

Prenatal checkup (妊婦健診)

The beginning of the pregnancy ~ 23 weeks pregnancy Every 4 weeks

24 weeks pregnancy ~ 35 weeks pregnancy Every 2 weeks

36 weeks pregnancy ~ Every week

Prenatal checkups are especially important to ensure the good health of both yourself and your unborn baby by checking that your pregnancy is progressing well. So please visit for the checkups regularly.

Please bring the health checkup tickets to fill in the area with the thick lines around it. You have the checkup tickets in your Maternal and Child Health Handbook. You can use the tickets for the prenatal checkups at public expense.

At a prenatal checkup (妊婦健診の流れ)

Check in at the reception→Blood pressure check→Urine test→Body weight check→Medical check with the doctor→Check at reception

*If you have signs of an infection, for example (but not limited to), a fever, vomiting, diarrhea or rash, please telephone before visiting here so that measures can be put in place to avoid cross infection.

3D Echocardiography (3D エコー)

<Only for the patients during 18 weeks to 32 weeks pregnancy. It costs 2000yen>

If you want to take the 3D echocardiography, please request this at the reception when you arrive for your prenatal checkup.

However, there is no guarantee that a photo can be successfully taken with 3D Echocardiography because it depends on your baby's position at that time. Consequently, if we are unable to take a photo with the 3D echocardiography you will not be charged.

Hospitalization for delivery (お産の入院)

Timing for Hospitalization (入院の時期)

1. Onset of labour

< Primipara mothers > You will feel regular contractions in your stomach. When the contractions occur every 10 minutes or 6 times an hour, please contact the clinic.

< Multiparous mothers > When the contractions occur every 15 to 20 minutes, please contact the clinic.

2. Water breaking

You will feel leaking of warm fluid from your vagina. Please apply sanitary napkins and contact the clinic immediately. Do not take a shower or a bath, because you may get an infection.

3. Bleeding

If you have a lot of bleeding (more than the bleeding during your menstrual period) or severe stomach pains, please contact the clinic.

4. Lack or decrease of baby's movements

If your baby's movements have decreased or stopped you must contact the clinic immediately. When you feel something different from usual or something wrong, please contact the clinic

以上のような症状があったら電話にてご連絡下さい。

If you have any of the symptoms above, contact the clinic.

Telephone number 047-484-1330

When you phone the telephone number there will be further guidance. If you want to talk to a member of staff then press '1' when the guidance starts.

Precaution for hospitalization (入院の際の注意)

1. Remove your make-up, manicure, nail polish, accessories before you come to the clinic.
2. Take out your contact lenses and wear your glasses when the labour starts.
3. Don't forget to bring your overnight bag as well.
4. Please use the parking at our clinic if you arrive by car. Collect the parking ticket from the machine and bring the ticket to the reception.
5. If your arrival is outside of normal consultation hours, please go to the other entrance near the parking area and use the intercom to alert a member of staff.
6. We regret that you will not be allowed to bring your children. Please arrange for someone to look after your children for when you go into labour.

感染対策として

✖ If you have or may have an infection, you will need to enter a special room to isolate from other patients. Your husband will not be able to attend the birth and in some cases you cannot be with your baby during the hospitalization until you are free from infection.

Additional medicines and the measures that will have to be put in place to care for you if you have an infection will increase the cost of your birth.

The medical kits and the things which we use for the measures cost and it will add to the fees for the birth and hospitalization.

What to bring to the clinic (入院時の持ち物)

(For mother)

You need to bring the following:

- i. Boshikenkou techou (Maternal and child health handbook)
- ii. patient registration card
- iii. health insurance card
- iv. pens
- v. shorts for postpartum (2 or 3)
- vi. bras for breastfeeding (2 or 3)
- vii. face towels (2)
- viii. skin care products
- ix. drinks, and
- x. masks (4 or 5).

<The clinic will provide the following items>

room wear (2), bath towels (2), face towels (2), shampoo, hair conditioner, body soap, slippers, drinking cup, toothbrush and toothpaste set, sanitary napkins (L, M size), shorts for before the delivery (1), shorts for after the delivery (1), cushion for breastfeeding and an Orthopaedic ring cushion (donut cushion) to provide pressure relief.

(For your baby)

You will need to bring clothes for your baby to wear for the day you are discharged

<Items prepared in the clinic for you>

clothes, nappies (diapers), milk, milk bottle, baby wipes, gauze handkerchief.

Procedure and Fees for Hospitalization and Delivery

(お産の手続き・費用)

The procedure for Hospitalization and Discharge・Payment (入退院の手続・清算)

- Please bring your health insurance card to the reception when you arrive.
- If you arrived outside normal consulting hours, please present the card on the following day.
- When you can not do the hospitalization procedure by yourself, please arrange for a family member to do it instead of you.
- The payment is usually required on the day of discharge.

If you are discharged on a Sunday or on a public holiday, we may ask you to pay only a part of the fees, but you will need to pay the remaining fees on a later date.

You will receive a payment receipt which you will need to bring with you when making payment for the remaining fees.

The fees for the delivery (分娩の費用)

- Fees vary depending on the progress from delivery hospitalization to postpartum.
- Normal delivery will be at your own expense.

- i. Health insurance cannot be used for normal delivery.
- ii. Some health insurance can be used for abnormal delivery.

Normal delivery	• • • About 500000Yen
Caesarean section	• • • About 600000Yen
Outside consultation hours (from 5pm to 10pm and from 6am to 9am)	• • • Addition of 8000Yen
Saturday (from 0:00pm to 9:59pm)	• • • Addition of 8000Yen
Sunday, Thursday and Public holiday	• • • Addition of 15000Yen
Night hours (from 10 pm to 6 am)	• • • Addition of 15000Yen