, our obstetric experts are available 24 hours a day if any pregnancy or childbirth complications arise.

International medical specialists in obstetrics and gynecology

The Department of Obstetrics and Gynecology at Shanghai United Family Hospital and Clinics is staffed by both local and international specialists, including experts from China, the United States, Belgium and Canada, each with years of clinical experience. With thousands of successful cases, including even severely complicated deliveries, maternal emergencies, preterm births and critical pediatric care, we pride ourselves on our ability to handle the full range of obstetric medicine in Shanghai. Shanghai United Family Hospital's youngest successful delivery was only 24 weeks old. We offer patients integrated services from our Departments of Obstetrics and Gynecology and Pediatrics, providing mothers and their infants continuous care from prenatal to postpartum and beyond.

Premium Medical Facilities

Advanced, imported equipment

Our Department of Obstetrics and Gynecology is equipped with advanced, imported technologies that include maternal ECG, fetal heart monitor, multi-functional ECG monitor, and analgesia pumps for labor. Our Department of Radiology has Siemens X-ray machines, a Siemens Dual Source CT, GE MRI, and Siemens ultrasound equipment available.

Peace of mind with our NICU

Our Neonatal Intensive Care Unit (NICU) is equipped with imported dual-purpose incubators. We also have resuscitators and heart monitors for premature babies. The NICU is accessible by parents 24 hours a day.

Internationally accredited blood bank

Our blood bank has received certification from the College of American Pathologists (CAP). All blood is screened to ensure safety.

Family-centered international delivery rooms

A safe, private environment for our patients.

24-hour international ER and TCU

We help guarantee safety and peace of mind for expecting mothers and their families with the finest international emergency and Transitional Care Unit (TCU) services, available around the clock.

**Experience
the Miracle
of Life**

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All packages in this book are effective from January 1, 2017 to December 31, 2017. The contents of the book apply only to Shanghai United Family Hospital and Clinics. Content and images in this handbook are the sole property of Shanghai United Family Hospital and Clinics. Unauthorized use or reprinting of these images is prohibited.



Moms

- ◆ Stay as positive and stress-free as possible
- ◆ Establish a balanced, nutritious diet and avoid eating uncooked fish, meat, eggs, or soft cheese
- ◆ Know what to expect during pregnancy
- ◆ Talk to other moms about their experiences and find an obstetrician you feel comfortable with
- ◆ Start taking folic acid (0.4 mg/day) starting at least one month before pregnancy until the end of the first trimester

Plan for a New Life

When you and your partner are ready to have a baby, the following tips can help you prepare for your new arrival during the pre-pregnancy stage.

For expecting mothers and fathers

- ◆ Develop a family plan, which includes when to conceive and how many children
- ◆ Remove alcohol, smoking, and drugs from your lifestyle
- ◆ Get comprehensive physical check-ups
- ◆ Avoid harmful environments, such as secondhand smoke and radiation
- ◆ Keep good habits and don't stay up late
- ◆ Eat well-balanced, healthy diets
- ◆ Mentally prepare yourselves to take on more responsibility
- ◆ Become familiar with what to expect with a newborn

While you are preparing for pregnancy, we offer a number of convenient additional services to ensure coverage of care.

Pre-existing Conditions

If you have any pre-existing conditions, it is best to have them evaluated by a physician and monitored throughout your pregnancy. Examples of common pre-existing conditions include diabetes (including gestational diabetes), hypertension (high blood pressure), epilepsy, a difficult previous delivery, and a previous baby with a congenital abnormality.

Vaccines

It's a good idea to prepare your body and make it as fit as possible to carry your new family member. Vaccinations are essential for building up your immune system. Visit our Department of Family Medicine or Obstetrics and Gynecology for a list of recommended vaccines for pregnant women. We strongly advise that you ask your doctor about getting the rubella vaccine before you get pregnant.

Psychological Counseling

Planning to have a family involves a wide range of emotions. We are here for you if you need help dealing with conception or pregnancy difficulties. We also see women who have pregnancy-related depression.

Whatever the situation, know that you have the support of our experienced, international team of psychologists and psychiatrists at the Department of Mental Health.

