A Communication Tool Specific for Maternity Department

Pregnancy *Source provided by WDHB Midwife Team*	
English	**Traditional Chinese**
Have you tested your urine?	您是否驗過尿？
Can I take your blood pressure?	我可以為您測量血壓嗎？
Would you lie on the bed so I can feel your tummy and listen to your baby's heart beat?	請您躺在床上，這樣我可以摸到你的肚子來聽您寶寶的心跳
Is baby moving well?	寶寶動的正常嗎？
Baby needs to be moving at least 10 times a day. Please contact doctor/nurse if baby is moving less than 10 times a day	寶寶需要每天移動 10 次。請聯係醫生/護士如果寶寶移動少於 10 次每天
Can you go to the laboratory to have a blood test?	您可以去化驗室去驗血嗎？
This blood test (polycose test) is to see if you have diabetes in this pregnancy. When you go to the laboratory, they will give you a sweet drink and take your blood 1 hour after. So you will need to wait in the laboratory for 1 hour.	此次血檢（多糖測驗）是用來檢測您懷孕期間是否有患糖尿病。您去化驗室，員工會給您甜的飲料然後一個小時后取你的血樣。 所以您需要在化驗室等待一個小時
The polycose test was high so you need to do a 2 hour test called Glucose tolerance test	多糖測試太高，所以您需要做一個兩個小時的檢測叫做葡萄糖耐力測驗

Pregnancy *(continue…)* *Source provided by WDHB Midwife Team*	
English	**Traditional Chinese**
GTT Information (Glucose tolerance test): You must book an appointment at the lab, in case they cannot do the test that day. Book for 8.30am or 9am. Fast from 10pm, no eating or drinking, only water. They will take your blood Give you a sweet drink Take your blood after 1 hour then after 2 hours	GTT 信息（葡萄糖耐力測驗）： 您必須要在化驗室預定約見，以防化驗室無法在那天進行這項測試。 預定在上午 8.30 或者上午 9 點 從晚上十點開始禁食，不可以吃喝，只能喝清水。 員工會取你的血樣 給你甜的飲料 在一個小時后取你血樣然後等待兩個小時再取血樣
Blood test results are normal	血檢結果正常
Your blood test shows your iron is low	您的血檢顯示您體內鉄低
I will give you a prescription for iron. Take 2 in the morning with breakfast and 2 in the evening with your dinner	我會給你開鉄剂的處方 早餐服用兩片 晚餐服用兩片
You will need to go to the pharmacy to get the tablets	您需要去藥店拿藥
We need to book a scan for you To check the anatomy of the baby. To check baby is growing well.	我們需要給你安排一次掃描 來檢查寶寶的骨骼 來檢查寶寶是否良好成長
Scan result was normal	掃描結果正常
We need to make an appointment to see the Doctor	我們需要安排您約見醫生

Labour *Source provided by WDHB Midwife Team*	
English	**Traditional Chinese**
Do you have contractions – pains? Yes or No When did your pains start? Has there been any water leaking out of you? Yes or No Is the colour clear? Yes/No Is the colour green? Yes/No Have you had any bleeding? Yes/No	你有子宮收縮—疼痛？ 是或否 你的疼痛何時開始？ 有任何水從你下體流出嗎？ 是或否 顏色清嗎？ 是/否 顏色綠嗎？是/否 你有過任何流血經歷嗎？ 是/否
Has your pregnancy been normal? Yes/No	你的懷孕還正常嗎？ 是/否
Can I put a monitor on to check baby's heart beat? Yes/No	我可以放個監視器來檢查寶寶的心跳嗎？ 是/否
Can I listen to baby's heart beat? Yes/No	我可以聽寶寶的心跳嗎？ 是/否
Do you feel like pushing? Yes/No	你有感覺想用力嗎？ 是/否
We are going to get an interpreter Yes/No	我們會找個翻譯 是/否
Do you need any pain relief? Yes/No Pethidine injection Or Gas	你需要任何止痛葯嗎？是/否 杜冷丁注射或氣體
We will need to wait for an interpreter before we order an epidural	我們在給你預定麻醉注射之前需要等一位翻譯員
Would you like a shower? Yes/No	你需要淋浴嗎？ 是/否

Postnatal

Source provided by WDHB Midwife Team

English	Traditional Chinese
I am a midwife, I have come to check you and baby	我是一位助產士，我來為你和寶寶做檢查
Can I feel your tummy to see how well your uterus is shrinking? Yes/No	我可以觸摸你的腹部來觀察你的子宮是否收縮正常？是/否
Are you getting after pains? Yes/No	生了孩子以後， 有任何疼痛嗎？有/沒有
You can take panadol 2 tablets every 4-6 hourly no more than 8 in 24 hours.	你可以每 4 到 6 個小時 服用兩片潘納多，24 小時內不要超過 8 片
Are you bleeding less? Yes/No	你出血少了嗎？是/否
Are your breasts sore? Yes/No	你的乳房疼嗎？ 是/否
You can put cabbage leaves on your breasts. Keep wearing them, change them when they get smelly.	你可以把包菜葉子放在你的乳房上。一直帶着，等到有異味的時候更換他們。
Are your nipples sore? Yes/No	你的乳頭有疼痛嗎？是/否
Can you show me how you put your baby on the breast?	你可以演示給我看你如何把寶寶放到乳房上嗎？
Can I help you with positioning your baby on the breast?	我可以幫助你把寶寶放到乳房上嗎？
Can you hear baby swallowing when feeding? Yes/No	你喂寶寶的時候可以聽到寶寶吞咽嗎？是/否
Did you have sutures? Yes/No	你有手術縫綫嗎？是/否
Is your perineum sore? Yes/No	你的會陰部疼嗎？是/否

