

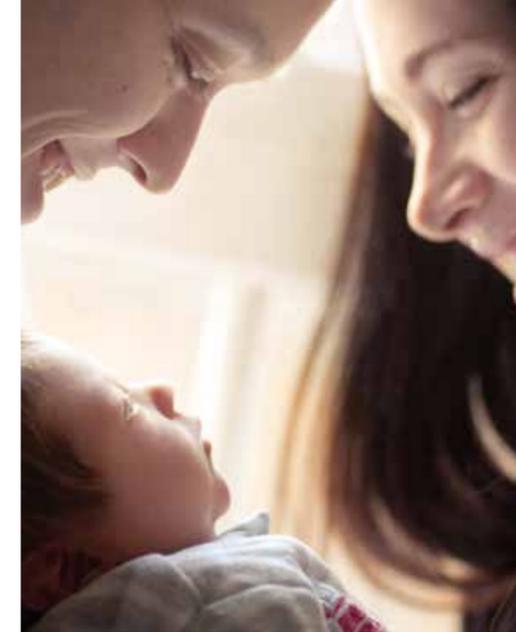


The Portland Hospital
for Women and Children

part of **HCA**Healthcare UK

MATERNITY
CARE





“As a mother of three young children I know just how important it is to find the very best obstetric and midwifery care: to be treated as an individual with respect and dignity, to be supported and guided through what is an exciting but also quite anxious time. And, most importantly, how vital it is to have peace of mind – to know that if anything were to go wrong all the emergency back-up you need is ready 24/7 to support you and your baby through delivery and beyond.

The Portland Hospital is internationally renowned for its high quality maternity care so you can rest assured that you will be in the very best of hands.”

Janene Madden, Chief Executive Officer

THE ROAD TO PARENTHOOD

At The Portland Hospital it is our role to help you to have the most enjoyable pregnancy and memorable birthing experience. Our aim is to support you from the moment you discover you're pregnant: giving you all the information and advice you need to choose your preferred delivery method, giving you choice and control over your birth plan and offering you post-natal support to equip you with the skills and confidence to step back into day-to-day life. We want parents to feel respected, supported and empowered at all times.

We care for you and your baby in an environment that is designed to feel as close to home as possible – a comfortable and relaxed setting where visitors and family are made to feel welcome. The Portland Hospital has the added reassurance of safety with a dedicated neonatal unit on site as well as 24/7 consultant care.

The Portland Hospital is home to more than 70 top consultant obstetricians, many of whom are considered to be amongst not only the UK's but also the world's leading birthing experts. Many hold senior obstetric appointments at London's NHS teaching and research hospitals. Our wider team of over 300 healthcare professionals includes dynamic and committed midwives, resident obstetric anaesthetists, expert sonographers, obstetric physiotherapists, holistic therapists, audiologists, nursery nurses and breastfeeding specialists. Our team of consultant neonatologists and paediatricians provides 24/7 support giving you the reassurance that your baby is being looked after in a safe environment with parent-centred care.

About us

- More than 1600 babies are born at The Portland Hospital each year
- 5 private en-suite delivery rooms
- 18 en-suite bedrooms: 13 single and 2 deluxe rooms plus 3 suites
- Nursery
- Neonatal Intensive Care and Special Care Baby Units
- Emergency support for potential complications
- Adult high dependency facilities and intensive care arrangement
- 24/7 consultant obstetric care
- 24/7 resident consultant obstetric anaesthetist
- 24/7 consultant neonatologist
- 24/7 resident medical officers for obstetrics and neonatal care

YOUR CHOICE OF CARE

We believe it is important to offer expectant mothers choice and control over the type of birthing care and delivery they receive. At The Portland Hospital we offer both consultant-led and midwife-led care and the full range of birthing options to enable you to develop your own birth plan. Depending on your individual birthing requirements, we offer a range of packages to suit your needs.

Consultant-led care

This package is for mothers-to-be who prefer to be looked after by a consultant obstetrician throughout their pregnancy, whether it is low-risk or high-risk.

Our team of 70 consultant obstetricians are all independent practitioners who have undergone a rigorous process of assessment prior to gaining admitting privileges to our hospital.

Your chosen consultant obstetrician will advise on all aspects of your antenatal and obstetric care. They will arrange your hospital booking for the delivery of your baby, and offer you a choice of all types of birth from natural deliveries through to elective or medical caesarean sections.

