



# MATERNITY CARE AT THE LINDO WING



For generations, families have placed their trust in us to guide them through one of life's most precious journeys. Since 1937, our internationally renowned maternity services have provided compassionate, expert care – earning and maintaining an outstanding rating.\*

From the moment you arrive, you'll be welcomed by a nurturing team dedicated to your individual needs. Whether you choose our labour ward or co-located birth centre, your experience is shaped by your preferences and supported by our commitment to exceptional care.

Our private ensuite rooms are designed to make you feel at home, providing a calm, comfortable environment to focus on your birth. All meals are made to order on site by our team of talented chefs and you can enjoy a celebratory high tea to welcome your new arrival.

If you and your family would like more space, we can provide upgraded facilities to deluxe rooms or suites and we can work together to develop a bespoke package for you if there is any other service you would like.

We also provide a secure, supervised nursery, so you can enjoy some rest whilst remaining confident that your baby is being well cared for.

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

To find out more information, please call:

**+44 (0)20 3312 6224** or email  
**imperial.lindo.maternity@nhs.net**.

\*We have retained an outstanding rating for our maternity services at the Lindo Wing as rated by the Care Quality Commission.

Maternity services at St Mary's Hospital

Inspected and rated

Outstanding 

20 July 2023

 Care Quality Commission

# MIDWIFE-LED CARE

The Lindo Wing midwife-led care maternity package is a personalised service suitable for parents-to-be who want to form a close relationship with their dedicated midwife team that will be with them throughout their pregnancy and the birth of their baby.

We will support you through every stage of pregnancy, labour, birth and postnatal care. We will focus on the health and wellbeing of you and your baby, putting you at ease, ensuring the highest standards of care in a safe and comfortable environment.

Our midwife-led care package includes:

- regular antenatal appointments with our dedicated midwife team throughout your pregnancy, where you and your baby's wellbeing is closely monitored, supported by expert care, encouragement and guidance
- routine blood tests
- ongoing individual labour and birth discussions throughout your pregnancy, including in-depth conversations around your birth preferences
- a 24-hour call service, where expert midwives are available to respond to queries
- guidance on how to best care for your new baby

You can also access non-invasive prenatal testing at an additional fee. This test will be conducted by an experienced sonographer or consultant.

