“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
Here at The Portland Hospital we understand that having a baby is a tremendously exciting time but can also be a little bewildering and at times really quite daunting. We aim to help all mothers-to-be to have an enjoyable pregnancy and memorable birthing experience: to prepare you and your body for childbirth, to support you from the moment you discover you’re pregnant, right through to the birth, and to give you the confidence to cope from the moment you step back into day-to-day life.

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 provided within a hospital environment which gives the added reassurance of safety. Our reputation is for high quality and parent-centred care for each and every mother-to-be. We want all mums and dads to feel respected, supported and empowered at all times.

The Portland Hospital is ‘home’ to more than 80 top obstetric consultants, many of whom are considered to be amongst not only the UK’s, but the world’s leading birthing experts. Indeed, many hold senior obstetric appointments at London’s leading NHS teaching and research hospitals. Our wider team of over 300 healthcare professionals including our team of dynamic and committed midwives, resident obstetric anaesthetists, expert sonographers, obstetric physiotherapists, holistic therapists, nursery nurses, and breastfeeding specialists, combined with consultant neonatologists and paediatricians are all there to support our new parents and their babies.

<table>
<thead>
<tr>
<th>A bit about us</th>
<th>A bit about us</th>
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<tbody>
<tr>
<td>• Around 2000 ‘Portland’ babies are delivered each year</td>
<td>• On-site special care baby unit</td>
</tr>
<tr>
<td>• 24/7 on-call consultant obstetric care</td>
<td>• Adult high-dependency unit</td>
</tr>
<tr>
<td>• Emergency support for potential complications</td>
<td>• 5 private en-suite delivery rooms</td>
</tr>
<tr>
<td>• 24/7 resident consultant obstetric anaesthetist</td>
<td>• 30 en-suite bedrooms: 22 single, 2 double and 2 deluxe rooms – plus 4 suites</td>
</tr>
<tr>
<td>• On-site neonatal intensive care unit</td>
<td>• 2 nurseries</td>
</tr>
</tbody>
</table>
YOUR CHOICE OF CARE

We believe that it is important to offer parents-to-be an informed choice, both in the type of birthing care you receive: either consultant-led or midwife-led through to the type of birth: from a natural delivery with or without an epidural, through to caesarean section or water birth. Depending on your individual birthing requirements we offer a range of care packages to suit your needs.

Consultant-led care
This package is for high risk mothers-to-be as well as those parents who prefer to be looked after by a consultant obstetrician throughout their pregnancy.

Our team of more than 80 obstetric consultants are all independent practitioners who have undergone a rigorous process of assessment prior to gaining admitting privileges to our hospital.

Your chosen obstetrician will advise on all aspects of your antenatal and obstetric care. They will also arrange your hospital booking for the delivery of your baby and offer an informed choice on all types of birth from normal 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 even be covered by your healthcare insurance. All our consultant obstetricians accept late bookings.

Parents-to-be who are booked under the care of a consultant obstetrician are asked to attend the midwifery-booking clinic: a pre-assessment clinic, which also offers you the chance to meet a member of the hospital midwifery team before the birth itself to discuss your personal needs. Our midwifery team can give you a wealth of advice on nutrition, health and well-being 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 obstetrician. They will also care for you whilst you remain in the hospital post-delivery and provide invaluable support with feeding and caring for your new baby.

Simple steps to consultant-led care
1. Find an obstetrician with admitting privileges at The Portland Hospital by using the consultant search at www.theportlandhospital.com or via our consultant directory and book your first appointment.
2. Your 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 have booked under the care of your consultant you may want to consider our antenatal classes. Information on all our classes are available at www.theportlandhospital.com
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 at: www.theportlandhospital.com
5. You will be asked to attend our midwifery booking clinic to discuss the 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

As well as consultant led care we also offer private midwife-led care for mothers-to-be who are expecting an uncomplicated pregnancy and birth with the unique benefit of having an experienced named obstetrician to offer support if necessary. We have a small team of highly experienced, friendly and committed midwives who have the time and resource to empower women to create and follow their birth plan, whether this is a natural birth (with or without pain relief) or a water-birth.

Our complete midwife-led package can be accessed at 12, 20 or 30 weeks and includes all antenatal appointments with the midwives, all ultrasound scans, and blood tests as routinely required, midwife-led birth and a 24 hour stay in one of our private postnatal rooms.

