

Maternal and Child Health Frequently Asked Questions

Antenatal Care

1. Why are antenatal visits necessary?

To evaluate health risks for mother and baby, and provide early detection and treatment if problems exist.

2. Is there a charge?

There is \$10 fee for the pregnancy test.

3. How long is the waiting period at each visit?

That depends on how busy your clinic is; if very busy, you may have to wait awhile, even though you have an appointment. Some clinics give “staggered” appointments to reduce waiting time.

4. What should I bring for my visit?

You will need a valid passport, driver’s licence, or voter registration card, and your immunization record.

5. Are the results confidential?

Yes.

6. Can fathers attend?

Yes.

7. Is family planning information given?

Yes.

8. What if I miss an appointment?

Request another one as soon as possible.

9. Are there additional classes and information sessions offered?

Yes. ParentCraft and Breastfeeding classes.

10. What are some minor ailments associated with pregnancy?

- Morning sickness/heartburn/nausea
- Constipation
- Backache
- Varicose veins
- Swelling
- Faintness
- Insomnia
- Depression

11. What are some things to avoid during pregnancy?

- Alcohol
- Cigarette smoke
- Toxic fumes
- Auto accidents
- Excess caffeine

12. What are some warning signs that should be reported immediately?

- Sudden swelling
- Bleeding
- Leaking or gushing fluids
- Fever
- Pain, burning on urination
- Premature labour

13. What are the signs of premature labour?

- Regular contractions not relieved by rest
- Pelvic pressure that feels like the baby is pushing down
- Abdominal cramps with or without diarrhea
- Blood or watery liquid leaking from the vagina
- Low, dull backache

14. What are some of the risk factors associated with pre-term labour/delivery?

- History of preterm labour/delivery or previous low infant birth-weight
- Multi-foetal pregnancy (for example, twins or triplets)
- Maternal age (less than 17 or over 35 yrs)
- Black race
- Folic acid deficiency
- 3+ spontaneous terminations
- Uterine abnormalities
- Infections
- Bleeding
- Anaemia
- Obesity
- Drug or alcohol abuse

Child Health Clinic

1. If my child is not sick, is the check-up still needed?

Yes. It is not advisable to wait until there is something wrong. The check-up allows the health, growth and development to be assessed and monitored.

2. Is there a charge?

No. Child Health Care service is free.

3. How long is the wait?

It varies from one Community Health Clinic to another.

4. What do I need to bring to the clinic?

On the initial visit, you will need the child's birth certificate. It is important to take along the child's immunization card at all subsequent visits.

5. If I attend a private doctor, can I still attend the clinic?

Yes. Do bring along the child's immunization record.

Gynaecological Clinic/Reproductive Health

1. When will I get my pap smear results?

In approximately 3 weeks.

2. How often should I get a pap smear?

It is recommended that you have a pap smear done yearly.

3. Is a pap smear painful?

No. Some women may find it uncomfortable.

4. Is the gynaecology clinic free?

There is a \$10 dollar registration fee and there maybe an additional charge for certain tests.

5. What should I do if I notice discolouration, discharge or other changes in my breasts?

Go to the nearest Community Health Care Clinic as soon as possible.

Home Visits

1. Should fathers be present?

Not necessarily, but this is encouraged.

2. How do I prepare for the visit?

Mothers should give clear, detailed home directions while in hospital, and then make themselves available to receive nurses when at home.

Postnatal Services

1. Why is this necessary?

To ensure the continued health and well being of mother and baby.

2. Is there a charge?

No. Services are free.

3. If my child was stillborn, should I still attend the postnatal clinic?

Yes.

4. What are warning signs that should be reported immediately?

- Fever – 38 degrees C/100.4 degrees F or above
- Increased pain in the abdomen or caesarean section incision
- Swelling or discharge from the C-section/episiotomy
- Passing plum-sized clots
- Cracked, bleeding nipples
- Tender, reddened breasts
- Burning during urination

Ultrasound Scan

1. Will this procedure hurt?

No. But the gel that is used may feel cool when on contact with the skin.

2. Is it safe for my baby?

Yes.

3. At what stage of pregnancy is it done?

Approximately 18 weeks. However, it may be performed earlier or later as deemed necessary by your healthcare provider.

4. Can it determine the sex of my baby?

Yes. The scanned image may reveal whether the foetus is a male or female.