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# IMPERIAL PRIVATE HEALTHCARE

THE LINDO WING OF ST MARY'S



## Maternity care

# World-class maternity care

The Lindo Wing at St Mary's has been welcoming generations of babies into the world since 1937.

Our world-class maternity care, combined with a personalised service, will relax and reassure you throughout one of the most emotional and exciting experiences of your life.

Our consultants, midwives and support staff have the expertise and experience to care for you throughout any pregnancy and delivery – from straightforward births to complex and multiple deliveries. Our specialist staff and neonatal critical care services are available on site 24 hours a day, 365 days a year.

We know that parents-to-be want a trusted team that understands their personal situation and requirements. All women having their babies at The Lindo Wing receive care and advice from their chosen consultant and our dedicated midwives.

Working together with you, we will create a safe care plan that suits you and your baby, for every stage of your pregnancy and birth.

Discretion is key to our service, and we will ensure that you have the space, security and privacy you need to enjoy these precious early moments as a family.

The Lindo Wing offers private en suite rooms, providing a modern, homely environment in which to start your new or expanded family life. Deluxe rooms or suites are available for patients who would like to take advantage of a larger space.

The wing's state-of-the-art facilities include a secure, supervised nursery, so you can enjoy some rest while remaining confident that your baby is being well cared for.

The Lindo Wing is part of Imperial Private Healthcare, which provides modern, world-class consultant-led care in one of the UK's leading teaching hospital groups, Imperial College Healthcare NHS Trust.

“Having our baby delivered at The Lindo Wing was a great experience; we do not know what we would have done without your help, advice and support.”



# Expert care

We understand that no two pregnancies or births are the same and each person has different preferences.

We want you to have the support of trusted professionals – from pre-conception through to antenatal care, followed by an exceptional pregnancy and maternity experience, including your follow-up care.

At The Lindo Wing, we offer consultant-led care, whereby your chosen consultant will look after you throughout your pregnancy and the birth and during your postnatal follow up. With a world-class team of consultants and midwives and modern facilities, we provide outstanding levels of safety, whatever birth option you choose.

We can care for you if you have a straightforward pregnancy or if you and your baby are considered to be higher risk.

Our consultants and midwives have the expertise to support you if you have had previous miscarriages or pre-term deliveries or you are expecting a multiple birth.

## Neonatal services

If you require specialist medical support, you're in the ideal location. Because we are not a stand-alone private facility, we have the benefit of full acute neonatal services on site, with back-up support services if you or your baby requires any additional attention.

Located alongside the major maternity centre at St Mary's Hospital, we are able to support the most extreme pre-term babies. We also have a neonatal unit at Queen Charlotte's & Chelsea Hospital, which is the biggest in London to care for babies with a birth weight of less than 1.5 kilos.

You also have the reassurance of a wealth of medical support services in all specialisms on site, 24 hours a day, to keep you and your baby as safe as possible. So whatever your health needs, you can trust we have the expertise and ability to help.





With world-class consultants and midwives and modern facilities, we provide outstanding levels of safety, whatever birth option you choose.

# Antenatal care

Throughout your pregnancy, you will be seen by a small, specialist team. Whether you have a straightforward or complex pregnancy, we will ensure you are closely monitored and understand the options available to you, with our recommendations.

Your baby will be carefully monitored throughout your pregnancy as part of your care package. We offer a complete suite of detailed ultrasounds and invasive and non-invasive tests, using state-of-the-art equipment.

## Antenatal classes

Our private antenatal classes are run at The Lindo Wing by highly qualified, experienced midwives and will equip you with the information, skills and confidence to deal with labour, birth and postnatal care.

These are especially useful if you are about to become a parent for the first time, but can be an excellent refresher course if you already have children. Bespoke or intensive classes are available on request.

The monitoring services we offer include the following:

### Up to 11 weeks

A dating scan to determine due date.

### From 10 weeks

A new non-invasive pregnancy test (Harmony) to screen for Down's syndrome and other chromosomal abnormalities via a simple blood test.

### 11-13 weeks

Nuchal translucency scans to look for increased risks of chromosomal conditions, such as Down's syndrome.

### 18-21 weeks

An anomaly scan to check that your baby is developing normally.

### 20-42 weeks

Growth scans to check the size of your baby.

