

產前護理

Prenatal Care

Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you about every 4 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

What to Expect at Your Prenatal Visits

Your First Visit

Your first visit will be your longest visit.

During this visit:

- Your height, weight and blood pressure are checked.
- Your blood is drawn to check for diseases and low iron levels.
- You will need to give a urine sample to check for infection, sugar and protein.
- You will be given a due date, an estimate of the day your baby will be born.
- You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
- Your doctor will do a physical exam including a pelvic exam with pap smear.
- The doctor will tell you to start taking a prenatal vitamin with folic acid.
- Make an appointment for your next visit.

產前護理是指您在孕期獲得的健康護理。一旦您認為自己已懷孕，請儘快預約一次產前覆診。此類覆診能夠幫助您健康地度過孕期，並發現問題，不至於使您或您的寶寶的問題變得嚴重。在您懷孕的頭六個月期間，醫生希望您每隔4至6週覆診一次。在懷孕的最後三個月期間，您將需要增加覆診的次數。

這是一份指南。如果您有問題，醫生可能會希望您增加覆診次數或者進行更多測試。

產前檢查注意事項

首次覆診

首次覆診的持續時間最長。在本次覆診期間：

- 將檢查您的身高、體重和血壓。
- 醫生將給您抽血以檢查是否有疾病及低鐵質。
- 您將需要提供尿樣，以檢查感染、血糖和蛋白質。
- 醫生將告知您預產期，即寶寶的估計出生日期。
- 醫生將詢問有關您自己、伴侶、家庭成員及您服用的藥物和草藥的問題。
- 醫生將給您體檢，包括以巴氏塗片法進行骨盆檢查。
- 醫生將讓您開始服用包含葉酸的產前維他命。
- 預約下一次覆診。

At All Prenatal Visits

- Your blood pressure, weight, urine and general health are checked.
- Your baby's heart rate and growth are checked.
- Other tests such as a blood test or an ultrasound may be done.
- Ask questions and share any concerns about yourself and your baby.

Tests

There are routine tests that are suggested for all women to monitor the health of you and your baby. Talk to your healthcare provider if you have any questions or concerns. Common tests include:

- **Blood tests check for:**
 - Blood type
 - A protein called Rh factor. This blood test checks to see if you are Rh positive or negative.
 - Iron level
 - Hepatitis B
 - Antibodies to show you are immune to German measles (rubella)
 - Antibodies to show you are immune to chickenpox (varicella)
 - Cystic fibrosis
 - Sickle cell anemia
 - Syphilis
 - HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. All pregnant women are encouraged to get this blood test. You may be asked to sign a consent form before the test. Test results are confidential.

所有產前檢查

- 醫生將檢查您的血壓、體重、尿液和總體健康情況。
- 醫生將檢查您寶寶的心率和生長情況。
- 醫生可能將進行其他檢查，如驗血或超音波檢查。
- 請提問題並詢問有關您自己和嬰兒的關注事宜。

檢測

建議所有孕婦進行常規檢查，以監測您和寶寶的健康情況。若有任何疑問或擔憂，請諮詢您的醫療保健機構。常見測試包括：

- **驗血，以檢查：**
 - 血型
 - 一種稱為Rh因數的蛋白。此項血檢將檢查您是Rh陽性還是陰性。
 - 鐵的含量
 - B型肝炎
 - 顯示您對德國麻疹（風疹）有免疫力的抗體
 - 顯示您對水痘有免疫力的抗體
 - 囊性纖維化
 - 鎌狀細胞貧血
 - 梅毒
 - 愛滋病毒（HIV）。妊娠、分娩和哺乳時，可能發生愛滋病的母嬰傳染。建議所有孕婦均進行此項血檢。檢查前可能會要求您簽署知情同意書。檢查結果保密。