- ◆ Take on more household responsibilities to allow mothers enough time to rest
- ◆ Be careful with overly hot bath water and sauna use – high temperatures can adversely affect sperm production
- ◆ Learn the details of your partner's birth plan
- ◆ Prepare a comfortable place in the home for your newborn
- ◆ Be accepting of the changes your partner will go through during pregnancy

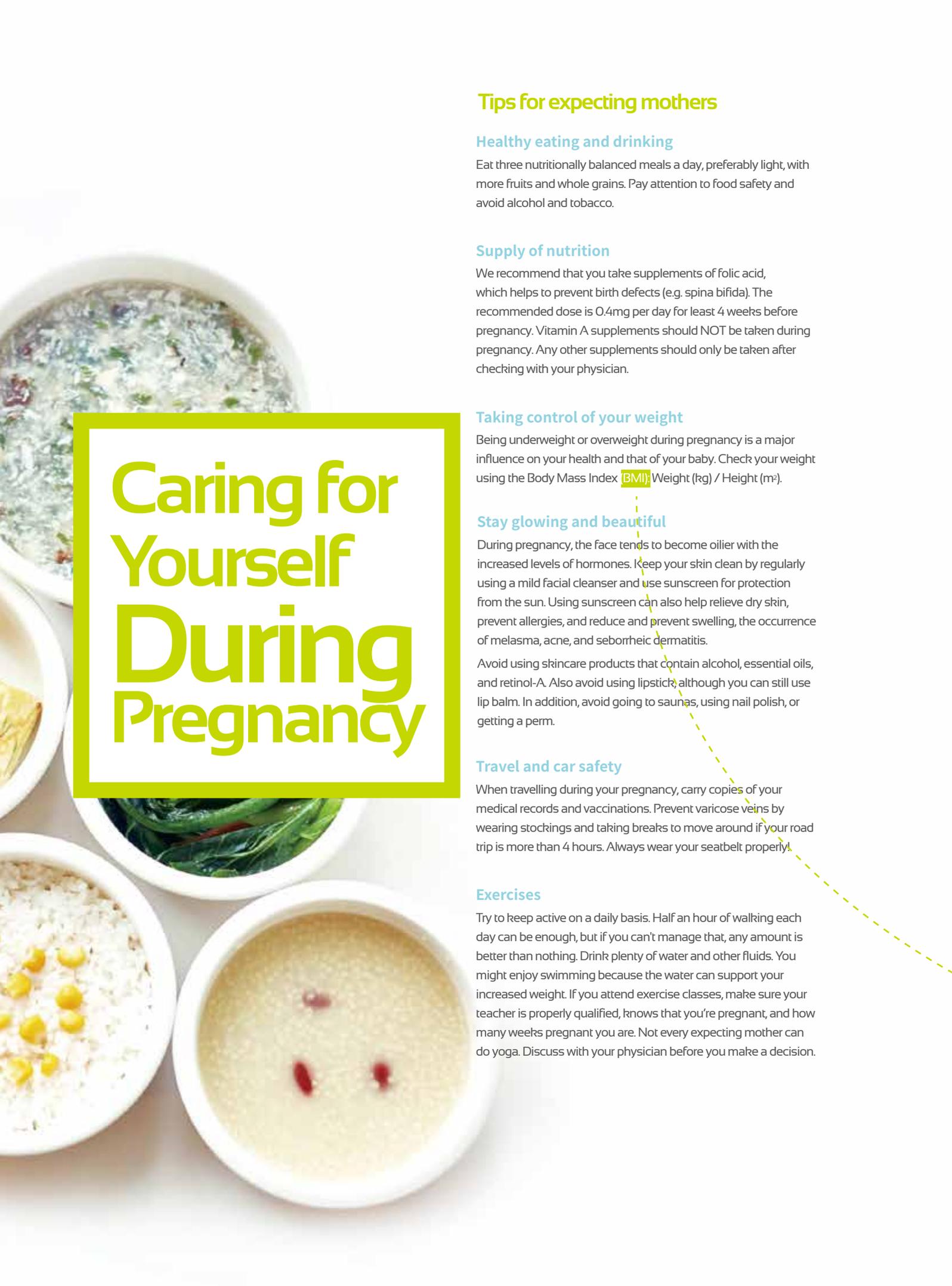
“ **A special note to expecting fathers:** During pregnancy, your attitude will affect your partner and unborn baby – having a child concerns you both! Be your partner's strength. Satisfy her material and emotional needs as best you can for a happier, healthier pregnancy. ”

Dental Services

Did you know that dental health is one of the most important aspects of pregnancy? The many physical changes that a woman experiences during pregnancy affect her teeth as well. Expecting mothers are advised to pay special attention to their oral health.



Dads



Caring for Yourself During Pregnancy

Tips for expecting mothers

Healthy eating and drinking

Eat three nutritionally balanced meals a day, preferably light, with more fruits and whole grains. Pay attention to food safety and avoid alcohol and tobacco.

Supply of nutrition

We recommend that you take supplements of folic acid, which helps to prevent birth defects (e.g. spina bifida). The recommended dose is 0.4mg per day for least 4 weeks before pregnancy. Vitamin A supplements should NOT be taken during pregnancy. Any other supplements should only be taken after checking with your physician.

Taking control of your weight

Being underweight or overweight during pregnancy is a major influence on your health and that of your baby. Check your weight using the Body Mass Index (BMI) $\text{Weight (kg)} / \text{Height (m}^2\text{)}$.