Some mothers-to-be discover late in their pregnancy that they require a medical caesarean section which, depending on your policy, may be covered by your healthcare insurance. We have consultant obstetricians who will accept late bookings.

Pregnant women who are booked under the care of a consultant obstetrician are asked to attend the midwifery-booking clinic: a pre-assessment clinic which offers you the chance to meet a member of the hospital midwifery team before the birth to discuss your personal needs. Our midwifery team can give you a wealth of advice on nutrition, health and wellbeing throughout your pregnancy, as well as discuss your plans for delivery at the hospital. A midwife will be present

throughout your delivery to assist the consultant obstetrician. They will also care for you whilst you remain in hospital post-delivery, and provide invaluable support with feeding and caring for your new baby.

Simple steps to consultant-led care:

1. Find a consultant obstetrician with admitting privileges at The Portland Hospital by using the consultant search at www.theportlandhospital.com. If you would like assistance then contact our Maternity Services Advisor on +44 (0)20 7390 6068.
2. Your consultant obstetrician will advise on all the scans you require and book you into The Portland Hospital for the birth of your baby.
3. Once you are booked under the care of your consultant obstetrician, you may want to consider our antenatal classes. Information on all our classes is available on our website.
4. You may wish to make an appointment to visit our maternity unit to familiarise yourself with our hospital and ask any questions you might have. You can book a tour online on our website.
5. You will be asked to attend our midwifery booking clinic to discuss plans for your delivery with our midwifery team, and the care post-delivery for you and your baby.
6. Relax and enjoy your pregnancy.



Midwife-led care

Midwife-led care is available to mothers-to-be who are expecting an uncomplicated pregnancy and birth. An experienced named consultant obstetrician is also available to offer support if necessary. We have a small team of highly experienced, friendly and committed midwives who have the time and resources to empower women to create and follow their birth plan, whether it is a natural birth (with or without pain relief) or a water-birth.

Our complete midwife-led package can be accessed at 10, 20 or 30 weeks' pregnancy and includes all antenatal appointments with the midwives, all ultrasound scans, routinely-required blood tests, midwife-led birth and a 24 hour stay in one of our private postnatal rooms.

Uniquely, within the package we also include up to two consultations with a dedicated consultant obstetrician, who will meet with you to ensure your pregnancy is proceeding as expected. In the unlikely event during pregnancy or birth that it becomes clear a natural delivery is no longer possible, then the same consultant obstetrician will ensure the safe delivery of your baby and your wellbeing.

Our midwives are available 24 hours a day for advice throughout pregnancy. When the time comes for your baby to be born, you will be guided through labour and birth by a midwife from the team who you will have met during your pregnancy.

A full range of pain relief options is available including 24 hour consultant anaesthetist epidural services.

Following birth, you will be looked after in a private room under the care of a midwife who will be on hand to provide you with invaluable support and advice.

Simple steps to midwife-led care:

1. Discuss your initial thoughts with the Midwife-Led Delivery (MLD) service or book directly with the MLD team by calling +44 (0)20 7390 6344.
2. Arrange a booking appointment to meet one of the midwives. In this initial appointment previous medical and obstetric history will be discussed and an individual plan of care for your pregnancy will be made.
3. Arrange a tour of The Portland Hospital's Maternity Unit with our Maternity Services Advisor on +44 (0)20 7390 6068 or book online.
4. Relax and enjoy your pregnancy care plan with our dedicated Midwife-Led Delivery team.

Bookings up to 32 weeks are accepted onto both consultant-led and midwife-led care packages. Bookings over 32 weeks will be accepted onto consultant-led care, and both packages require you to bring your NHS or equivalent antenatal medical records.



PUTTING SAFETY FIRST

Neonatal Unit

Our neonatal unit, which is based in the main hospital, provides care in either the Neonatal Intensive Care Unit (NICU) or Special Care Baby Unit (SCBU) depending on baby's health. The unit offers advanced technology and trained healthcare professionals to monitor and care for babies who have complications. It is managed by consultant neonatologists and a highly skilled specialist nurse team and is supported by our wider group of consultant paediatric sub-specialists available in nearly all paediatric specialties.