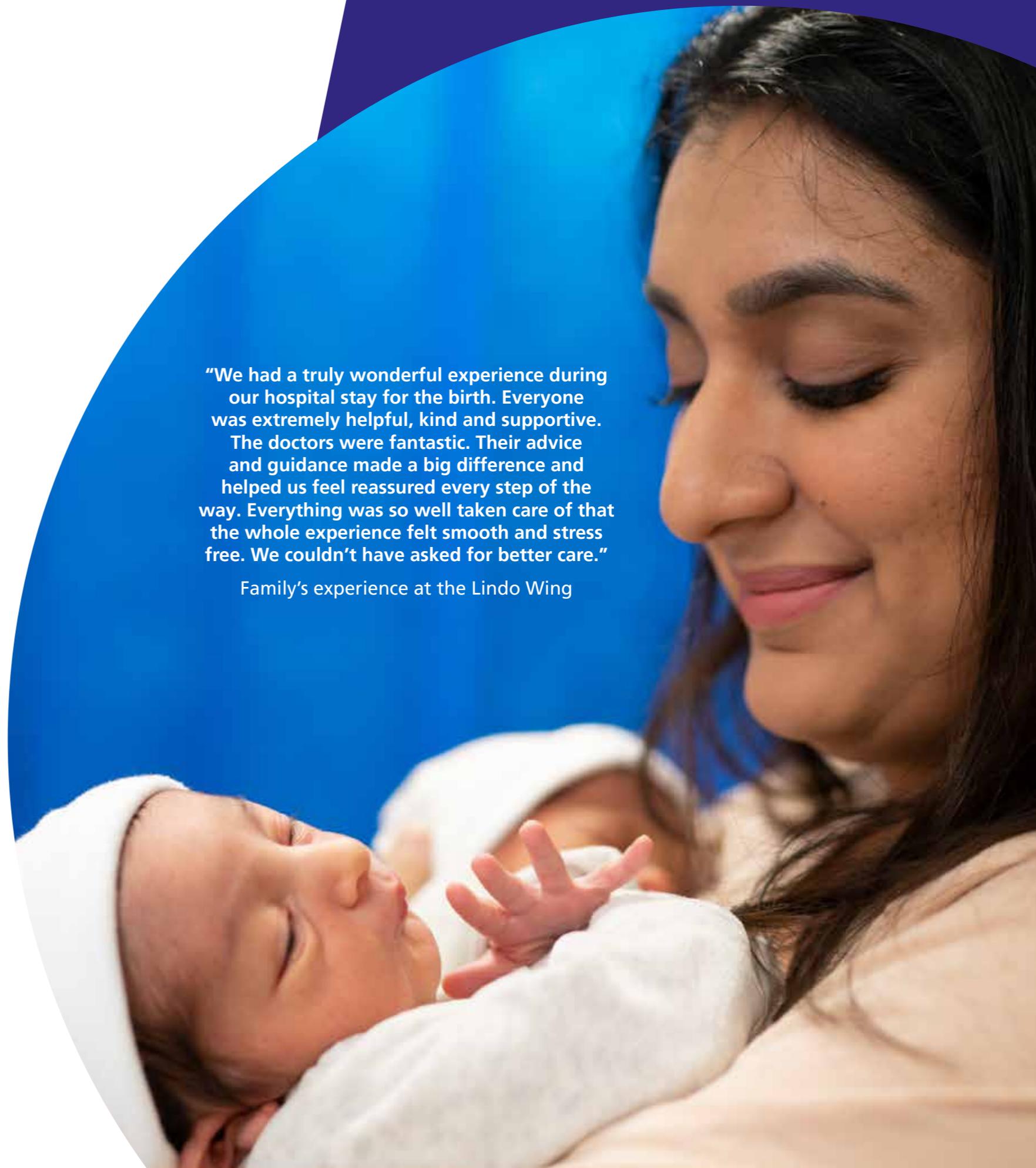
**"We had a truly wonderful experience during our hospital stay for the birth. Everyone was extremely helpful, kind and supportive. The doctors were fantastic. Their advice and guidance made a big difference and helped us feel reassured every step of the way. Everything was so well taken care of that the whole experience felt smooth and stress free. We couldn't have asked for better care."**

Family's experience at the Lindo Wing

To find out about any of the services in this brochure at the Lindo Wing, please contact us on:

 +44(0)20 3312 2536

 [imperial.lindo.maternity@nhs.net](mailto:imperial.lindo.maternity@nhs.net)



# CONSULTANT-LED CARE

As a Lindo Wing parent, you will receive private maternity care and advice from a consultant of your choice and our team of dedicated midwives. In partnership with you, we will create a safe, personalised care plan that suits you and your baby for every stage of your pregnancy, birth and postnatal journey.

Our consultant-led care package includes:

- regular appointments with your dedicated consultant throughout your pregnancy
- routine blood tests
- ongoing personalised labour and birth discussions throughout your pregnancy, including in-depth conversations around your birth preferences
- a 24-hour call service, where expert midwives and your consultant are available to respond to queries
- guidance on how to best care for your new baby

You can also access non-invasive prenatal testing at an additional fee. This test will be conducted by an experienced sonographer or consultant.

To find out more about the maternity services offered at the Lindo Wing, please contact us on:

 +44(0)20 3312 2535

 [imperial.lindo.maternity@nhs.net](mailto:imperial.lindo.maternity@nhs.net)



**"I recently had my first baby by elective caesarean section at the Lindo Wing. All members of staff were kind, caring and professional. They created a calm and magical atmosphere, all while delivering the highest standard of care and this allowed me to relax into my new role as a mother. As a surgeon myself, I would highly recommend the service to friends and family and have no doubt that I will be using the Lindo Wing maternity services in the future."**

Family's experience at the Lindo Wing

# EXPERT ANTENATAL CARE

To give parents-to-be the best start with their new or expanding family, we offer parent education sessions led by our experienced midwives.

