



MY KING'S PREGNANCY JOURNEY



King's College Hospital London in Dubai Hills

King's College Hospital London - Medical Centres:

- King's Jumeirah Medical Centre
- King's Marina Medical Centre
- KIDEO Clinic at Park Heights
- Physiotherapy Clinic at Park Heights
- Aesthetics by King's Clinic



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INSTAGRAM PAGE

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YOUR PREGNANCY JOURNEY

Week 12-16: Meet with our Midwifery Advisor team for the first time, discuss any worries or concerns, if you need advice on packages/our services, including our VIP packages, layout the plans for any antenatal education or wishes for ongoing support and contacts for throughout your pregnancy.

Week 24- 26: Chat with our team about your pregnancy so far, book on to our antenatal class if you haven't already. Start to consider your birth wishes and options including your complimentary tour of the maternity services within the hospital and meet our team on duty.

Week 30-32: Take part in our antenatal education programmes. The options for this are within this booklet.

Week 34-36: Complete your birth preferences with our team and learn more about your options for your birth. It is also important at this time to consider your plans for once baby arrives, including booking our midwife homecare services.

Week 37-40: Feel free to drop in any time for support as your due date approaches. Consider your 37 week breastfeeding preparation appointment with Dr Sabeen Adil.

Please get in touch with Maddy or Nicola if you would like to sign up for our "Pregnancy Journey Package" and to discuss bookings and bundle pricing.



HOW OUR MIDWIVES CAN SUPPORT YOU THROUGH YOUR PREGNANCY JOURNEY

Our British Trained Midwifery Advisor Team is here to support you through your pregnancy alongside your obstetrician's care to provide a holistic care model to be a source of emotional and physical support throughout your pregnancy from finding out you are expecting to giving birth to your baby and supporting you through life with a newborn.

This Booklet will provide you with our current options for antenatal education and support options throughout pregnancy and beyond.

Please don't hesitate to get in touch with our team below via call or whatsapp to see how we can support your journey into parenthood & beyond:

Maddy - Midwife Advisor 056 539 0129
Nicola - Midwife Advisor 050 211 8059
Miles - VIP & Tours 056 538 9694
Svitlana Shcherbynska - Russian Speaking Midwife 050 478 1952



SCAN TO VIEW
OUR INSTAGRAM PAGE



GENERAL GUIDE - WHEN WILL I SEE MY OBSTETRICIAN?

6-8 WEEKS	FIRST CONTACT - TO CONFIRM PREGNANCY
8-12 WEEKS	BOOKING APPOINTMENT
AROUND 12 WEEKS	SCREENING TESTS INCLUDING BLOODS AND SCANS (NT, NIPT, DATING SCAN)
16 WEEKS	ANTENATAL CHECK
19-21 WEEKS	ANOMALY FETAL MEDICINE SCAN
AROUND 24 WEEKS	GLUCOSE TOLERANCE TEST
24-28 WEEKS	BLOODS, URINE, GROWTH SCAN (IF REQUIRED)
32 WEEKS	ANTENATAL CHECK
34 WEEKS	ANTENATAL CHECK
36 WEEKS	ANTENATAL CHECK AND GBS SWAB
38 WEEKS	ANTENATAL CHECK
39 WEEKS	ANTENATAL CHECK
40 WEEKS	ANTENATAL CHECK

THIS MAY DIFFER WITH DIFFERENT DOCTORS AS EVERY PREGNANCY IS INDIVIDUAL/UNIQUE



ANTENATAL CARE, MATERNITY PACKAGES

DEAR MUMS,

At King's our Women's Health Department ensures you receive the best antenatal and postnatal care for you and your baby. King's Fetal Medicine and Obstetrics and Gynaecology specialists are world renowned, and our team of midwives are 100% trained to UK standards following robust evidence based guidelines

ANTENATAL CARE & PACKAGES

At King's our Antenatal packages provide comprehensive consultations, scanning, and laboratory testing programs from 6, 12 and 28 weeks..