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

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

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

Following birth, you will be cared for in a private room under the care of a midwife who will be on hand to provide you with invaluable support and advice when looking after your new baby.

Simple steps to midwifery-led care

1. To discuss your initial thoughts on the Midwife-Led Delivery (MLD) service or book directly with the MLD team please call +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.

Late bookings are accepted onto both care packages as long as you bring your NHS or equivalent antenatal medical records.
PUTTING SAFETY FIRST

In the unlikely event that a complication arises during birth, The Portland Hospital has immediate access to a dedicated emergency delivery theatre, resident consultant anaesthetists and theatre team along with critical care facilities which are second to none. Indeed, our neonatal intensive care and special care baby units are right here in the hospital and both have the most sophisticated systems available to monitor and care for babies who have complications. The units are managed by consultant neonatologists and a highly skilled specialist nurse team.

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 or kidney conditions. The hospital does not have an adult intensive care; should this level of care be required women are transferred to a nearby hospital with which we have a formal transfer arrangement. However, the number of transfers are extremely low – and in 2012 there were none.

If your pregnancy is complex, a multidisciplinary team 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 expert, consultant neonatologist, medical obstetrician and lead midwife.

Pain relief to suit you
All forms of birthing pain relief are available at The Portland Hospital. Parents-to-be may be referred by their consultant obstetrician or midwifery team to meet a consultant anaesthetist prior to delivery if they need or wish to discuss pain relief options for the big day. One of our resident consultant anaesthetists will undertake an assessment and advise you on the best options for pain relief to meet your individual needs.

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 when you need.

Paediatric care to follow
All babies born at The Portland Hospital receive a full paediatric review prior to discharge by a consultant paediatrician. Many parents then choose to follow on with paediatric care for their child at the Portland. The Portland Hospital is also the UK’s largest independent children’s hospital devoted to caring for babies and children up to the age of 16 years.
“Here at The Portland Hospital’s Maternal and Fetal Wellbeing Centre 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 Lead
Typically we carry out three scans at different stages of your pregnancy:

<table>
<thead>
<tr>
<th>Type of scan</th>
<th>Timing</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early pregnancy and dating scan</td>
<td>6-10 weeks</td>
<td>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, the crown to rump length of the embryo, to precisely date the pregnancy and to check the health of the pelvic organs.</td>
</tr>
<tr>
<td>Fetal anatomy scan</td>
<td>19-21 weeks</td>
<td>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.</td>
</tr>
<tr>
<td>Growth scan</td>
<td>30-34 weeks</td>
<td>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.</td>
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</tbody>
</table>

**WATCHING YOUR BABY GROW**

We provide all the pregnancy and gynaecological scans you will need. Led by a team of fetal medicine consultants and specialist sonographers our 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 until 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 of fetal medicine consultants and expert sonographers treat 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. You can also rest assured that they are 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, St Bartholomew’s and the Guy’s and St Thomas’s Hospital Trust ensures that our ultrasound scanning services offer you all the benefits of the most recent technological advances. Our team of fetal medicine consultants and sonographers, together with your own obstetrician will provide you with a premier scanning service throughout your pregnancy.
Other tests available at The Portland Hospital include:

- **Chorionic villus sampling** – the removal of a small sample of placenta tissue (chorionic villi) from the uterus during early pregnancy to screen the baby for genetic defects.

- **Amniocentesis** – the extraction of a small amount of amniotic fluid from the amniotic sac surrounding the developing baby during early pregnancy to screen the baby for genetic defects.

- **Fetal blood sampling, pulsed and coloured Doppler, biophysical profile, fetal cardiac and MRI scans** are also available.

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### SPECIAL TESTS AND SCANS

The Portland Hospital’s Maternal and Fetal Wellbeing Centre also offers the full range of special tests, scans and blood sampling that your maternity care team might recommend you have done. Our centre was one of the first units in the country to offer serum blood screening in early pregnancy in combination with nuchal scanning and maternal age which allows us to detect around 85% of Down’s Syndrome cases – as well as unborn babies at risk of Edward’s Syndrome (Trisomy 18) and neural tube defects. We are also one of the first to adopt the non-invasive test.