The sessions begin by focusing on your birth plan and preparing you and your support person for the birth and beyond. We will discuss pregnancy, the stages and signs of labour and when to come into hospital. We will cover the different forms of pain relief, from natural methods such as aromatherapy, breathing and relaxation techniques, to pharmacological options.

We'll also go through different types of births, including induction and caesarean section, as well as when things do not go as planned. During the final classes, we'll talk through adjusting to your new life in the early days with your baby at home, including baby care, safety, the role of parents and baby-led feeding.

As part of your experience at our antenatal classes, we will provide a freshly prepared sandwich, a sweet dessert, a refreshing drink and a choice of teas or coffee, which is included in the course fee.

## Classes

We recommend that antenatal classes are booked any time after 20 weeks of pregnancy.

For more information about any of our courses, information on course dates or to book your place please contact us

 +44(0)20 3312 6224

 imperial.lindo.maternity@nhs.net

## Additional classes

We also offer a variety of stand-alone courses that can be booked separately, providing additional information about birth and caring for your baby.

### Caesarean section workshop

This course is specifically designed for people having a planned caesarean section and includes the following topics:

- birth and caesarean background
- reasons for a caesarean – risks and benefits
- caesarean under general anaesthetic
- relaxation and preparing for your baby's birth
- after your caesarean and recovery

### Hypnobirthing workshop

Our hypnobirthing workshop offers a calm and supportive environment for expectant parents to develop practical tools and confidence for a positive birth experience.

This is open to all expectant parents and is designed to help you and your birthing partner prepare for an empowered and mindful birth journey.

### Parent education course

Our parent education course is delivered by our experienced midwives through a weekly two-hour session over a three week period.

We cover a range of topics during the sessions. Each is tailor-made to provide you with all of the information you need throughout your pregnancy, in preparation for your birth at the Lindo Wing and for parenthood.

### Infant feeding workshop

The two-hour workshop will be led by one of our highly experienced lactation consultants with an emphasis on breaking down the overwhelming amount of information available for new parents.

The session will focus on the information you need to know about feeding your baby and is ideal for pregnant mothers and parents who have started their feeding journey.

### Lactation clinic appointment

An hour long one-to-one clinic appointment is also available to new parents who would like personalised support with feeding. This can be booked as a separate service or as a helpful addition to the infant feeding workshop.

### Baby first aid workshop

We offer small group classes for parents wishing to learn more about first aid skills for babies. The two-hour course, run by our expert team, covers the essentials of baby first aid. Topics include CPR, choking, bumps, bleeding, breaks, burns, febrile seizures and meningitis awareness.

### Baby massage workshop

Our two-hour baby massage class offers you the skills to extend your gift of intuitive touch to help soothe and relax your baby and deepen your bond.

### Bespoke packages

If you would like a more tailored approach, we can also offer bespoke one-to-one antenatal classes to suit your individual needs at a time to suit you. Please contact our team for more details.



# THE BIRTH OF YOUR BABY

## Arriving at the Lindo Wing

At the Lindo Wing, we understand that giving birth can be an exciting yet apprehensive time. You will have the full support of our highly-skilled midwives, nurses and support workers when you first arrive at the ward, where you will be shown to your room and given time to settle in. On arrival, one of our midwives will make an initial assessment of your condition and, if necessary, liaise with your consultant to discuss your care plan. If you are planning to have an epidural, the on-call consultant anaesthetist will be contacted and will arrive within 30 minutes. This service is available 24 hours a day.

If your labour progresses normally, you will give birth to your baby in your allocated room. In the unlikely event of any complications arising during your labour, you will be transferred to the obstetric emergency theatre on the labour ward for the birth of your baby. As the Lindo Wing is co-located within St Mary's Hospital, we have access around the clock to specialist neonatal care for newborn babies and adult intensive care, should the services be needed.

If you are booked for an elective caesarean section, you will be asked to arrive at the Lindo Wing two hours before your surgery. You will be prepared by the midwife team and meet the anaesthetist who will answer any questions you may have. You will also be reviewed by your consultant before being taken to the operating theatre for the birth of your baby.