ANTENATAL PACKAGE FROM 12 WEEKS*

At King's our Antenatal packages provide a comprehensive consultation, scanning, & laboratory testing programme from as early as 12 weeks, to ensure your peace of mind.

To opt for this package, you should be less than or equal to 14 weeks pregnant.

WEEK	CONSULTATION	SCAN	LAB TESTS FOR EVALUATION
12	Consult 1	12 Week Viability Scan & 12 Week Nuchal Scan	<ul style="list-style-type: none"> Complete Blood Count (CBC) BHCG & PAPP-A Midstream urine culture & sensitivity VDRL (Qualitative) Blood group – Abo Blood group - Rh Indirect Coombs test Random blood sugar HIV 1 & 2 HbsAg Urine test Rubella igG
16	Consult 2		• Double/Triple test (if no Nuchal scan done)
20	Consult 3	Anomaly scan	• Urine test
24	Consult 4		<ul style="list-style-type: none"> GTT 2HRS (Glucose tolerance test include FBS, HR, 2 HR and no urine) Urine test
28	Consult 5	Growth Scan	<ul style="list-style-type: none"> Indirect Coombs test CBC Urine test
32	Consult 6		• Urine test
34	Consult 7	Growth Scan	• Urine test
36	Consult 8		<ul style="list-style-type: none"> Group B Streptococcus Screening Urine test
38	Consult 9		• Urine test
39	Consult 10		
40	Consult 11		

PRICE: 6,500AED

NOTE: Package price does not include High Risk Pregnancy or Multiples
 Package price does not include Maternal Disorders

*King's reserves the right to amend the pricing of the packages at any time.

ANTENATAL PACKAGE FROM 28 WEEKS*

To opt for this package, you should be less than or equal to 30 weeks pregnant.

WEEK	CONSULTATION	SCAN	LAB TESTS FOR EVALUATION
28	Consult 1	Growth Scan	<ul style="list-style-type: none"> • CBC • Blood group - Abo • Blood group - Rh • Indirect Coombs test • Random blood sugar • Rubella igG • HbsAg • HIV 1 & 2 • Midstream urine culture & sensitivity • VDRL (Qualitative) • GTT 2HRS (Glucose tolerance test include FBS, HR, 2 HR and no urine)
32	Consult 2		<ul style="list-style-type: none"> • Urine test
34	Consult 3	Growth Scan	<ul style="list-style-type: none"> • Urine test
36	Consult 4		<ul style="list-style-type: none"> • Group B Streptococcus Screening • Urine test
38	Consult 5		<ul style="list-style-type: none"> • Urine test
39	Consult 6		
40	Consult 7		

PRICE: 4,500AED

NOTE: Package price does not include High Risk Pregnancy or Multiples

Package price does not include Maternal Disorders

*King's reserves the right to amend the pricing of the packages at any time.

KING'S COMPREHENSIVE ANTENATAL PACKAGE FROM 6 WEEKS*

This package includes a number of additional scans, and lab tests for increased peace of mind including NIPT Harmony test. It's especially recommended if you have a history involving miscarriage, twins or multiple births, or are a high risk pregnancy.