Stay glowing and beautiful

During pregnancy, the face tends to become oilier with the increased levels of hormones. Keep your skin clean by regularly using a mild facial cleanser and use sunscreen for protection from the sun. Using sunscreen can also help relieve dry skin, prevent allergies, and reduce and prevent swelling, the occurrence of melasma, acne, and seborrheic dermatitis.

Avoid using skincare products that contain alcohol, essential oils, and retinol-A. Also avoid using lipstick, although you can still use lip balm. In addition, avoid going to saunas, using nail polish, or getting a perm.

Travel and car safety

When travelling during your pregnancy, carry copies of your medical records and vaccinations. Prevent varicose veins by wearing stockings and taking breaks to move around if your road trip is more than 4 hours. Always wear your seatbelt properly.

Exercises

Try to keep active on a daily basis. Half an hour of walking each day can be enough, but if you can't manage that, any amount is better than nothing. Drink plenty of water and other fluids. You might enjoy swimming because the water can support your increased weight. If you attend exercise classes, make sure your teacher is properly qualified, knows that you're pregnant, and how many weeks pregnant you are. Not every expecting mother can do yoga. Discuss with your physician before you make a decision.

Specialty Midwife Services

Midwife Clinic

Our Department of Obstetrics and Gynecology's Midwife Clinic was established to provide expecting mothers the most intimate and personalized maternity service possible. Our experienced, professional team of midwives offers comprehensive guidance and support throughout your pregnancy, delivery, and into postpartum.

Scheduling an appointment with our midwife team between 32 and 40 weeks and within three months after your delivery, in addition to a regular check-up with your obstetrician, provides you with an opportunity to discuss:

- ◆ Your birth plan
- ◆ Breastfeeding
- ◆ Newborn care
- ◆ Questions you may have about your birthing choices and options
- ◆ Our Midwife Clinic also provides counseling for your breastfeeding issues up to three months after your delivery.



Please call

(021) 2216 3900
ext. 1658 ext. 1700

for more information.

Please note, midwife visits are not a replacement for regular physician visits. Patients will remain under the care of their primary obstetrician.

(BMI): Weight (kg) / Height (m2).

Before Pregnancy	Total Recommended Weight Gain During Pregnancy (kg)
<19.8 (185)	12.5–18
19.8–26 (185-239)	11.5-16
26.1–29.9 (24-27.9)	7-11.5
>30 (28)	>6

Prenatal Check-up Package

Effective date: January 1, 2017

Services

Including 12 physician appointments (scheduled physician visits during clinic hours)

Medication

Prenatal vitamins (4 bottles of 60) Free

7 - 13 weeks

Obstetrical assessment

Ultrasound Calculate expected date of confinement

Lab tests CBC, ABO/Rh, TSH, liver function panel, red cell antibody screening
HBsAg, HCV, HIV 1&2, RPR, rubella IgG/IgM, toxoplasma IgG, GC, HbA1c, chlamydia

11 - 13 weeks

Obstetrical assessment

Ultrasound NT

* **Trisomy screening test**

Lab tests Urine analysis and urine culture

14 - 20 weeks

Obstetrical assessment

* **Trisomy screening test**

Lab tests Urine analysis

* The pregnancy week of the screening to be recommended by your physician based on your individual situation. Only one test is included in the prenatal check-up package. NIFTY test is only available from Monday to Thursday.

19 - 23 weeks

Obstetrical assessment

Ultrasound Anatomy (Tuesday pm and Saturday)

Lab tests Urine analysis

24 - 28 weeks

Obstetrical assessment

Lab tests OGTT, CBC, urine dipstick

28 - 32 weeks

Obstetrical assessment

Repeat ultrasound

Lab tests Urine dipstick

34 weeks

Obstetrical assessment

Lab tests Urine analysis

36 weeks

Obstetrical assessment

Lab tests GBS B, urine analysis

37 weeks

Obstetrical assessment

Lab tests Urine analysis

38 - 39 weeks

Obstetrical assessment

Ultrasound Fetal development

Lab tests Urine analysis

40 weeks

Obstetrical assessment

NST

Prenatal check-ups are carried out once every four weeks before 28 weeks of pregnancy, once every two weeks during 28 to 36 weeks of pregnancy, and once a week after 36 weeks.

Additional tests or ultrasounds which are excluded from, but not limited to, the Prenatal Check-up Package may be needed based on your doctor's recommendation. Additional fees may be required.



