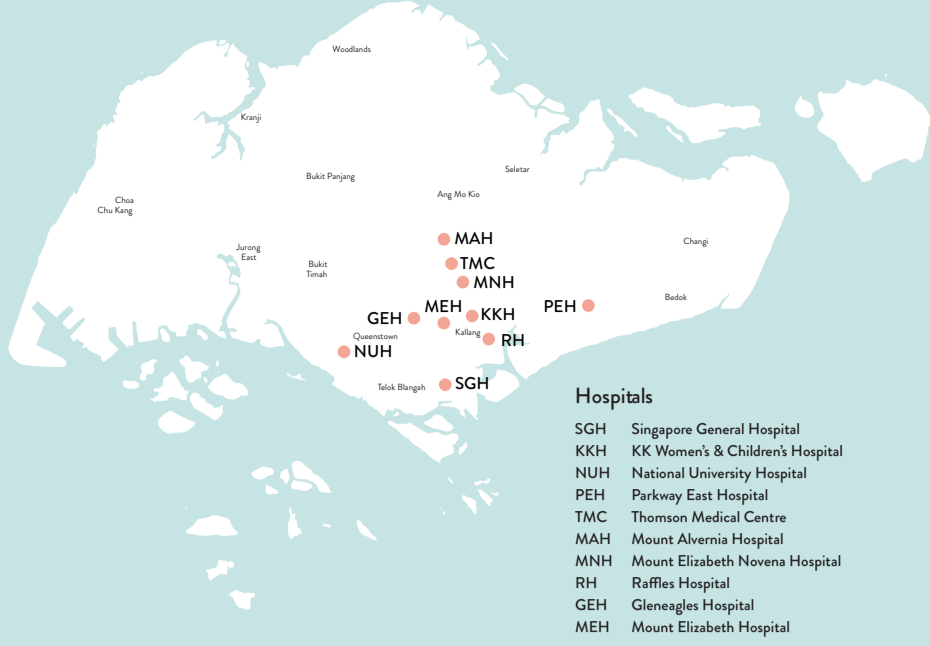


Choosing Your Maternity Hospital In Singapore

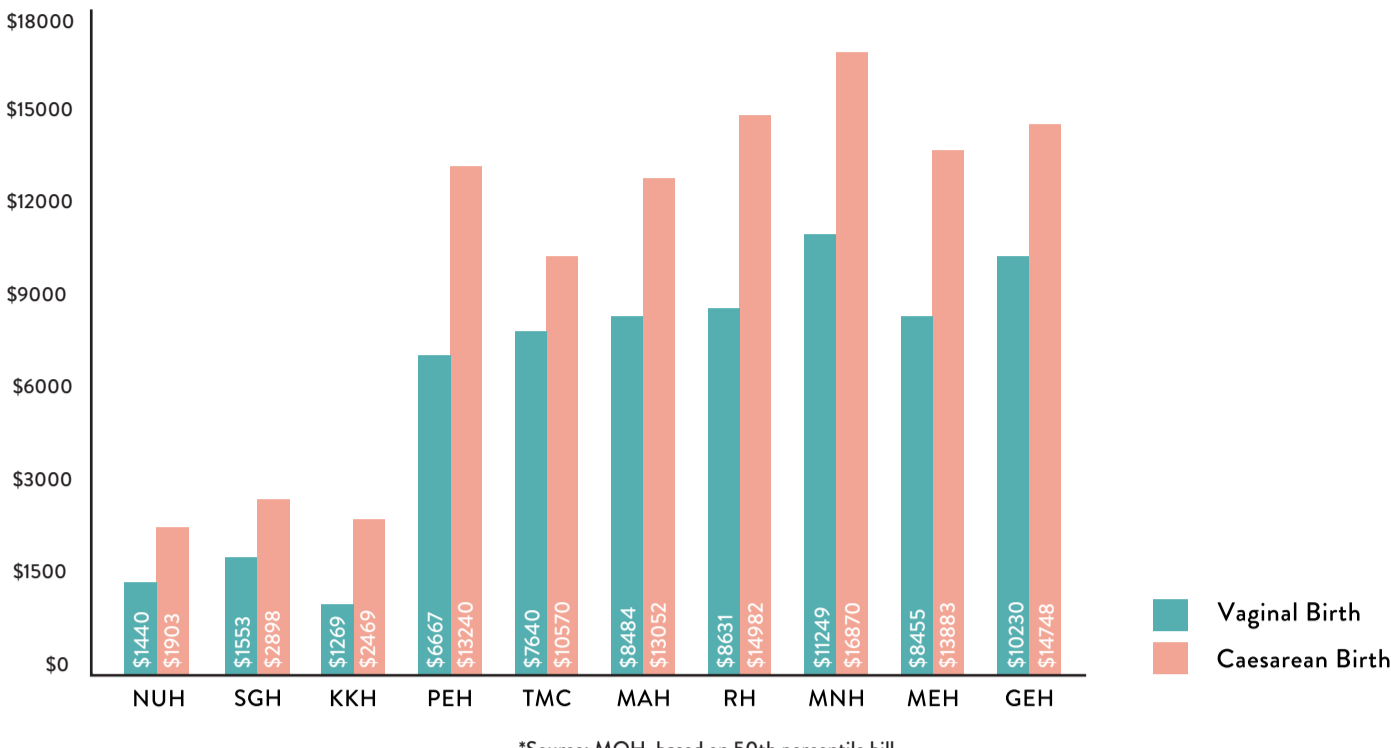
Not sure where you want to give birth in Singapore, Mama?