WEEK	CONSULTATION	SCAN	LAB TESTS FOR EVALUATION
6-8	Consult 1	Scan 1 - Early pregnancy scan	<ul style="list-style-type: none"> • Urine test
11-13	Consult 2	Scan 2 - Nuchal Translucency Scan (Nuchal scan to establish dating of pregnancy to rule out major fetal abnormalities)	<ul style="list-style-type: none"> • CBC • BHCG & PAPP-A • Blood group - Abo • Blood group - Rh • Indirect Coombs test • Random blood sugar • Rubella igG • HbsAg • HIV 1 & 2 • TSH • Urine Dipstick • NIPT Harmony Test
16	Consult 3	Scan 3 - Anomaly Scan	<ul style="list-style-type: none"> • Urine test
20-22	Consult 4	Scan 4 - Anatomy Scan	
24	Consult 5	Scan 5 - Echo fetal cardiovascular scan	<ul style="list-style-type: none"> • Glucose tolerance test (include FBS, HR) • Urine Dipstick
28	Consult 6	Scan 6 - 3D/4D Scan & Fetal Biophysical Profile (growth scan)	<ul style="list-style-type: none"> • Indirect Coombs test • CBC • Urine test
32-34	Consult 7	Scan 7 - Growth scan	<ul style="list-style-type: none"> • Urine Test
34-36	Consult 8	Scan 8 - Growth scan	<ul style="list-style-type: none"> • Group B Streptococcus Screening • Urine test
38	Consult 9	Scan 9 - Doppler Velocimetry Fetal Umbilical Artery (Fetal scan to determine cerebroplacental ratio) Scan 10 - Doppler Velotcimetry (Fetal Middle Cerebral Artery)	<ul style="list-style-type: none"> • Urine test
39	Consult 10		
40	Consult 11	Scan 11 - Growth Scan	






PRICE: 15,000AED



DROP IN SUPPORT

Our Midwifery Advisor team is based on 3rd Floor in OBGYN Clinic area, please feel free to 'drop -in' at any time to ask any questions or concerns before or after having your baby.

We can chat with you through a range of scenarios including:

-  Birth Wishes
-  Any changes to your pregnancy journey that may be troubling you
-  Navigating the hospital system and plans of care
-  Antenatal Education
-  Other classes we provide
-  VIP Packages
-  Post birth support in the hospital and at home
-  Newborn Screening and Vaccinations
-  And of course any general questions regarding your pregnancy, birth and post birth.
-  Your pain relief options, including water birth



ANTENATAL CLASS

Covered within the class for you and your birth partner:

- Preparation for the rest of pregnancy including; optimal positioning for baby and for birth, your baby's movements, staying active, practical preparation tips, support available for pregnancy and beyond
- What to expect in labour from latent phase, to active labour, pushing phase and birthing your placenta including your options, positioning, scenarios
- Coping Mechanisms for labour and learning your pain relief options
- When to come to the hospital and experiencing early labour at home

- When the journey to birth changes including; induction of labour process, instrumental birth and what to expect for a planned vs emergency caesarean section including recovery
- The 'Magic Hour' after baby is born including delayed cord clamping and skin to skin
- Birth Partner Preparation
- Stem Cell Information
- Postnatal care in first few days in hospital and beyond
- Home care visits and support available for you pre and post birth
- Basics of Newborn Baby Care including nappy changing, bathing baby, normal newborn behaviour and common newborn conditions and information, newborn screening test and vaccinations
- Feeding your newborn baby, practical preparation, our top tips and available support options
- Ongoing support available from our Midwifery Advisors Team alongside your obstetrician, labour ward and postnatal midwives & nursing team

PRICE: 750AED PER COUPLE

Please contact Maddy or Nicola to book and for more information of dates and times of the best class timing for your pregnancy.

Please note: Some insurance companies cover antenatal education so please check with your individual companies.

















HYPNOBIRTHING ANTENATAL COURSE

Another option for a more in depth antenatal education that we recommend you start around 30 weeks is our Hypnobirthing course.

The idea is that... Your body is designed to grow a baby and give birth. Trusting in your body and the natural instincts and processes allows you to feel empowered throughout the birthing process.

