

ANTENATAL CLASS



To help you prepare for the arrival of your baby, we invite you to attend our complimentary antenatal class taught by our Consultants. This class is recommended for women in their third trimester (27 weeks onwards). Spouse is encouraged to attend and a light snack will be provided.

The class covers :

- ▶ Labour symptom
- ▶ Episiotomy
- ▶ Epidural anesthesia
- ▶ Newborn care
- ▶ Techniques for coping with labor pain
- ▶ Stages of labor
- ▶ Postpartum period
- ▶ Wound care
- ▶ Caesarean section
- ▶ Breastfeeding

The class will then be followed by a visit to the labor suite and maternity ward.

Our class are most effective when taken together and in the right order.

Classes will be held on the 4th Saturday of each month, from 9 am to 5 pm, at the Conference Room at level 2 of KPJ Klang Specialist Hospital.

Please contact **Roslina** at roslinaak@kpjklang.com or **03-33777933 / 34** for more information

** Free for patients receiving antenatal care at KPJ Klang Specialist Hospital or RM 150.00 per class otherwise, to be paid upon registration.

What to bring to the hospital:

We will provide everything that your baby will need after birth, including diapers and wraps, and we suggest that you bring the following with you:

- ▶ Toiletries
- ▶ Antenatal Record Book
- ▶ Underwear and nursing bra
- ▶ One set of clothes for baby and mother on discharge.

Please leave your valuables at home.

Useful Telephone Numbers (Call 03-33777888 with Ext)

	Operating Hours	Ext
Clinics	8.30 am to 5 pm	Dr Vijayavel Vadiveloo 7902
		Dato' Dr Sivamohan 7861
		Dr Lilian George 7901
		Dr Asmah Mastor 7861
Maternity Ward	24 hours	7933
Emergency		7822

