



MY KING'S PREGNANCY JOURNEY



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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 Midwife Advisory Team 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.

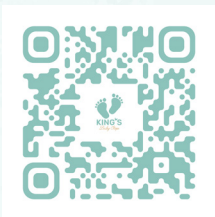
This Booklet will provide you with our current options for antenatal education and support options throughout pregnancy and beyond.

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:

Midwife Advisor 056 539 0129

Miles – VIP & Tours 056 538 9694

Svitlana Shcherbynska – Russian Speaking Midwife 050 478 1952



Scan here to book
the appointment



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

WEEK	CONSULTATION	SCAN	LAB TESTS FOR EVALUATION
12	Consult 1	12 Week Viability Scan & 12 Week Nuchal Scan	• 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		• GTT 2HRS (Glucose tolerance test include FBS, HR, 2 HR and no urine) • Urine test
28	Consult 5	Growth scan	• Indirect Coombs test CBC • Urine test
32	Consult 6		• Urine test
34	Consult 7	Growth scan	• Urine test
36	Consult 8		• Group B Streptococcus Screening • Urine test
38	Consult 9		• Complete Blood Count (CBC) BHCG & PAPP-A
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	• 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		• Urine test
34	Consult 3	Growth scan	• Urine test
36	Consult 4		• Group B Streptococcus Screening • Urine test
38	Consult 5	Growth scan	• 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	• Urine test
11-13	Consult 2	Scan 2 - Nuchal Translucency Scan	• CBC • BHCG & PAPP-A • Blood group - Abo • Blood group - Rh • Indirect Coombs test • Random blood sugar • Rubella IgG • Urine Dipstick • HbsAg • NIPT Harmony Test
16	Consult 3	Scan 3 - Anomaly Scan	• Urine test
20 - 22	Consult 4	Scan 4 - Anatomy Scan	
24	Consult 5	Scan 5 - Echo fetal cardiovascular scan	• Glucose tolerance test (include FBS, HR) • Urine Dipstick
28	Consult 6	Scan 6 - 3D/4D Scan & Fetal Biophysical Profile (growth scan)	• Indirect Coombs test • CBC • Urine test
32 - 34	Consult 7	Scan 7 - Growth scan	• Urine test
34 - 36	Consult 8	Scan 8 - Growth scan	• Group B Streptococcus Screening • Urine test
38	Consult 9	Scan 9 - Doppler Velocimetry Fetal Umbilical Artery	• Urine test
39	Consult 10	Scan 10 - Doppler Velocimetry (Fetal Middle Cerebral Artery)	
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, 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:

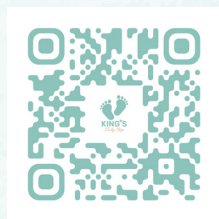
750AED + VAT
Per Couple

950AED + VAT

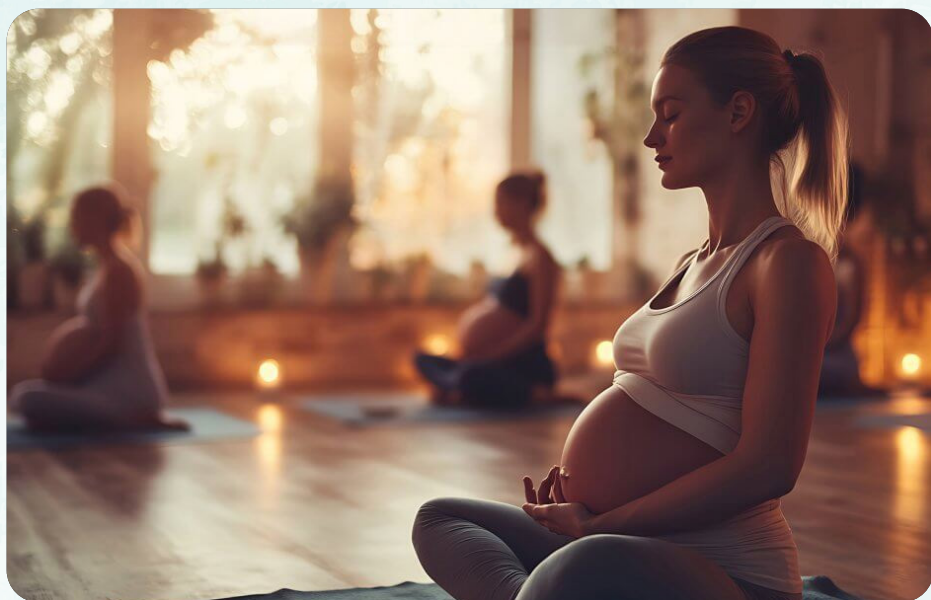
**As a Bundle (Antenatal Class +
Antenatal Breastfeeding Class)**