The Complete Hypnobirthing Programme Includes:

-  The Basic Physiology of Birth
-  The positive belief that giving birth can be the most wonderful experience a woman and her birth partner will experience
-  How to release any fears that may in some way be associated with child-birth

-  To look forward optimistically to a gentle, safe, calm, comfortable and stress-free birth
-  How to relax quickly and deeply using breathing techniques, visualisations and deep relaxation
-  How to stay calm, relaxed and in control throughout your labour
-  How to trust your body to work naturally & in harmony with your baby
-  How to promote the production of your birthing hormones
-  How to prepare your birth plan so that you can be better informed and feel in control of your birth
-  The knowledge and power to navigate birth should you require intervention or assistance
-  Positions to help you birth your baby more easily and comfortably
-  Breathing techniques that work with your body to maximise your body's own natural expulsive reflex
-  Added knowledge and discussion of biomechanics for birth and baby care for yourself and birth partner
-  Birth partner focus enabling confident and empowered support in labour

PRICE: 1800AED PER COUPLE OR FOR FULL COURSE

Running over 1 month - 4 sessions total - 6-8pm every Tuesday Evening at Kings Dubai Hills Hospital.

Please contact Maddy for more information or to book.







BIRTH WISHES CONSULTATIONS

Our British trained midwives also offer a 1:1 Bespoke Birth Wishes consultations for you and your birth wishes to talk through all your options.

It will be discussed and created specifically for your pregnancy including your history and any factors needing to be considered and make a safe and informed birth preferences document together.

The benefits of making a birth preferences list with an experienced midwife are

-  To be well informed about your options and for decision making through the birthing process
-  Enable you to have a positive birth experience by ensuring you have the elements that are most important for you

-  Valuable for everyone whether you plan for vaginal or caesarean birth and even if it is not your first baby
-  Help you to feel empowered to advocate for your wishes alongside your clinical team of nurses, midwives and your obstetrician

We advise you meet with us to complete this session around 34 weeks of pregnancy.

PRICE: 275AED PER COUPLE

Approximately 1 hour to discuss all and answer any questions.

You will be emailed your bespoke birth preferences document after the appointment.

We will also upload your document to your online notes so your doctor can view and keep on a folder in the labour room so easily accessible when you attend in labour or for your planned caesarean.

Please contact Maddy to book in for your birth wishes appointment.



PAEDIATRIC FIRST AID COURSE

Our accredited and qualified life support trainer Sonia Fernandez will support you through our certified paediatric first aid programme where you will learn important life saving skills to ensure you feel well prepared to care for your new born if an emergency situation was to arise.

The course covers many stages from new born to infant, toddler, preschool and school age children.

10am -3pm on the 3rd Sunday of every month. Refreshments and a light lunch provided.

Includes:

- 🌸 Recognising an emergency in your baby
- 🌸 Respiratory Compromise
- 🌸 Respiratory Arrest
- 🌸 Cardiac Arrest
- 🌸 Airway Obstruction (Choking)
- 🌸 Bleeding (Internal & External)
- 🌸 Burns
- 🌸 Falls & Injuries
- 🌸 Seizures

PRICE: 300AED+5%VAT FOR 1 PARTICIPANT
500AED+5%VAT FOR COUPLES







Please contact Sonia directly to join her course and for next available dates and times on 050 392 3784



COMMUNITY MIDWIFE HOME VISITS

Our experienced British Trained midwives can also come out to your home and support you after your baby is born on a number of visits to do clinical checks and provide emotional support, whilst answering any questions you may have about yourself or your baby.

Includes:

-  Top to toe clinical check of mother + baby
-  Self Care Tips for postnatal period
-  Signs & Symptoms of an unwell mother or baby and actions to take
-  Referrals to paediatric, physiotherapy, lactation and other specialists
-  Safe Sleeping
-  Infant Feeding Support

OPTIONS:

3 VISITS: 1300 AED - 5 VISITS: 2000 AED

ADDITIONAL VISIT - 550 AED PER VISIT

These visits can be arranged individually and are flexible to suit your needs and when you would like your visits to be scheduled. If you take the 3 visit package but decide you'd like to add more, this can also be arranged.

Our Community Midwives have experience in the UK community model of care and are trained to support women in the 4th trimester from physical recovery to mental wellness and everything in between, for upto 6 weeks post birth.

We make sure you have all the support you need, whenever you need it.

Please Contact Nicola to book your home care packages.



BABY MASSAGE CLASSES

Our certified infant massage instructor who is also one of our British trained midwives runs a baby massage course here at Kings based at Dubai Hills Hospital.