Complex Pregnancies

If your pregnancy is complex, a multidisciplinary team (MDT) of healthcare professionals led by your consultant obstetrician will meet prior to the birth to plan a clinical care pathway which ensures safe delivery for mother and baby. The team will be unique to your personal circumstance but may include another consultant obstetrician, consultant anaesthetist, fetal medicine consultant, consultant neonatologist, interventional radiologist and lead midwife. Complex pregnancies may include placenta previa, deliveries with known abnormalities of baby including cardiac anomalies, and other medical conditions affecting mother or baby. The Portland Hospital is a pre-booked service so the medical history of all mothers and their newborns is known to the team prior to delivery, allowing the best medical care to be put into place. In the unlikely event that a complication arises during birth, The Portland Hospital has

immediate access to a dedicated emergency delivery theatre, resident consultant obstetric anaesthetists and theatre team along with critical care facilities which are second to none.

Pain Relief

All forms of pain relief are available at The Portland Hospital including the use of a birthing pool, hypnobirthing or epidural. The options available will be explained by your midwife or consultant obstetrician prior to delivery. Should you wish, you can be referred to a member of the resident anaesthetic team to discuss further options. Uniquely for the private sector we have a dedicated obstetric consultant anaesthetist on the labour ward 24 hours a day to offer epidural and other pain relief services whenever you need them. More importantly the consultant anaesthetist is instantly available should you suddenly require an emergency caesarean section.

Adult High Dependency Unit

Should emergency care be required for new mothers following delivery, The Portland Hospital has an adult High Dependency Unit (HDU) to manage complications such as pre-eclampsia and haemorrhage or medical conditions requiring close monitoring such as diabetes. If adult intensive care is required then a transfer will be arranged to our sister hospital, The Princess Grace Hospital. However, the number of transfers to intensive care is low with less than one transfer biannually.





“Here at The Portland Hospital’s Ultrasound department, we offer a high level of flexibility and availability to our parents-to-be: appointments can be made at the weekend or at short notice which allows the whole family to experience the magic of seeing their unborn child on screen for the first time.”

Dean Meredith, Ultrasound Manager



WATCHING YOUR BABY GROW

We provide all the obstetric ultrasound scans you will need. Led by a team of fetal medicine consultants, expert gynaecologists and specialist sonographers, our Ultrasound department allows you and your family to share in the experience of watching your baby grow and mark the milestones in their development as your pregnancy progresses. Our equipment is state-of-the-art and clinics are run throughout the week from 9am - 7pm and on Saturday mornings. This enables our team to offer a no-waiting-list service that is flexible enough to meet your needs.

Our team treats everyone as individuals, ensuring that you walk away from your appointment with

all the information you need and having been given plenty of time to ask questions. The team is always on hand to give clear advice and any counselling you might need at what can occasionally be a sensitive and worrying time.

Getting to know your baby

Our established affiliation with University College Hospital and St George’s Hospital Trust ensures that our ultrasound scanning services offer you all the benefits of the most recent technological advances. Our team, together with your own consultant obstetrician, will provide you with a premier scanning service throughout your pregnancy.

Routine pregnancy scans

Type of scan	Timing	Pregnancy detail
Early pregnancy and dating scan	6-10 weeks	This first ultrasound scan provides important information about the number of babies and the expected date of delivery. The presence of a pregnancy and detection of the fetal heart can be seen from 6 weeks by vaginal scan and from 8-9 weeks by abdominal scan. Accurate measurements and images are taken of the gestational sac and the crown to rump length of the embryo, to precisely date the pregnancy and to check the health of the pelvic organs.
Down’s Syndrome	11-14 weeks	Serum blood screening in early pregnancy in combination with nuchal scanning and maternal age identifies pregnancies at high risk of complications/abnormalities. The combination of these factors allows the detection of about 85% of Down’s Syndrome cases and also those at high risk of Edwards Syndrome (Trisomy 18). We also offer Non Invasive Prenatal Testing which can be undertaken from 10 weeks gestation and will detect 99% of Down’s Syndrome cases, 98% of Edwards Syndrome and over 80% of Patau’s Syndrome.
Fetal anatomy scan	19-21 weeks	This is the stage at which the anatomy of your baby can be seen in more detail. Information about your baby’s major organs such as the heart and major blood vessels, digestive tract, head and brain, and the urinary tract are imaged and interpreted.
Growth scan	28 weeks onwards	At this stage we take measurements and scan images to plot and monitor the growth pattern of your baby. We measure your baby’s head, abdomen and limbs, and estimate the weight of your baby too.