Please contact Midwife Advisory Team 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.



Scan here to book
the appointment



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

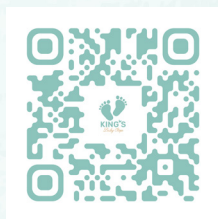
-  To look forward optimistically to a gentle, safe, calm, comfortable and stress-free birth
-  How to relax quickly and deeply using breathing techniques, visualisations and deep relaxation
-  How to stay calm, relaxed and in control throughout your labour
-  How to trust your body to work naturally & 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:

2200aed +VAT PER COUPLE FOR FULL COURSE

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

Please contact Midwife Advisory Team for more information or to book.



Scan here to book
the appointment



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:

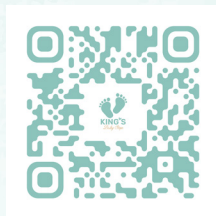
275AED PER COUPLE

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 Midwife Advisor Team or use below link to book in for your birth wishes appointment.



Scan here to book
the 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.

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:

400AED + VAT FOR 1 PARTICIPANT

700AED + 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:

2 visits - 900 AED

4 visits - 1700 AED

Please note these packages are non-refundable.

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 2 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 Midwife Advisory Team to book your home care packages.

Please talk to the Midwife Advisory Team about your location and the availability of visits in your area.



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 4 week programme is as below:



Week 1: Legs & Feet



Week 2: Stomach & Chest



Week 3: Arms & Hands



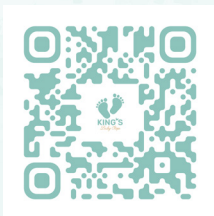
Week 4: Face & Back

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.

PRICE:

800AED + VAT FOR FULL 4 WEEK COURSE

Please Contact Midwife Advisory Team or use below link to book:



Scan here to book
the appointment



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.



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



DELIVERY PACKAGES

Delivery Packages at King's ensure you and your baby are taken care of, such as your labour room, theatre, routine consumables, routine baby care (including vaccinations and Vitamin K), lab tests and discharge medicines.

NORMAL DELIVERY: **(PACKAGE WITH 2 DAYS ADMISSION)**

-  Labour room care
-  Obstetrician's Professional fee
-  Routine medical consumables that are used in The Labour Room during the delivery
-  Routine baby care for one baby only
-  2 days Admission in Private Room
-  Post-Discharge, one free follow up with the same Obstetrician within 6 weeks of discharge

-  Post-Discharge, one free Dietician Consultation within 30 days of discharge
-  Routine Laboratory tests
-  Routine Medications during admission
-  Routine baby care for one baby
 - Routine new born stay (2 days)
 - Paediatrician visits during admission
 - Labs limited to initial CBC, Neonatal blood screening
 - Injection Vit K
 - Vaccination at Birth – BCG & Hep B
 - New born hearing test

This package does not include*:

- | | |
|--|--|
|  Epidural |  Phototherapy |
|  Instrumental Delivery |  NICU admission |
|  Blood transfusion |  Discharge Medication |
|  Circumcision | |

PRICE:

AED 17,990

NOTE: This is only an estimate. The actual invoice amount may vary depending. Additional charge of 2000 AED if the Consultant performs an instrumental delivery on actual length of stay and any additional services rendered.*