Massaging your baby is a great way to bond, aiding communication, nurturing behaviours and relaxation as well as learning more about your baby including their behaviours and cues which is essential for healthy sensory and language development of babies.

Baby massage also has been proven to reduce colic and digestive issues, increase positive hormones for you and your baby. The massage course draws from both the Indian and Swedish massage traditions as well as incorporating principles from yoga and reflexology.

It is also a great way to connect with other new mums and seek support from a qualified professional.

Our 5 week programme is as below:

-  Week 1: Legs & Feet
-  Week 2: Stomach & Chest
-  Week 3: Arms & Hands
-  Week 4: Face & Back
-  Week 5: Whole Body

Week by week we will work on techniques for different areas, this is because for babies it will then not overstimulate them and aid increased relaxation.

COSTS:

800AED FOR FULL 5 WEEK COURSE

750AED IF YOU SIGN UP WITH A FRIEND

We also have a dad's only baby massage class which is great for fathers to bond with their new babies, and to give mum some time to rest, this is a one off session which will teach you the main principles of baby massage.

COSTS:

200 AED FOR THE 1 DAD'S SESSION


Please contact Nicola for further information or to book onto the next available course




LACTATION CONSULTANT SERVICES

Our Lactation Consultant Dr Sabeen Adil offers a range of support options throughout your breastfeeding journey.


This Includes:

 **Antenatal breastfeeding preparation appointment:** on your 37th week of pregnancy, where you can be assisted with collecting your colostrum, learning key skills to prepare you for breastfeeding and prepare for any potential challenges by being well informed.

 **Infant Feeding 101 Class:** This is our in patient class, held on weekday mornings by Dr.Sabeen.

All postnatal families are welcome to join the class during their hospital stay.

These complimentary sessions will help you with urgent breastfeeding troubleshooting, give you important info and resources as you get ready to take your brand new baby home.

 **Out patient Clinic:** Dr Sabeen also has a clinic that runs on weekdays that you can book in for 1:1 advice and support with your baby to assist you with any challenges you may face with feeding, pumping, and more.

THIS CAN BE BOOKED VIA THE KCH CALL CENTRE 800 7777



PREGNANCY YOGA

Pregnancy Yoga is a great way to connect with your baby, other mums to be and your body. It offers a holistic approach to exercise that encourages stretching, gentle movement and focused breathing. Research suggests that Pregnancy Yoga can:

- 🌸 Improve sleep
- 🌸 Reduce stress and anxiety
- 🌸 Increase the strength, flexibility and endurance of muscles needed for childbirth
- 🌸 Decrease lower back pain, nausea, carpal tunnel syndrome, headaches and shortness of breath and many other pregnancy conditions.

A typical prenatal Yoga class Includes:

- 🌸 Breathing. You'll be encouraged to focus on breathing and practicing different breathing techniques.
- 🌸 Gentle stretching. You'll be encouraged to gently move different areas of your body, through their full range of motion.
- 🌸 Postures. While standing, sitting or lying on the ground, you'll gently move your body into different positions aimed at developing your strength, flexibility and balance. You'll also continue to focus on your breathing.
- 🌸 Cool down. At the end of each prenatal Yoga class, you'll relax your muscles and restore your resting heart rate and breathing rhythm. You'll be encouraged to sit down and gently stretch different parts of your body.
- 🌸 Relaxation and Mindfulness. You may be encouraged to listen to your own breathing, pay close attention to sensations, thoughts and emotions, or repeat a mantra or word to bring about a state of self-awareness and inner calm whilst connecting with your baby and ever changing pregnant body.

PRICE: 100AED - PAY AS YOU GO

1000AED - PER 12 CLASSES
(GET 2 CLASSES FREE WITH PACKAGE PRICING)

Classes are ran weekly, 6:00-7:00 pm at Kings Dubai Hills Hospital.

Please contact Maddy for more information or to book.