Optional items

5 - 6 weeks

Lab tests HCG test

36 weeks

Ultrasound Fetal development for GDM patients
NTS (if necessary)

38 - 39 weeks

NST (if necessary)

For those who give birth at Shanghai United Family Hospital

Total Price: RMB 32,305

Package Price: RMB 21,000

35%
OFF

For those who only do a prenatal check-up at Shanghai United Family Hospital

Total Price: RMB 32,305

Package Price: RMB 26,000

20%
OFF

Conditions

1. Patients are allowed a maximum of 2 already-used prenatal visits that can be credited when purchasing the package. Please bring all bills and invoices to our cashier at the time of enrollment.
2. Additional visits (over 12), emergency visits, OB triage visits, and extra tests (not included in the package) that are ordered by your physician will be charged accordingly at normal prices. Patients are eligible to enjoy a UFH membership discount on these items after purchasing prenatal checkup package.
3. No refund or credit will be given on the package except if the pregnancy ends.
4. No refund or credit will be issued for any unused visits, tests, or items except if medically unnecessary; unused items and ultrasound exams cannot be exchanged for any other items or other ultrasound exams.
5. No membership discounts or further discounts will be given on the package price.
6. Shanghai United Family Hospital and Clinics reserves the right to make all final decisions and interpretations of this package.

Please call

(021) 2216 3900 ext. 3801

for more details about this package.

Payment terms:

100% initial payment required



The Baby's Coming!

It's almost time to meet your newest family member





What happens after I arrive at the hospital?

- ◆ When you call in, our friendly staff will direct you where to go.
- ◆ After you have arrived, our medical team will assess you to make sure you are in labor.
- ◆ If you are in labor, we will admit you.
- ◆ Sometimes you may be in false labor, and the contractions just fade away. In this case, we will send you home.

What do I need to bring with me?

At the start of your third trimester, expecting mothers and fathers need to be prepared to make a sudden trip to the hospital. It's a good idea to pack a bag in advance to give yourselves one less thing to worry about when the time comes. The following is our suggested list of what to bring.

Make sure to pack:

- ◆ Clothes for leaving the hospital (for mother and newborn)
- ◆ Breast pump
- ◆ Snacks for parents
- ◆ Entertainment such as music and books
- ◆ Camera, video camera, other electronics, and chargers for each
- ◆ Passports or IDs of both parents (to process birth certificate)
- ◆ Other personal items

Shanghai United Family Hospital provides a set of the following for new families:

Baby items:

- ◆ Disposable diapers
- ◆ Bath kit (shampoo, soap, lotion, and diaper rash cream)
- ◆ Baby wipes
- ◆ Umbilical care products
- ◆ Baby cardigan coat, hat, baby gloves, socks, thin blanket

Care package for new parents*:

- ◆ We provide slippers, and essential toiletries (toothbrush, toothpaste, shampoo, conditioner, body wash, soap, lotion, shower cap, and comb) for expecting mothers
- ◆ Towel, bathrobe, pajamas, and hair dryer
- ◆ Sanitary napkins, postpartum bed pad, postpartum belly band, disposable underwear, and breastfeeding pad are also provided
- ◆ Razors and toiletries are available for expecting fathers

*These are limited to hospital use only. Please ask your nurse or Patient Services staff for additional information.

With SHU, mothers can enjoy these special perks

- ◆ Lifetime United Family Healthcare Membership for mother and baby starting from time of admission for delivery
- ◆ A complimentary baby footprint keepsake
- ◆ One IP card for international/domestic long-distance calls upon request
- ◆ A wide selection of DVDs and CDs
- ◆ A copy of Shanghai Daily or Oriental Morning Post on your baby's birthday
- ◆ Complimentary flowers
- ◆ Baby record
- ◆ Family photo shoot



The Truth About Vaginal Birth After Cesarean (VBAC)

What is VBAC?

When a woman who has previously had a Cesarean birth chooses to attempt a vaginal birth, this is called a vaginal birth after Cesarean or VBAC. Women who choose a VBAC are carefully observed by both midwives and doctors so that if any problems do occur they can be quickly addressed. Most expecting mothers who have no medical risks and choose a VBAC will be able to experience labor and give birth vaginally.

If you choose to attempt a vaginal birth after Cesarean, we advise that you attend our hospital's VBAC prenatal class. Developed by Shanghai United Family Hospital, this course is customized for women who will deliver their second baby and have previously had a Cesarean birth. Expecting mothers and one accompanying family member are welcome to attend.

What are the benefits of VBAC compared to a planned Cesarean birth?

For mother:

- ◆ Faster time to heal after birth
- ◆ Shorter hospital stay
- ◆ Less risk of infection after delivery
- ◆ Less chance of needing a blood transfusion
- ◆ Less need for strong pain relief after birth
- ◆ May feel more satisfied with their birth experience
- ◆ Increase their chances of having early contact with their baby
- ◆ No chance of problems caused by surgery (infection, injury to bowel or urinary tract, or blood loss)
- ◆ Quicker return to normal activities because there is no pain or complications from surgery
- ◆ Greater chance of having a vaginal birth in later pregnancies
- ◆ Less risk of problems with how the placenta attaches in future pregnancies

For Baby:

- ◆ Less risk that the baby will have breathing problems
- ◆ More likely to be cared for by the mother, as she is physically able to
- ◆ Baby may benefit from early contact and bonding

Can all women with previous Cesarean births attempt VBAC?