SPECIAL TESTS AND SCANS

The Portland Hospital's Ultrasound department also offers the full range of special tests, scans and blood sampling that your maternity care team might recommend for you.

Our centre was one of the first units in the country to offer serum blood screening in early pregnancy which, in combination with nuchal scanning and maternal age, allows us to detect around 85% of Down's Syndrome cases – as well as unborn babies at risk of Edwards Syndrome (Trisomy 18) and neural tube defects. We were also one of the first to adopt the non invasive test which detects 99% of Down's Syndrome.

Scan/test type	Non Invasive Prenatal Testing	Combined Screening Test
Timing	10 weeks onwards	11 1/2 - 14 weeks
To detect	High risk of Down's Syndrome, Patau's Syndrome (Trisomy 13) and Edwards Syndrome (Trisomy 18).	
Detail	<p>We work with several companies to provide Non Invasive Prenatal testing. The test involves a scan to make sure the dates are correct and that baby's heart is beating and a blood test. Baby's DNA is present in the mothers blood sample and this is extracted for the test.</p> <p>There needs to be enough fetal DNA in the maternal blood to be able to provide a result.</p> <p>If there is insufficient fetal DNA in the sample, another blood sample from the mother may be required and this occurs in 3 - 5 % of cases. This will be processed in the laboratory at no extra charge.</p>	<p>This test is performed in collaboration with the Wolfson Institute of Preventive Medicine and the Fetal Medicine Foundation.</p> <p>The consultant or sonographer will perform an ultrasound scan to measure your baby and confirm gestation (baby's age).</p> <p>The nuchal translucency will be measured (increased measurement equates to increased risk).</p> <p>The baby's anatomy will be assessed as much as possible at this early stage. A blood sample will also be taken from you.</p>
Results	<p>Your test result will be available within 5-8 working days.</p> <p>The test result will be reported as low risk or high risk of a fetal trisomy. If the Non Invasive Prenatal Test shows that there is a high risk of the baby having trisomy 21 or 18 or 13, it does not mean that the baby definitely has one of these conditions. We can discuss an invasive test (CVS or amniocentesis) which is the only way to be certain as to whether or not an unborn baby has a chromosomal abnormality.</p> <p>If the test shows that there is a low risk of the baby having trisomy 21 or 18 or 13, it is highly unlikely that the baby has one of these conditions. The test identifies more than 99% of babies with trisomy 21, 98% of babies with trisomy 18 and over 80% of babies with trisomy 13.</p>	<p>The result will be available within 24 hours.</p> <p>Women with a risk of 1 in 150 or greater are interpreted as being screen negative. If the risk is 1 in 150 or lower, this is interpreted as screen positive.</p> <p>If screen positive, we can discuss non invasive prenatal testing or invasive testing (this carries a small inherent risk - 1% - of a miscarriage).</p>

Test	Chorionic Villus Sampling	Amniocentesis
Timing	11 weeks onwards	15 weeks onwards
To detect	Major chromosomal abnormalities.	
Detail	The removal of a small sample of placenta tissue (chorionic villi) from the placenta during early pregnancy to screen the baby for genetic defects.	The extraction of a small amount of amniotic fluid from the amniotic sac surrounding the developing baby during the pregnancy.
Results	<p>Your test results will be in two parts. The first part will be ready in 48-72 hours and will report whether baby has Down's, Edwards or Patau's Syndrome as well as sex linked abnormalities.</p> <p>The full result will be ready in 2 weeks. The laboratory uses cells from the sample to look at the baby's chromosomes under a microscope and check for any major changes.</p>	



PICTURES TO TREASURE

Thanks to clever technological advances, 3D and 4D scans (3D scans in real-time) of your baby are now possible. These let you see what your baby looks like in 3D and are fast becoming the most popular scans for parents-to-be to keep, treasure and use to share their excitement with family and friends.

Our centre is equipped with the latest technology and can offer these very special scans. A 3D scan, as the name suggests, allows you to see your baby in three dimensions – and is a wonderful chance to see your baby's face and facial features before

they're born. They are typically performed at 28-30 weeks' pregnancy as it's easier to get a good picture at this stage of gestation, although the success of the scan does, in part at least, depend on the baby's position.

Your sonographer can provide you with copies of your scans in various formats – a JPEG image on a CD, thermal paper images or a short DVD. We can also send pictures and videos to a secure website which enables you to share them via email and on social media.