### 3D/4D scans

3D scans provide a more detailed view of your baby. These are offered when you have your growth scans. A 4D scan shows moving images of your baby.



“I have just spent some of the best days of my life under your care.”





“We are expecting our second child and were so impressed with the level of care and professionalism last time that we are returning to The Lindo Wing for this birth.”





# Labour and delivery

Your obstetric consultant will be supported by a range of medical experts, including consultant anaesthetists and consultant gynaecologists. They will be on hand to assist if you need them during the labour and birth.

As The Lindo Wing is co-located within St Mary's Hospital, there will always be a wide variety of other specialists available around the clock to support Imperial Private Healthcare in delivering adult intensive care and neonatal care for newborn babies.

Consultants in other specialties – for example, neonatology, paediatrics, renal and cardiology – are available if needed to provide you or your baby with the appropriate care and treatment throughout your stay and beyond.

Because of this broad support team, Imperial Private Healthcare has an excellent safety record.

## Postnatal care

If you are first-time parents, the adventure is just beginning and there is a lot to learn. Breastfeeding, washing your baby and the many immunisations required will all be new to you.

Even if you already have children, no two babies and no two births are the same. You may need more support or advice during your recovery – for example, if you have had a caesarean – or your baby may need more help feeding than his or her older sibling. Perhaps, on this occasion, you are going home with twins. Our midwives are available to support you with any questions you have in the early days.

All members of our team are trained in supporting mothers to breastfeed. If you are having trouble breastfeeding or have an excess of milk, you can enquire about the Trust's milk bank, which has been supplying (and receiving) breast milk donations since 1938.

## Circumcision

We offer an exclusive circumcision service for baby boys, up to the age of eight weeks, who were born at The Lindo Wing.

The procedure will be carried out as a day case by one of our experienced consultant surgeons, and you can expect to take your baby home the same day.

Please enquire if you would like further information on this service.





# Our hotel services

However long your stay, we want you to be comfortable and relaxed. Our friendly hotel services team will help you and your family settle in and feel at home.

At The Lindo Wing, we provide private, modern rooms with en suite facilities. You can also choose to stay in one of our suites or deluxe accommodation.

We provide satellite TV with major international channels, a radio, bedside phone and fridge. Free WiFi is available, and we provide a choice of daily newspaper every morning throughout your stay.

Our extensive and nutritious menu caters for special dietary, cultural and religious requirements (including vegetarian, kosher and halal meals). With the exception of some specific clinical dietary requirements and kosher meals, our talented chefs prepare all meals on site to order.

We also offer a range of optional extras, including our popular afternoon tea service, which is a welcome treat to celebrate your new arrival.

Our senior nurses and midwives regularly review our facilities to maintain our superior levels of service and resolve any issues or concerns. They are on hand should you have any requests or want to feed back on your experience.



## Booking a tour

If you would like to visit The Lindo Wing before you make your choice, we would be delighted to show you around.

Please email us on [lindomaternity@imperial.nhs.uk](mailto:lindomaternity@imperial.nhs.uk) or call us on **+44 (0)20 3312 6224**.



The Lindo Wing suite



# About Imperial Private Healthcare

As a patient with Imperial Private Healthcare, you'll experience the best of both worlds – world-class consultants providing care in modern, private facilities, all within some of London's most trusted NHS hospitals.

We are proud to be part of one of the UK's leading academic hospital groups, Imperial College Healthcare NHS Trust.


With more than 350 expert consultants covering every medical, diagnostic and surgical specialty, we are able to care for you as either an inpatient or outpatient – whatever your healthcare needs.

In 2006, with Imperial College London and other partners, the Trust became the first academic health science centre in the UK.

Together, we are involved in groundbreaking clinical trials and cutting-edge laboratory research. Bringing together primary research and a clinical setting enables our consultants to translate findings quickly into practice so that you receive the most up-to-date treatment.

From diagnosis until discharge, you and your family will experience exceptional levels of discretion and care. Each of our hospitals offers the comfort and convenience of private en suite rooms, where our nursing and hotel services team will be on hand to support you through your recovery.

All funds generated by Imperial Private Healthcare are reinvested in Imperial College Healthcare NHS Trust, and are used to support and enhance both NHS and private clinical services for the benefit of all our patients.

Imperial College Healthcare   
NHS Trust

LINDO WING





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