- Some types of birth defects in your baby. This test is called a quad screen and is a group of blood tests that check for increased risk of some types of birth defects in your baby. This test includes an alpha fetoprotein (AFP) test. The quad screen is done between 15 and 20 weeks of pregnancy.
- **One-Hour Glucose Challenge or Glucose Screening** This test measures your body's response to glucose (sugar) to check for gestational diabetes. It is done for all pregnant women between 24 to 28 weeks of pregnancy. However, if you have certain risk factors your doctor may have you take the test earlier. To complete the test, you must drink a special soda that has a large amount of sugar. Then you will have your blood drawn in exactly one hour. If your test results are not normal, you may need a second test, a 3-hour glucose tolerance test (GTT).
- **Amniocentesis** - This test checks for genetic diseases and is often done between 15 and 20 weeks of pregnancy. The doctor puts a needle through the woman's abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.
- **Chorionic Villus Sampling (CVS)** - This test is an alternative to the amniocentesis test. A sample of cells is removed from the placenta to check for genetic diseases. This test can be done earlier in pregnancy (at 10 to 12 weeks), but the risks of this test are higher.
- 寶寶是否有某些類型的出生缺陷。此項檢查稱為四聯篩檢，由多項血檢組成，用於檢查寶寶發生某些出生缺陷類型的風險是否偏高。此項檢查包括甲胎蛋白 (AFP) 檢測。四聯篩檢在妊娠15週至20週之間進行。
- **一小時葡萄糖激發測試或葡萄糖篩查**這項測試可測量您的身體對葡萄糖 (血糖) 的反應，以檢查您是否患有妊娠期糖尿病。所有妊娠 24 至 28 週的孕婦均需要進行該項測試。但如有某些風險因素，醫生可能會讓您提前進行該項測試。測試時，您必須喝一種含有大量糖的特殊汽水。一小時整後進行抽血。如測試結果異常，您可能需要進行第二次測試，即 3 小時葡萄糖耐量測試 (GTT) 。
- **羊膜穿刺** - 此項檢查為遺傳疾病檢查，往往是在妊娠15週至20週之間進行。醫生會用針刺穿孕婦的腹部，抽取少量的羊水。然後將羊水送往實驗室進行檢驗。
- **絨毛膜取樣 (CVS)** - 此項檢查可替代羊膜穿刺檢查。從胎盤取得細胞樣品，進行遺傳疾病檢查。此項測試可在妊娠早期 (10至12週) 進行，但是檢查的風險較高。

- **Group B Streptococcus (GBS)** - GBS is a common bacteria found in the vaginas of women. It can cause infection in the baby. This test involves swabbing the vagina and rectum, usually between 35 and 37 weeks of pregnancy.
- **Tests to monitor fetal health:**
 - Fetal Movement Count – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
 - Ultrasound – You will have at least 1 ultrasound during your pregnancy, often at 18 to 20 weeks of pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.
 - Doppler Ultrasound – This test is done to check blood flow to the baby.
 - Non-Stress Test – This test measures the baby's heart rate in response to his or her movements. This test is painless and involves putting patches on the mother's abdomen.
 - Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound.
 - Modified Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound. Amniotic fluid is also checked.
 - Contraction Stress Test – This test measures the baby's heart rate when the uterus contracts.
- **B群鏈球菌 (GBS) 檢查**- GBS是女性陰道內的一種常見細菌。該菌可導致嬰兒感染。此項檢查須對陰道和直腸進行擦拭採樣，通常在妊娠35週至37週之間進行。
- **胎兒健康監控檢查：**
 - 胎動計數 – 此項檢查在家中進行。取側臥體位，數胎動，看多長時間內有10次胎動。
 - 超音波檢查 – 妊娠期至少進行一次超音波檢查，往往是在妊娠18週至20周之間進行。醫生可能會增加超音波檢查次數，以檢查胎兒的生長情況或健康狀況。
 - 多普勒超音波檢查 – 此項檢查用於檢查流向胎兒的血液流動情況。
 - 非應激試驗 – 此項檢查用於測量胎兒的心率與胎動之間的關係。這是無痛檢查，檢查時將探頭放在孕婦的腹部。
 - 胎兒生理活動檢查 – 此項檢查系監控胎兒的心率，同時進行超音波檢查。
 - 改進的胎兒生理活動檢查 – 此項檢查系監控胎兒的心率，同時進行超音波檢查。此外，還檢查羊水。
 - 宮縮應激試驗 – 此項檢查測量子宮收縮時的胎兒心率。

At anytime during your pregnancy, call your doctor right away if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4 to 6 times in an hour.
- You notice a decrease in your baby's movement
- You have a headache that won't go away.
- You have vision changes, such as blurred, tunnel or double vision.

妊娠期間如有下列情形，請立刻打電話給您的醫生：

- 羊膜破裂或羊水漏出。
- 陰道出血。
- 一小時內超過 4至6 次痙攣或宮縮。
- 發現胎動減少。
- 持續頭痛
- 視力變化，如模糊，視野收窄或復視。