<table>
<thead>
<tr>
<th>Scan/test type</th>
<th>Non Invasive Prenatal Testing</th>
<th>Combined Screening Test</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Timing</strong></td>
<td>10 – 20 weeks</td>
<td><strong>Stage 1</strong>: 11-13 weeks</td>
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<tr>
<td></td>
<td></td>
<td><strong>Stage 2</strong>: 15-16 weeks</td>
</tr>
<tr>
<td><strong>Detail</strong></td>
<td>We work in conjunction with The Doctors Laboratory based in London, UK, which has an arrangement with a company called Ariosa Diagnostics Inc, based in San Jose, USA. Ariosa will perform their NIP test called Harmony™ Prenatal Test on the DNA extracted from your blood sample.</td>
<td>This test is performed in collaboration with the Wolfson Institute of Preventive Medicine at St Bartholomew’s, The Royal London School of Medicine and the Fetal Medicine Foundation.</td>
</tr>
<tr>
<td><strong>To detect</strong></td>
<td>High risk of Down’s Syndrome, Patau’s Syndrome (Trisomy 13) and Edward’s Syndrome (Trisomy 18).</td>
<td></td>
</tr>
<tr>
<td><strong>Results</strong></td>
<td>The consultant sonographer will perform an ultrasound scan to measure your baby and confirm that you have a singleton pregnancy (one baby). A blood sample will also be taken from you. There needs to be enough fetal DNA in the maternal blood to be able to provide a result. If there is insufficient fetal DNA in the sample, another blood sample from the mother may be required and this occurs in 3 to 5% of cases. This will be processed in the laboratory at no extra charge.</td>
<td>Women with a risk of 1 in 150 or greater are interpreted as being ‘screen-positive’ of fetal abnormalities. Based on your – and your consultant’s – view of the results, you can then make an informed choice about whether to proceed to have one of two further diagnostic tests which, whilst able to more accurately assess your risk, are also considered to be ‘invasive’ (and therefore carry a small inherent risk (1%) of miscarriage):</td>
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<tr>
<td></td>
<td>Your 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 <strong>high risk</strong> that the baby has trisomy 21 or 18 or 13, it does not mean that the baby definitely has one of these conditions. You will be offered an invasive test (CVS or amniocentesis) which is the only way to know for sure whether or not an unborn baby has a chromosomal abnormality. If the Harmony™ Prenatal Test shows that there is a <strong>low risk</strong> that the baby has trisomy 21 or 18 or 13, it is highly unlikely that the baby has one of these conditions. The test identifies more than 99%, but not all, of the babies with trisomy 21, 98% of babies with trisomy 18 and 80% of babies with trisomy 13.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stage 1: involves a blood sample and ultrasound as in the combined screening test. Stage 2: involves a second blood sample. The details from the two blood samples coupled with your baby’s nuchal translucency measurements and your age are used to estimate your risk of having a baby with fetal abnormalities.</td>
<td>• a chorionic villus sampling test (from 11 weeks); or • an amniocentesis (from 15 weeks).</td>
</tr>
</tbody>
</table>
PICTURES TO TREASURE

Thanks to clever technological advances, 3D and 4D (which are 3D scans in real-time) scans 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 very 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 it is born.

They are typically performed at 24-30 weeks 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 baby’s position!

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

Our classes, presented by our expert midwives, are available at convenient times to suit your individual needs.

- **Preparing for Birth and Early Parenting**
  In order for you and your partner to prepare for the birth of your baby, as well as life after birth, we offer a four week daytime or evening group course, 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 first session will be dedicated to preparing for your caesarean birth, including antenatal care and birth plans. The second session will focus on postnatal issues, care of your new-born, infant feeding and baby basics.

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

- **Birth Reflection Class**
  We understand that sometimes previous birthing memories may resurface when you are about to give birth. This one-to-one session revisits previous birth experiences and prepares for the new arrival.

- **Breastfeeding Class**
  In order to develop parents’ confidence when feeding their babies, this session provides information on breastfeeding as well as managing common breastfeeding problems. A twin breastfeeding class is also available.

- **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 Massage**
  Designed for new mothers, this course encourages interaction, stimulation and relaxation for baby and will help to develop the bond between you and your baby. This session also provides an opportunity to meet other new mothers and share your experiences.