Postnatal *(continue…)* *Source provided by WDHB Midwife Team*	
English	**Traditional Chinese**
Does it sting when you pass urine? Are you passing urine well? Yes/No Are your bowels working? Yes/No	你小便的時候有刺疼嗎？ 你小便正常嗎？ 是/否 你的大便正常嗎？ 是/否
Have you had any pain? Yes/No How strong is your pain? Where is your pain?	你有過任何疼痛嗎？ 是/否 你的疼痛有多嚴重？ 你的疼痛在哪裏？

Baby

Source provided by WDHB Midwife Team

English	Traditional Chinese
Are you Breast feeding your baby? Yes/No Is baby feeding well? Yes/No How often are you feeding baby? Hourly / 2 hourly / 3 hourly / 4 hourly	你是母乳餵養你的寶寶嗎？ 是/否 寶寶喂的還好嗎? 是/否 你多久喂寶寶？ 每小時/每兩小時/每三小時/每四小時
Has baby had any bottles? Yes/No	寶寶用過任何奶瓶嗎？ 是/否
Show me the formula you are using	給我看下你用的奶粉
How much is baby drinking? Show me on the bottle how much.	寶寶每次喝多少？ 指在瓶子上給我看看有多少
How are you sterilising your bottles? Boiling or using tablets or microwave?	你如何給你的瓶子消毒？ 煮或者用藥片或者微波爐？
How are you making up your formula? 1 scoop per 50 mls 1 scoop per 60 mls You always have to make it up this way. Plus do not packing the milk powder into the scoop just have a level scoop	你是如何調配你的奶粉的？ 每 50 毫升一湯匙 每 60 毫升一湯匙 你每次都需要這樣來調配 奶粉量別高於勺子的深度，奶粉量需要和勺子保持水平
Does baby have a wet nappy each feed? Yes/No	寶寶每次餵食的時候都會弄濕尿布嗎？ 是/否

Baby *(continue…)* *Source provided by WDHB Midwife Team*	
English	**Traditional Chinese**
What colour are baby's bowel motions? Black / Green / Yellow	寶寶的大便是什麼顏色？ 黑色/綠色/黃色
Can I weight baby? Yes/No	我可以称一下寶寶的重量嗎？是/否
You need to take baby to the doctor	你需要帶寶寶去見醫生
Next visit will be my last visit, after that the Plunket nurse will visit. The Plunket nurse will visit you now	下一次的訪問將是我最後一次訪問，之後會有 Plunket 的護士來訪問 Plunket 的護士現在將來訪問你
See your Doctor at 6 weeks for baby's injections and check.	六個星期後去見你的醫生來給寶寶打針和檢查

Breast Feeding – for Lactation Consultants

Source provided by Eleanor Gates – Midwifery

English	Traditional Chinese
Research shows colostrum (first milk) is rich in antibodies that protect your baby from diseases.	研究顯示初乳（第一次的奶）富含可以保護寶寶避免在 6 个月内生病的抗體
Hand expressing is important to give colostrum to your baby	用手夹注乳房喂奶對於給你寶寶喂初乳是非常重要的
Can I touch your breast to help you express/latch your baby? Yes/No	我是否可以觸摸你的乳房來幫助你喂寶寶？ 是/否
I will show you how to use the electric breast pump.	我會演示給你看如何使用電子吸奶器
I will show you how to express	我會演示給你看如何擠壓
If baby is not able to feed at your breast, you will need to express every 3 hours or 8 times in a day to make plenty of milk	如果母乳不能喂饱寶寶，你將需要每三個小時擠壓或者每天擠壓八次來確保有足夠的奶水
Your baby doesn't need anything else but your colostrum.	你寶寶什麼都不需要，只需要你的初乳
Colostrum is very, very rich. Small amounts are all baby needs to start with.	初乳非常非常濃。一點點就是含有寶寶最初所需的所有抗体
Your milk is the perfect food for your baby.	母乳對於寶寶來説是完美的食物
Baby will want to feed very frequently to begin with, this is normal and establishes a good supply of milk for baby.	剛開始的時候，寶寶會想被喂的頻繁一些，這是正常的而且給寶寶建立了很好的母乳的供給。
Colostrum is not dirty milk, we know from research it is the best nutrition for baby	初乳不是髒的奶，我們從研究中得知，初乳對寶寶是最佳的營養
Babies use mother's warmth when feeding at the breast, we unwrap them to prevent overheating.	在用母乳喂寶寶的時候，寶寶感受母親的溫暖，我們就不包裹她們以防溫度過高

Breast Feeding – for Lactation Consultants *(continue…)* *Source provided by Eleanor Gates – Midwifery*	
English	**Traditional Chinese**
Skin to skin contact will help your baby with breastfeeding	肌膚對肌膚的接觸會幫助你寶寶進行母乳餵養
Skin to skin will help to keep your baby warm	肌膚對肌膚會有助於給你寶寶取暖
How do your nipples feel when baby is feeding?	在喂寶寶的時候，你的乳頭是怎樣的感覺？
If your nipples are very sore or damaged baby is not latched well on your breast	如果你的乳頭非常疼痛或者受傷，寶寶是不能很好的吸到奶的
It is normal that you have some tenderness for a few days when breastfeeding, as you get use to baby breastfeeding this will improve.	在母乳餵養的最初幾天，你感覺到觸痛是正常的，這將會慢慢改善你會慢慢習慣寶寶母乳餵養
Is that comfortable? Yes/No	是否舒服？ 是/否
Am I hurting you? Yes/No	我是否弄疼你？ 是/否