While all maternity care in Singapore is of a very high international standard at both public and private hospitals, there are significant differences in the offerings and costs!

We've put together a handy **guide to Singapore maternity wards** that breaks down all the important factors, from the average cost of giving birth (natural or C-section), to the availability of water birth, to the number of birthing suites available (hot tip: a couple of hospitals have more births per day than they do delivery rooms...you do the math!).



Cost of Public Vs Private



Additional Costs



Antenatal

- Antenatal Classes
- Doctor Fees
- Doula Services



Labour

- Epidural
- Emergency C-Section
- Anaesthetist
- Water Birth



Postnatal

- Unexpected ICU Expenses
- Complications
- Lactation Consultant

These come in addition to the delivery & can cost anything from \$1,000 to \$100,000

Good to Know



Private

- Fewer Beds
- Private Patients Only
- More Expensive
- Not as Well Equipped
- Tend to be Shorter
- More Flexible
- Higher Comfort/ Pampering

VS



Government

- More Beds
- Option: Private or Subsidised
- Less Expensive
- Better Equipped
- Tend to be Longer
- Stricter
- Lower Comfort/ Pampering

* Only for Singaporeans & PRs
** Referring to Operating Theatres, ICU & NICUs

Other Useful Facts



Hospital



Delivery Rooms



Single Rooms



Babies Born per Day

Singapore General Hospital	8	8	3
KK Women's & Children's Hospital	28	33	30-35
National University Hospital	8	26	7
Parkway East Hospital	5	6	NA
Thomson Medical Centre	12	50	17
Mount Alvernia Hospital	11	34	16
Mount Elizabeth Novena Hospital	7	32	NA
Raffles Hospital	6	8	2-3
Gleneagles Hospital	10	19	NA
Mount Elizabeth Hospital	7	28	NA

*Most hospitals won't guarantee you a single room, but Sassy Mamas report that it's not usually a problem.

When Visiting Hospitals



Look For:

- ✓ Childbirth classes
- ✓ Breastfeeding classes
- ✓ NICU and operating suites
- ✓ Nurse-to-patient ratios
- ✓ Caring, expert staff
- ✓ Private rooms
- ✓ Accommodations for your partner in case of an overnight visit

What Mamas Say...