Some women should not try VBAC. If the Cesarean scar is in the upper part of the uterus, where contractions occur, the risk of the uterus tearing (also called uterine rupture) is high. Women with a scar in the lower part of the uterus have a lower risk of the uterus tearing and VBAC is considered safe.

If you have had two or more Cesarean births and no vaginal births, the risk of the uterus tearing during labor also increases and VBAC is not recommended. Your doctor or midwife will review these risks with you.

Overall, what are the risks of VBAC compared to a repeat Cesarean birth without labor?

- ◆ The risk of the uterus tearing during a low-risk VBAC is 5 in 1,000 (0.5%). Because you have a scar on your uterus from your prior cesarean birth, you will always be at risk for having a tear in your uterus. Tears usually occur during labor.
- ◆ Overall, the risk of blood transfusion, hysterectomy, blood clots and infection are increased in women who attempt vaginal

delivery. These increased risks are from the women who are not successful in vaginal delivery.

- ◆ The risk of serious injury or even mortality during VBAC is the same as it was during a mother's first vaginal labor. With VBAC, there is a higher risk compared to a planned and repeated Cesarean birth.

How do women make a choice about VBAC?

- ◆ Having a vaginal birth is very important to some women. For many, the benefits of trying a vaginal birth outweigh the risks. Women who deliver vaginally have less postpartum discomfort, shorter hospital stays, and describe a feeling of wellness sooner than those recovering from Cesarean section.
- ◆ Other women choose Cesarean birth because they do not want to go through labor. They may be more concerned about the risk of the uterus tearing and vaginal delivery than the risks of Cesarean birth.

- ◆ There may be added benefits and risks, some of them emotional, with either choice. We want you to discuss these with your provider and family.
- ◆ Future childbearing: If a woman is very certain in her desire to have no more children, then the VBAC benefit of less uterine scarring and a better place for the placenta to attach is not present and a repeat Cesarean section may be best. However, if there is even a small chance (10-20%) of another pregnancy, a low-risk VBAC may be the better choice.
- ◆ The purpose of this information is to help you make the choice that is best for **you**.

What is my hospital's experience with VBAC?

Shanghai United Family Hospital has been performing VBAC for 11 years. 60-80% of women who try VBAC have a vaginal birth. SHU has anesthesia staff, an experienced doctor for the baby and operating room services available 24 hours a day. Your risk of a tear in the uterus and how far along you are in labor determine if all these people are present in the hospital. In cases of uterine tearing, injury to the baby may occur. The risk of injury to the infant increases with

the time it takes to deliver the baby and damage to the placenta. We have specific response plans once a problem is detected. However, there is risk associated with every pregnancy. Risk can never be completely removed. We share the same goal as you: a healthy baby delivered to a healthy mother. We will make every effort to ensure this.

Vaginal Delivery Package

Effective date: January 1, 2017

This package contains the services and medication we provide to all expecting moms during their stay. See descriptions below.

Room Charge

LDRP room for up to 24 hours labor and delivery plus postpartum nights (including all meals)

Midwife Appointment

1 visit (can be used during pregnancy or up to three months postpartum)

Physician/CNM Fee

Normal delivery (NVD) including postpartum care (hospital and 1 office visit within 8 weeks) – mother only
 Pediatrician assessment, exam and treatment for newborn at delivery
 Normal newborn exam, assessment, and treatment during routine maternal hospitalization
 Normal newborn subsequent hospital care, per day, during routine maternal hospitalization

Nursing Care

One-to-one nursing care during labor
 Continuing postpartum nursing care
 Newborn care
 Basic breastfeeding counseling

Labor and Delivery Equipment and Disposable Supplies (as required)

Labor and delivery-related equipment and consumables
 Daily care-related equipment and consumables
 IV therapy-related equipment and consumables
 Neonatal resuscitation
 Oxygen delivery
 CTG monitor

For Mother

Medications as required for labor and delivery, including but not limited to postpartum anti-hemorrhage and analgesic drugs, except labor induction drugs, elective maternal vaccinations, and anemic supplements

Ringer solution x500ml, normal saline x100ml
 Normal saline irrigation x500ml
 Oral Tylenol 650mg or similar analgesic, including 1 pack for discharge home
 Enema/glycerin suppository, antiseptic solutions
 Lubricating jelly

Routine lab tests

CBC x2, PT (if needed), PTT (if needed)

For Baby

Medications (as required)

Vitamin K injection
 Erythromycin eye ointment
 Alcohol solution for cord care
 Diaper rash cream
 BCG vaccination (injection fee included during hospitalization period)
 Hepatitis B vaccination, first dose (injection fee included during hospitalization period)

Routine lab tests

Cord blood ABO, Rh, and Coombs
 Bilirubin level
 Neonatal screening: PKU, hypothyroidism+17OHP+G6PD
 Newborn hearing screening

Premium Package

2 postpartum nights

Total Price: RMB 85,352

Package Price: RMB 58,000

32%
OFF

Enrollment and payment terms:

Patients wishing to enroll in the package should contact the Admissions Officer and enroll in the package before the 20th week of pregnancy. 100% payment is required at 20 pregnancy weeks.