- **Baby First Aid**
  This course, available to parents and carers, teaches basic first aid skills to give you the confidence to deal with emergency situations.

To book educational classes, please contact the Maternity Services Advisor on +44 (0)20 7390 6068.
ANTENATAL AND POSTNATAL EXERCISE

We offer a safe course of exercise for mothers-to-be and new mothers. During these sessions effective exercise techniques for the childbearing year are taught – from gentle stretching to toning and relaxing.

- **Yoga for Pregnancy**
  Available for mothers-to-be from the first scan. This class is designed to enhance your feeling of wellbeing by improving circulation, breathing and posture. Yoga is very beneficial for mothers-to-be as it has been proven to help relieve some of the more common complaints of pregnancy and is also an aid for labour.

- **Women’s Health Yoga**
  These classes are for women of all ages and address postnatal, menopausal and aging issues e.g. osteoporosis/osteo-arthritis.

- **Mother & Baby Yoga**
  Available in the early postnatal period. Mothers can bring their babies along to this session.

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

- **Mother & Baby Pilates**
  Available in the early postnatal period, our postnatal pilates sessions help return muscles to their pre-pregnancy state and tone. Babies are welcome at these classes.

For further information or to book a session, please contact the Therapy Department on +44 (0)20 7390 6553.
Our holistic therapies are specifically designed for expectant mothers to provide comfort and relaxation. 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:

- **Bowen therapy**
  A non-intrusive, proven holistic approach to healing discomfort and providing pain relief in pregnancy. The Bowen Technique involves a gentle, rolling motion, using the fingers and thumbs and a very light touch applied over muscles, ligaments and soft tissue and is designed to either tighten or loosen off tissues depending on the way the move is done. When these movements are alternated with rest periods energy is encouraged to flow to the area being treated.

- **Reflexology**
  Reflexology involves massaging or applying pressure to parts of the feet, hands or ears in order to encourage the body’s own capacity to heal which creates a beneficial effect on other parts of the body. Our qualified reflexologists treat specific conditions including morning sickness, back pain and heartburn.

- **Therapeutic massage**
  Available from our qualified therapists to help minimize discomfort, pain, tension and stress during and after pregnancy.

- **Manual lymphatic drainage**
  This light and relaxing therapy uses specialised rhythmic pumping movements to relieve fluid congestion by stimulating the lymphatic vessels and aiding lymph flow. Manual lymphatic drainage can help reduce some of the symptoms that may accompany pregnancy including swollen ankles, puffy eyes, and swollen arms and hands.

- **Wellbeing package**
  A special package incorporating 3 of our most popular antenatal services at a reduced price. The package includes a set of 6 yoga classes and any 2 of the following treatments: massage, Bowen treatment, reflexology or manual lymphatic drainage.

For further information or to book a session please contact the Therapy Department on +44 (0)20 7390 6553.
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 in order to make the birthing experience as positive as possible. Our warm, friendly and highly experienced maternity and fetal wellbeing team are on hand to offer advice, support and care.

The little things count

• Our delivery rooms are both beautifully furnished and fully equipped in order to provide a comfortable environment for normal labour and birth, but also to allow us to manage things quickly in the unlikely event that an emergency situation arises.
• All postnatal rooms have a bedside cot for your baby, en-suite bathrooms, televisions, telephones, air conditioning and wifi.
• Whilst we encourage new mothers to keep their babies in their rooms – we offer a newborn nursery on our obstetric floors to support in caring for baby and allow you to rest.
• 24 hour room service is available with a varied choice of high quality and nutritious meals. With a little bit of notice our catering team are happy to cater for almost any dietary need you might have.

Family and friends are welcome to visit at anytime and all rooms allow for us to happily accommodate partners to stay – 2 of our rooms have double beds and our suites have adjoining sitting rooms.
• All babies born at The Portland Hospital can become a member of our Portly Panda Club, which includes an invitation to an annual party, personally signed birthday cards 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 only removed at the time of discharge.
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

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
(Direct Line)
www.theportlandhospital.com

**Getting here by car**
Visitors have the option of two car parks close by 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
“Having our son at The Portland Hospital was the best decision my wife and I ever made. Thank you!”

Andy, father of Jack