

SETTING UP HOME • INTERIOR DÉCOR • THINGS TO DO

expat **LIVING**

CITY GUIDE

Singapore

ALL YOU NEED TO NAVIGATE LIFE ON THE ISLAND

CHOOSING SCHOOLS • HEALTHCARE • DINING ... & MORE!

#2 BABY TALK

If you're planning on having a baby, Singapore has all the facilities, including obstetrics and gynaecology specialists like **DR CHRISTOPHER NG**. He can be there for you all the way, from fertility issues to prenatal testing, pregnancy monitoring and the successful delivery of your healthy baby.

How can infertility be treated?

Most common is in vitro fertilisation (IVF): placing a fertilised egg, or embryo, in the uterus in the hope that it will implant. First, medication is prescribed to ensure multiple mature eggs, which are then extracted from the ovary with the aid of a needle and combined with healthy sperm. Transferring fewer embryos into the uterus reduces the risk of multiple pregnancies, and any extra embryos may be frozen. The younger the woman, the higher the success rate of IVF.

What is the purpose of antenatal screening?

First trimester screening can be of much relief and offer reassurance of a healthy pregnancy.

The OSCAR first trimester screening, performed between 11 weeks to 13 weeks and six days, involves a blood test and an ultrasound scan that will flag the risk of your baby having Down or another chromosomal syndrome, or a neural tube defect such as spina bifida.

After successful conception and pregnancy support, what is your approach to the delivery of a healthy baby?

A birth plan can be useful, especially if you have particular ideas as to how you'd like your delivery



to be conducted. Special requests can include, for example: no epidural, avoiding episiotomy if possible, a warm tub, aromatherapy candles, or being able to walk around.

Pregnancy is a natural event, so I would encourage a natural, vaginal delivery as far as possible. Having said that, every woman is unique, and every pregnancy and every birth is a unique experience. Should medical intervention be necessary for the safety of you and your baby, we would of course get your informed consent.

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