For a woman who has previously had a Cesarean birth chooses to attempt a natural birth:

When a woman who has previously had a Cesarean birth chooses to attempt a vaginal birth, this is called a vaginal birth after Cesarean or VBAC. Women who choose a VBAC are carefully observed by both midwives and doctors so that if any problems do occur they can be quickly addressed. Most expecting mothers who have no medical risks and choose a VBAC will be able to experience labor and give birth vaginally.

- ◆ If you would like to attempt a VBAC (vaginal birth after C-section), an additional RMB 12,000 will be added to your Vaginal Delivery Package price.
- ◆ If your attempted VBAC (vaginal birth after C-section) is unsuccessful and follows an emergency Cesarean section, you need to pay the difference between your Vaginal Delivery Package and a Cesarean Section Delivery Package. In addition, a surcharge of RMB 15,550 will be applied.

VBAC Procedure Attempt

(1) Successful VBAC

Vaginal Delivery Package Price + RMB 12,000

(2) Unsuccessful VBAC

Cesarean Section Delivery Package Price + RMB 15,550

Complicated Delivery is mandatory if indicated by your physician and may include the following:

- ◆ Breech position, vaginal delivery
- ◆ Placenta previa
- ◆ Placenta accreta / increta / percreta
- ◆ Significant uterine pathology, such as uterine fibroids, uterine septum, and adenomyosis
- ◆ Insulin dependent diabetes in pregnancy
- ◆ Thrombocytophilia patient in pregnancy
- ◆ Assisted vaginal delivery requiring vacuum and forceps (excluding VBAC)
- ◆ Previous c-section (x2 times) or above (excluding VBAC) (RMB 4,000 surcharge for previous c-section (x1 time))
- ◆ Severe pelvic adhesions during c-section
- ◆ Any maternal/fetal complications requiring emergency/crash c-section
- ◆ Other severe medical conditions in pregnancy (doctor will indicate upfront)

Delivery Package Price + RMB 8,000

Conditions

1. The patient is entitled use their UFH Lifetime Membership in advance, instead of after delivery, upon the purchase of a delivery package.
2. The following items are not included in the Vaginal Delivery Package and need to be paid for separately (20% off from Lifetime Membership benefit will be provided):
 - ◆ Entonox
 - ◆ Drugs or devices used to promote cervix softening during labor
 - ◆ Use of delivery room for over 24 hours (extra fees will be applied)
 - ◆ Additional antibiotic use
 - ◆ Prepartum or postpartum complications, blood transfusions, and other procedures outside of routine vaginal delivery
 - ◆ Additional postpartum hospital days and related consultation fees, tests, medications or consumables
 - ◆ Neonatal intensive care treatment
 - ◆ Others
3. If the trial of vaginal delivery fails and an urgent Cesarean section is required, then total hospitalization days will be charged by the chosen Cesarean Section Delivery Package, and the delivery room, and nursing and doctor fees associated with vaginal trial will not be charged as additional items.
4. Epidural for labor is not included in the package and will be charged at RMB 7,000 if requested by the patient, and other discount does not apply for this epidural price.
5. For multiple births, a surcharge of RMB 12,075 will apply for each additional baby, and other discount does not apply for this price.
6. Locally available BCG and the first injection of imported hepatitis B vaccines are included in the package. BCG vaccine will only be administered on certain days of the week. By showing this document, the patient is entitled to a free BCG vaccination during their hospitalization or up to 3 months afterwards if recommended by a doctor.
7. No refunds or credits will be issued for any unused visits, tests, or items except if medically unnecessary; unused items cannot be exchanged for any other items.
8. Refunds of delivery packages will be charged a RMB 5000 administrative fee except when the pregnancy is unexpectedly terminated.
9. This package is a special promotion; no itemized bill will be made available.
10. No membership discount or further discount will be given on the package price.
11. Shanghai United Family Hospital and Clinics reserves the right to make all final decisions and interpretations of this package.

Please call
(021) 2216 3900 ext. 3801
for more details about this package.

Cesarean Section Delivery Package

Effective date: January 1, 2017

This package contains the services and medication we provide to all expecting mothers during their stay. See descriptions below.

Room Charge

Private suite includes all meals.

