

產兆，意即生產前的徵兆，從預產期的前2週至後2週都算正常生產期，當孕婦進入生產期之前，需要辨別各項產兆，避免產生不必要的焦慮。

Childbirth symptom means any symptom before delivery. Two weeks before or after the estimated delivery date are considered to be the normal delivery period. Pregnant women before entering the delivery period should learn how to distinguish childbirth symptoms from other health symptoms in order to eliminate unnecessary anxiety.

可能出現的產兆有

Possible childbirth symptoms include

- 1 輕鬆的感覺：因為胎兒下降至骨盆腔內，孕婦通常會覺得食慾較好，呼吸較順暢。但是容易頻尿，下腹部或會陰部會有沉重感。

Feeling of relaxation: Near term pregnant women usually have better appetite and smoother breathing because of the descent of the baby to the pelvic cavity. Meanwhile, they urinate more frequently and feel heavier in the lower abdomen and perineum.

- 2 落紅：當子宮頸口漸開時，子宮頸的黏液混合少許血液流出稱之為落紅。

Bloody show: When the cervix opens, the mucus inside the cervix will mix with the blood and is discharged out of the body.

- 3 陣痛或腰酸：隨子宮收縮而產生，有下列特性：

Labor pains or aching back: The following conditions may occur as the uterus contracts.

- 陣痛時子宮變的很硬，不痛就會變軟。

The uterus becomes harder as labor pain occurs, but it will go back to its normal condition when the pains are gone.

- 開始時為不規則疼痛，漸漸轉變為規則，而且疼痛隨著時間漸漸加長。

The pains begin in an irregular pattern. As time passes, the pains become more regular. The duration of the pains increases as well.

- 痛的部位在整個腹部及背部，尤其是在尾骶骨處有酸痛感。

The pains are distributed over the abdomen and the back, especially the tail bone area.

- 不會因按摩或走動而減輕疼痛。

Massaging or walking will not help alleviate the pain.



產兆

Childbirth symptom



- 4 破水：因為羊膜破裂羊水流。
Water break: Amniotic fluid flushes out of the body because the rupture of the amniotic sac.

當您出現下列任何一項徵兆時，就該來醫院了
You should come to the hospital when any one of the following symptoms occurs

- 規則陣痛：第一胎產婦與醫院距離50分鐘車程以內，每隔7-8分鐘陣痛一次，或第二胎(含以上)產婦規則陣痛。
Regular labor pains: If you are having your first baby, and you are having the pain every 7 to 8 minutes (if you can arrive within 50 min) or if you are having your second (or more) baby and start to have regular pains. You should come to the hospital.
- 落紅：子宮頸黏液含多量血液流出時。
Bloody show.
- 破水。
Water break.

住院時須準備之用物
Necessary items for check-in

- 1 證件：健保卡、孕婦健康手冊及夫妻雙方身分證（無身分證者請攜帶戶口名簿或居留証）。

Identifications: Health insurance card, Health record for pregnant women, and IDs of the couple (those who do not have IDs should bring the certificate of residence or the residence permit).

2 用物 Personal items

- 盥洗用具、餐具、環保杯、衛生紙。
Bathroom necessities, dining utensils and chopsticks, reusable cups, and toilet paper.
- 陪產者請自備棉被或至地下一樓維康租借。
The caregiver of the pregnant woman should bring his/her own blanket. It is also available for rent from the drug store in B1 level.

3 其他 Other items

- 請勿帶過多現金、金飾及貴重物品。
Please do not carry too much cash, jewellery, or valuables.
- 衛生棉墊、紙褲（可自備，亦可於產房購買）。
Sanitary pads, paper underwear (self-prepare or purchase from the drug store).
- 新生兒衣物及包被（請於出院時帶來即可）。
Clothing for the newborn (needed when you check out).

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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