ANTENATAL AND POSTNATAL CLASSES

Our antenatal and postnatal classes are highly recommended and specially tailored for couples having a baby in a private hospital. They are run by our resident childbirth educators and expert midwives.

- **Birth and Beyond Antenatal Class**

A Saturday workshop or a bespoke one-off one-to-one session to discuss all aspects of becoming parents.

- **Refresher Session**

Tailored to those who have previously experienced childbirth, our private, bespoke session refreshes and updates knowledge on all areas of childbirth.

- **Caesarean Birth Antenatal Class**

These small group sessions are specifically for mothers-to-be who are going to have a caesarean birth. The sessions also cover infant feeding and baby basics.

- **Hypnobirthing Course**

This course, for women and their birth partners, aims to empower you with deep relaxation/self-hypnosis techniques to achieve a more relaxing, positive and swift birth.

- **Birth Reflection Class**

This one-to-one session revisits previous birth experiences and prepares you for the new arrival.

- **Antenatal Breastfeeding**

Private consultations are available to provide you with tailored advice to prepare you for breastfeeding your baby.

- **Baby Basics Class**

The early days of parenthood can sometimes be daunting for new parents. To give you a helping hand, we offer a session which covers a range of topics and practical demonstrations, as well as the chance to ask any questions you may have about your new baby.

- **Baby First Aid and Child Safety Course for Pregnant Couples (Antenatal)**

This course shows you how to consider safety in your home environment and how to perform CPR on a newborn and infant up to 1 year. A review of basic first aid is also covered.

- **Baby First Aid Course for New Parents (Postnatal)**

This session teaches you how to perform CPR and be able to provide first aid to an infant under 1 year who is choking. A review of basic first aid is also covered including when to seek medical help.

- **Baby Massage**

This class is designed for new mothers and fathers so they can learn how to massage their baby. This encourages positive stimulation, relaxation and may help to relieve the symptoms of colic and teething. This session also provides an opportunity to meet other new parents and share your experiences.

To book a class, please contact the Maternity Services Advisor on +44 (0)20 7390 6068.



INTEGRATED THERAPIES

The Portland Hospital offers a wide range of therapies to support expectant mothers. Designed to complement your medical care and fitness regime, these treatments are available throughout your pregnancy, during your hospital stay and in the postnatal period. Our most popular holistic treatments include:

- **Physiotherapy**

Our Women's Health physiotherapists are experienced in treating musculoskeletal back and pelvic pain and pelvic floor dysfunction.

For mothers-to-be we can provide you with instruction on safe and effective exercise techniques for the childbearing year – from gentle stretching to toning and relaxing.

Following delivery, a physiotherapist can instruct you on safe postnatal exercises during your hospital stay. In the first few days after delivery there is a lot to take in, therefore we can provide a postnatal check-up at six weeks to fit around your consultant review. During this appointment we can check your abdominal and pelvic floor muscles and advise you on strengthening exercises and how to return to your previous level of activity.

- **Pilates for Pregnancy**

Pilates has been proven to relieve some of the more common complaints of pregnancy and these one-to-one sessions teach expectant mothers how to maintain core muscle strength, pelvic floor awareness and good posture.

- **Nutrition and Dietetics**

We can provide advice about diet and nutritional wellbeing including sensible tips for mothers who are breastfeeding and those who are concerned with safely losing baby weight.

- **Psychology services**

The journey through pregnancy, childbirth and into motherhood is a very unique experience for each individual and is naturally a time of changing emotions and adaptation.

We have a team of clinical and counselling psychologists who provide a confidential service that can be tailored to meet your needs throughout this time.

To book an appointment to see any of these professionals, please contact the Therapy Department on +44 (0)20 7390 6553



PARENT-CENTRED CARE

We understand that the thought of giving birth can be both exciting and daunting – particularly if it is your first child. Our hospital offers a range of services and facilities that are designed to help minimise the inevitable stress of childbirth and make the birthing experience as positive as possible. Our warm, friendly and highly experienced maternity and fetal wellbeing team is on hand to offer advice, support and care.