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

VIP DELIVERY ADD ON PACKAGE

PRICE: AED 19,900

For information or inquiries about our VIP Delivery Add on Package, Contact uminada Eguia on **+971 56 539 0129** or email **iluminada.eguia@kch.ae**



C-SECTION DELIVERY: (PACKAGE WITH 4 DAYS ADMISSION)

-  Theatre Complex fee
-  Obstetrician's Professional fee
-  Anaesthetist's Professional fee
-  Routine medical consumables that are used in Operation Theatre during the Surgery
-  3-4 days Admission in Private Room
-  Post-Discharge, one free follow up with the same Obstetrician within 6 weeks of discharge
-  Post-Discharge, one free Dietician Consultation within 30 days of



Routine Laboratory tests



Routine Medications during admission



Routine baby care for one baby

- Routine new born stay (2 days)
- Paediatrician visits during admission
- Labs limited to initial CBC, Neonatal blood screening
- Injection Vit K
- Vaccination at Birth – BCG & Hep B
- New born hearing test

This package does not include*:



Blood transfusion



NICU admission



Circumcision



Discharge Medication



Phototherapy



Pre-Anaesthesia Check-up

PRICE:

AED 32,990

NOTE: This is only an estimate, The actual invoice amount may vary depending on actual length of stay and any additional services rendered.*

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

VIP DELIVERY ADD ON PACKAGE

PRICE:

AED 29,900

For information or inquiries about our VIP Delivery Add on Package,

Contact uminada Eguia on **+971 56 539 0129** or email **iluminada.eguia@kch.ae**



VIP Maternity Package

We believe that your child's birth should be a moment of pure joy and peace, our exclusive VIP Maternity Package offers an exceptional blend of luxury and comprehensive care, ensuring that you and your newborn receive the very best.



Luxurious Modern Suites

Indulge in a spacious and elegantly designed suite, crafted to provide maximum comfort and privacy. Each suite is equipped with state-of-the-art amenities, and a soothing ambience to make your stay truly memorable.



Afternoon Tea

Relax and unwind with our delightful afternoon tea service. Enjoy a selection of fine teas, freshly baked pastries, and delicate sandwiches, all served in the comfort of your suite. Available daily by appointment from 2-4 pm – please confirm with your attending nurse.



Lunch or Evening Meal for Two

Whether you prefer lunch or dinner, you and a guest can enjoy a delicious meal together, made with the finest ingredients and tailored to your dietary preferences. Guests may confirm reservation with the attending nurse upon admission to the ward.



Daily Replenishment of Beverages & Snacks

Stay refreshed and satisfied with our daily replenishment service. A selection of beverages and snacks are provided to ensure you have everything you need at your fingertips, from fresh juices and herbal teas to healthy snacks and indulgent treats.



Homecare Visits with Our Experienced Midwife

Our care extends beyond your hospital stay. Benefit from homecare visits by an experienced Midwife, who will provide professional guidance and support. This will ensure a smooth transition for you and your baby as you settle into your home environment. Residents outside of Dubai will have a virtual consultation via Zoom.

For more information or to make a reservation, please contact our VIP Maternity coordinator at 056 538 9694 or iluminada.eguia@kch.ae



Antenatal Breastfeeding Class

In this course we will do theory and practical with dolls teaching you about the most important things to understand about breastfeeding before your baby arrives!

-  Baby's behaviour and needs
-  Importance of breastfeeding for everyone
-  The magical first hour of life
-  How to breastfeed in different positions
-  How to make sure baby getting enough milk
-  Different types of mother's milk
-  Expressing and storage of milk
-  Types of pumps
-  Increasing milk supply
-  Preventing and managing Engorgement
-  Preventing sore nipples
-  Methods of giving milk to baby

**Any questions please contact -
Dr Sabeen: +971 50 559 2898**

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
- King's Mudon Medical Centre



SCAN TO VIEW OUR
INSTAGRAM PAGE

  / King's College Hospital Dubai

T: 800 7777

E: info@kch.ae

W: www.kingscollegehospitaldubai.com