Midwife Appointment

1 visit (can be used during pregnancy or up to three months postpartum)

Physician/CNM Fee

Cesarean section including postpartum care (hospital and 1 office visit within 8 weeks) – mother only
Pediatrician assessment, exam, and treatment for newborn at delivery
Normal newborn exam, assessment and treatment
Normal newborn subsequent hospital care, per day, during routine maternal hospitalization

Nursing Care

One-to-one nursing care during recovery period
Continuing postpartum nursing care
Newborn care
Basic breastfeeding counseling

Labor and Delivery Equipment and Disposable Supplies (as required)

Operating room use
Cesarean section-related (incl. anesthesia equipment, cardiac monitoring)
Daily care-related (dressing changes)
IV therapy related
Neonatal resuscitation
Oxygen delivery
NST x1

For Epidural

Naropin for anesthesia, fentanyl injection, morphine injection, bupivacaine injection, promethazine injection 25mg, ephedrine injection

For Mother

Medications as required for labor and Cesarean section delivery, including but not limited to prophylactic antibiotic, postpartum anti-hemorrhage (if required), and analgesic drugs, except labor induction drugs, elective maternal vaccinations, and anemia supplements :

Ringer solution x500ml, normal saline x100ml
Normal saline irrigation x500ml
Oxytocin 10IU (quantity as required)
Oral Tylenol 650mg or similar analgesic, including 1 pack for discharge home
Meperidine injection
Lubricating jelly

Routine lab tests

CBC x2
PT (if needed)
PTT (if needed)

Other

Anti-embolism stockings or SCD treatment

For Baby

Medications (as required)

Vitamin K injection, erythromycin eye ointment
Alcohol solution for cord care, diaper rash cream
BCG vaccination (injection fee included during hospitalization period)
Hepatitis B vaccination, first dose (injection fee included during hospitalization period)

Routine lab tests

Cord blood ABO, Rh, and Coombs,
Bilirubin level, neonatal screening: PKU, hypothyroidism+17OHP+G6PD
Newborn hearing screening

Premium Package 4 postpartum nights

Total Price: RMB 140,961
Package Price: RMB 98,000

30% OFF

Complicated Delivery is mandatory if indicated by your physician and may include the following:

- ◆ Breech position, vaginal delivery
- ◆ Placenta previa
- ◆ Placenta accreta / increta / percreta
- ◆ Significant uterine pathology, such as uterine fibroids, uterine septum, and adenomyosis
- ◆ Insulin dependent diabetes in pregnancy
- ◆ Thrombocytophilia patient in pregnancy
- ◆ Assisted vaginal delivery requiring vacuum and forceps (excluding VBAC)
- ◆ Previous c-section (x2 times) or above (excluding VBAC) (RMB 4,000 surcharge for previous c-section (x1 time))
- ◆ Severe pelvic adhesions during c-section
- ◆ Any maternal/fetal complications requiring emergency/crash c-section
- ◆ Other severe medical conditions in pregnancy (doctor will indicate upfront)

Delivery Package Price + RMB 8,000

Enrollment and payment terms:

Patients wishing to enroll in the package should contact the Admissions Officer and enroll in the package before the 20th week of pregnancy. 100% payment is required at 20 pregnancy weeks.

Please call
(021) 2216 3900 ext. 3801
 for more details about this package.

Conditions

1. The patient is entitled use their UFH Lifetime Membership in advance, instead of after delivery, upon the purchase of a delivery package.
2. The following items are not included in the Cesarean Section Delivery Package and need to be paid for separately (20% off from Lifetime Membership benefit will be provided):
 - ◆ Additional antibiotic use
 - ◆ Prepartum or postpartum complications, blood transfusions, and other procedures outside of routine Cesarean section delivery
 - ◆ Additional postpartum hospital days and related consultation fees, tests, medications or consumables
 - ◆ Neonatal intensive care treatment
 - ◆ Others
3. If the trial of vaginal delivery fails and an urgent Cesarean section is required, then total hospitalization days will be charged by the chosen Cesarean Section Delivery Package.
4. For multiple births, a surcharge of RMB 12,552 will apply for each child, and other discount does not apply for this price.
5. Locally available BCG and the first injection of imported hepatitis B vaccines are included in the package. BCG vaccine will only be administered on certain days of the week. By showing this document, the patient is entitled to a free BCG vaccination during their hospitalization or up to 3 months afterwards if recommended by a doctor.
6. No refunds or credits will be issued for any unused visits, tests, or items except if medically unnecessary; unused items cannot be exchanged for any other items.
7. Refunds of delivery packages will be charged a RMB 5,000 administrative fee except when the pregnancy is unexpectedly terminated.
8. This package is a special promotion; no itemized bill will be made available.
9. No membership discount or further discount will be given on the package price.
10. Shanghai United Family Hospital and Clinics reserves the right to make all final decisions and interpretations of this package.