The little things count

- Our delivery rooms are beautifully furnished and fully equipped to provide a comfortable environment for normal labour and birth. They also allow us to manage things quickly in the unlikely event that an emergency situation arises.
- We pride ourselves on being a family friendly hospital. Friends and family can visit you at any time of the day or night.
- All postnatal rooms have a bedside cot for your baby, en-suite bathroom, television, telephone, air conditioning and Wi-Fi.
- A bed is provided for partners to stay overnight with their new family should they wish to, with breakfast included.
- Whilst we encourage new mothers to keep their babies in their rooms, we offer a newborn nursery on our maternity floor to support caring for your baby and to allow you to rest.
- 24 hour room service is available with an accompanying fine dining menu. We also have a dedicated sibling menu to ensure big brother or sister also feels special when visiting.

With a little bit of notice, our catering team is happy to cater for almost any dietary need.

- All babies born at The Portland Hospital can become a member of our Portly Panda Club, which includes a personally signed birthday card and a cuddly Portly Panda to take home.

A word about cleanliness

- We pride ourselves on unparalleled levels of cleanliness in our maternity unit.
- Strict infection control measures are followed by staff at all times.
- We also require all partners and visitors to use hand cleansing gels before entering and when leaving your room.

Safe and sound

- The Portland Hospital pays vigorous attention to the safety and security of all our patients and staff. CCTV cameras, personal electronic security tags for doctors and staff, and staff identification badges are mandatory.
- Strict visitor identification and ward entry procedures are in place.
- All babies have an electronic tagged bracelet applied from the time they are born, which is electronically linked to their mother's bracelet and only removed at the time of discharge.



CHILD-CENTRED CARE

All babies born at The Portland Hospital receive a full paediatric review prior to discharge by a consultant paediatrician or paediatric resident medical officer. Many parents then choose to follow on with paediatric care for their child at the hospital.

A comprehensive skin review is undertaken on all babies. This service is overseen by a world leading Paediatrician Dermatologist who can advise on all skin conditions including birthmarks and eczema.

The Portland Hospital is the UK's largest independent children's hospital devoted to caring for babies and children up to the age of 18 years.

Our priority is to deliver high quality healthcare to children in a supportive and family friendly environment. We are able to adapt our services to meet individual needs and our wish is that every child and their family feel respected, supported and involved at all times.

The Portland is 'home' to more than 120 top paediatric consultant specialists - the largest group of private paediatric specialists in the UK - many of whom are considered to be amongst the world's leading clinicians. Many of our specialists hold parallel senior clinical and research posts at leading NHS trust hospitals such as Great Ormond Street, Guys & St Thomas' and St Mary's.

We provide a comprehensive children's service offering treatment for everything from general paediatric conditions to complex craniofacial reconstruction. Our purpose-built paediatric wards are supported by the latest diagnostic technology and dedicated paediatric staff. Same day appointments are available with immediate hospital admission if required.

All of our paediatric specialties have the back-up of our on-site Paediatric Intensive Care Unit (PICU). Such is the reputation of our PICU that patients are flown in from all over the world for complex medical care or surgery, including neurosurgery and reconstructive surgery.

Our wider team of over 300 healthcare professionals includes specialist children's nurses, play health specialists, audiologists, physiotherapists, psychologists, dietitians, occupational therapists, speech therapists and radiographers, all of whom are there to support our patients' treatment and recovery. Specialist paediatric resident medical officers are on-site 24 hours a day to ensure your child is in safe hands at all times.

LOCATED IN CENTRAL LONDON

The Portland Hospital lies at the heart of the private healthcare district in London – at the top of the famous Great Portland Street.



Our address is...

The Portland Hospital for Women and Children
205-209 Great Portland Street
London
W1W 5AH

Or...

The Portland Hospital Maternal and Fetal Wellbeing Centre
212 Great Portland Street
London
W1N 5HG

And...

215 Great Portland Street
London
W1W 5PN

The Portland Hospital Maternity Enquiry Line:

+44 (0)20 7390 6068

Hospital Switchboard: **+44 (0)20 7580 4400**

Fax: **+44 (0)20 7390 8012**

Labour Ward: **+44 (0)20 7390 8395**

www.theportlandhospital.com

Getting here by car

Visitors have the option of two car parks close to the hospital:

- NCP in Carburton Street
- Union Car Parks in Devonshire Row Mews

There are also meter parking bays in the surrounding streets.

Getting here by tube

- **Great Portland Street Station** (2 mins walk)
Circle, Hammersmith & City and Metropolitan Lines
- **Regents Park Station** (5 mins walk)
Bakerloo Line



Imagethirst are the official photographers for The Portland Hospital. www.imagethirst.com