Singapore General Hospital (SGH)

Best for: Value for Money, High Risk Obstetrics

"The aftercare was amazing with nurses calling me every two days to find out if I had any issues breastfeeding or if I was going through any baby blues." - Jasmine

Gleneagles Hospital (GEH)

Best for: 5-Star experience

"Overall I had a great experience at Gleneagles. I had some hits and misses with the nursing staff in the labour ward, but the delivery team that attended to me when push came to shove (uh, literally) was fantastic." - Kate

National University Hospital (NUH)

Best for: Natural Birth, Water Birth

"They are one of the more progressive hospitals when it comes to maternity care. Excellent facilities, are happy to facilitate immediate skin-to-skin, rooming in etc." - Kirsten

Parkway East Hospital (PEH)

Best for: East Coast Mamas, Cosy Experience

"Overall the nurses were easy to work with and the quality of care was excellent. They listened to our requests and made sure we were as comfortable as possible during labour and recovery. Food options are limited, though." - Kristin

Thomson Medical Centre (TMC)

Best for: Natural Birth, Water Birth

"I chose Thomson because it was small. Everything you need from doctors and bloodwork, to food and pharmacy is convenient and close by when you need it. I also loved that the nurses at Thomson left us to bond with our baby for a long time. Those quiet moments with our new little one were absolute bliss!" - Jennifer

Mount Alvernia Hospital (MAH)

Best for: Catholic Hospital

"I was at Mount Alvernia and found the nurses warm and caring, and the lactation consultant was very encouraging and really helped me on my breastfeeding journey." - Parul

Mount Elizabeth Hospital (MEH)

Best for: Central Location

"My little one arrived 4 weeks early and I had not registered or completed any hospital paperwork. They managed that with no issues and were very accommodating. Due to the early arrival my husband was unfortunately out of town. The nursing staff went above and beyond to be my support network while there." - Kristin

Raffles Hospital (RH)

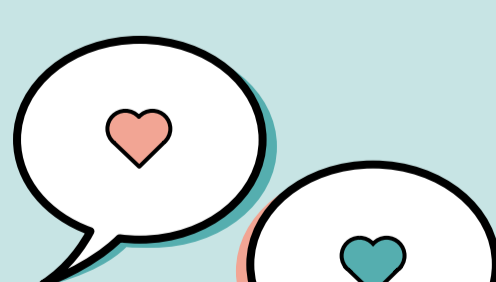
Best for: Convenient CBD Location, High Risk Obstetrics

"Rooms are always clean, food was tasty by hospital standards and the staff are great. Request a room not right next to the nursing station if possible as it gets a little noisy." - Mariana

KK Women's and Children's Hospital (KKH)

Best for: Neonatal Care, High Risk Obstetrics

"I've always been sure I wanted to deliver at KKH. It just made me feel safe to know that this was the best equipped hospital in Singapore to deliver babies. I was very comfortable in my room, and most importantly, my wishes for direct skin-to-skin, immediate breastfeeding, and rooming-in with baby were accommodated without question. A bonus were lactation consultants who helped me with the first few days of breastfeeding in their jolly "aunty-like" manner!" - Nadia



Get Ready

Pack Your Hospital Bag:

- ✓ Picture ID, Insurance card
- ✓ Birth plan
- ✓ Toiletries
- ✓ Marriage Certificate
- ✓ Bathrobe & Slippers
- ✓ Comfy Shoes & Clothes
- ✓ Car Seat
- ✓ Electronics Chargers



Be Prepared: 95% of babies are born within 2 weeks of their due date

This guide is just a starting point, mama: we very much encourage you to do your own research, visit the hospitals yourself to take a tour and speak with your OBGYN about their preferences and requirements.

And of course you can always check out sassymamas.com/pregnancy for tons of expert advice on how to have a happy and empowered birth!

Sassy Mama