1. If I stay less than 2 nights postpartum, is there a price adjustment or credit to my account?

No. Our delivery packages are specially designed to provide patients with the minimum to meet an international level of care. This may not suit every patient's specific needs. Items included in the package that are not used or are refused by the patient are ineligible for refunds or discounts. Additional items that are used but not included in the package will be charged separately.

2. Should I pay extra if my labor is induced?

If some of the cervical ripening drugs or instruments are needed or if your labor and delivery room occupancy is more than 24 hours. Your doctor will discuss in details with you based on your individual situation.

3. Is medicine to "augment" my contractions included in the packages?

Yes. Augmentation of labor is when you are already in labor, but the contractions need strengthening. This is done with Pitocin, and is included in the package price.

4. Are my baby's follow-up pediatrician visits covered in the package?

No. Pediatric follow-up visits are not included in the package price. Please speak to our Department of Pediatrics or United Family Home Health about their recommendations to get your child on a well baby check-up schedule.

5. If I need an episiotomy or repair of a vaginal laceration, is this included in the package?

Yes. An episiotomy and repair of a vaginal laceration are both included in the package.

6. If I require an ultrasound during my delivery or postpartum care, is this covered?

No. The use of an ultrasound is usually needed if a complication arises and is used to ascertain the well-being of the baby. Sometimes, an ultrasound is required after the delivery to ascertain whether all the placenta has been successfully removed. This is only an estimate, as the actual charge will depend upon the treatment necessary for each unique case.

7. Is there an additional charge if a second obstetrician assists with my delivery?

There will be no additional charge if a second obstetrician assists with your delivery.

**Frequently
Asked
Questions
about Delivery
Packages**



Postpartum Care and Rehabilitation



Our international team of physical therapists has carefully designed postpartum recovery plans that can be individualized to fit each new mother's specific needs. We want to help you feel your best so you can spend the most time with your new baby.

Postpartum recovery is vital for new mothers

Q Why is postpartum rehabilitation so important?

A Comprehensive and effective postpartum rehabilitation can help mothers recover strength in their uterus and abdominal muscles, reduce the risk of gynecological disease, and prevent neck and back pain. Rehabilitation can help the body regain pre-pregnancy conditions, help new moms avoid postpartum depression, and boost overall confidence and happiness in life.

Q What health challenges can women face during postpartum?

A During postpartum, women can be prone to many health issues, including relaxation of the abdominal wall and pelvic floor muscles, accumulation of fat, milk duct problems, hair loss, neck, back, and heel pain, and depression.

Q Why does a woman's body change after delivery?

A A series of musculoskeletal and hormonal changes occur in a woman's body during her pregnancy and delivery. The first several weeks after delivery, rapid changes in hormones and metabolism may make new mothers vulnerable in both body and mind.

Pregnancy and Childbirth Classes 2017

At Shanghai United Family Hospital we recognize that making the decision to have a baby is one which carries with it a great deal of responsibility and is one which often requires a great deal of ongoing care and support. Our teaching program is an important part of this ongoing care. In a friendly informal setting, our experienced staff provides the necessary education and guidance to help parents face the pregnancy and delivery with confidence and understanding. Our classes not only provide the opportunity to explore different aspects of pregnancy and parenthood, they also provide a great opportunity to make friends with others in a similar situation.

Childbirth Preparation Classes (Free)

Later in your pregnancy, our series of three childbirth classes are offered, (best time to take is between 28-34 weeks) which are designed to familiarize couples with what to expect in late stages of pregnancy, and how to recognize the onset of labor. Advice is given on different aspects of pregnancy see "Summary Poster".

Every Wednesday, 7 pm – 9 pm, series of 3 classes

Expected Date of Delivery	Class Date
Feb/Mar 17	Jan 4, 11, 18
Apr/May 17	Mar 01, 08, 15
Jun/Jul 17	May 10, 17, 24
Jul/Aug 17	Jun 07, 14, 21
Oct/Nov 17	Sep 06, 13, 20
Dec/Jan 18	Nov 08, 15, 22

Please register with Jojo Xin at the OB/GYN OPD or call

2216 3900 ext. 1658 or ext. 1700

Please sign up for the class earlier, if you planning to return to your home country for the birth. The date maybe subjected to change. Please confirm with OB department.

For more details, please call

22163900 ext.1700





Give birth between January 1 and December 31, 2017, and you'll receive a complimentary bag full of gifts from us. For more information, scan the QR code below.



United Family Healthcare
和睦家医疗

Our OB Coordinator will be happy to provide online coordination and guidance for your appointment. To make an appointment or for more information, please call our Appointment Center at **400 639 3900**. Please call **(021) 2216 3900 ext. 3801** for more details about prenatal and delivery packages.



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