## Going home

Postnatally, you and your baby will be cared for by a team of clinicians, including community midwives and other specialist health professionals, who will ensure you and your baby have regular checks. If you are booked under a consultant-led pathway, your consultant will also be on hand to support you postnatally.

When you are ready to leave us, you will be seen and discharged by your consultant and midwife. The team will perform several checks on you and your baby and arrange any medications you may need to take with you. You will also be given some important paperwork, including the Personal Child Health Record (the red book) and information regarding registering the baby's birth. This all normally takes place in the morning so you can leave around midday. Should you wish to stay later, you can discuss this with your midwife (additional charges will apply).

We have partnered with My 1st Years to offer a beautiful gift box for every family who gives birth at the Lindo Wing.

## Postnatal care package

The Lindo Wing offers an optional postnatal package which is delivered by a small team of our midwives. The package will benefit you and your family by providing holistic support, information and advice from friendly staff, so that you are feeling confident and happy about looking after your baby.

We will provide up to eight sessions, giving you individualised care and support for you and your baby for up to 28 days.

## The day after you arrive home from hospital

We will spend undisturbed time with you in the comfort of your own home to see how you are adjusting to life with your new baby.

## Baby's wellbeing

- head-to-toe check of baby including weight
- feeding support and advice
- assisting with baby care
- newborn blood spot test (heel prick)
- easy access to private neonatologist if required (charges will apply)



## Around five days after the birth

We will visit you at home to check that you are all still doing well and that your baby's feeding pattern is becoming established. We will carry out the important newborn blood spot test (heel prick) and check your baby's weight. We will also assess your perineum or caesarean section wound and remove sutures if required.

## Around 10–14 days after the birth

We will make sure that you and your baby are happy, that your baby is gaining weight and you are recovering well from the birth. The remaining two appointments will take place at a conveniently agreed time and will include such topics as extra feeding support and advice by our trusted midwives or our experienced maternity support team.

Our postnatal care package also includes the following checks to make sure that you and your baby are doing well:

## Parent's wellbeing

- head-to-toe postnatal check
- emotional and physical wellbeing
- blood pressure check
- infant feeding discussion
- wound care (if required)
- blood test (if required)
- health promotion advice

Alternatively, we can refer you to your local NHS community midwifery team from your closest maternity unit, to provide postnatal care for you and your baby.

## Neonatal care

As part of your maternity care package, you will have access to a neonatologist during your stay at the Lindo Wing. Our neonatologist can support you if you have any concerns about your newborn and they will be able to direct you to any specialist consultant colleagues, should they be needed.

The neonatologist will carry out a newborn and infant physical examination (NIPE check) on your baby within 72 hours of birth. This is a thorough 'top-to-toe' assessment and will check for any immediate concerns relating to their heart, hips, eyes or genitalia.

Should your baby require any urgent care after their birth, our NHS neonatal service is on site, providing swift access to an expert team of neonatal specialists. We are able to offer treatment for your baby on the NHS at this point if your baby is eligible for NHS care.

## Photography

We can help you capture your experiences as a new family through our newborn photography packages. During a one hour session, our specialist lifestyle photographer will capture portraits of you, your family and your baby.

# PAEDIATRIC SERVICES

We are pleased to offer a private paediatric surgical service through the Lindo Wing.

## **Circumcision**

Our dedicated paediatric circumcision service is designed to provide a gentle and safe experience for babies under four weeks of age and their families. At the Lindo Wing, we offer a tailored approach to circumcision, prioritising the comfort and wellbeing of each child. From the initial consultation to post-operative care, our comprehensive service is committed to delivering exceptional results while putting the needs of our young patients and their families first.

## **Frenulectomy or tongue-tie division**

The first weeks with your newborn are a special time of bonding and discovery – but they can also come with challenges, especially around feeding your baby. If you are experiencing concerns, our lactation consultants are here to help. Working closely with your paediatrician, they will support you in identifying the issue and creating a personalised plan that works for you and your baby.

In some cases, a frenulectomy or tongue-tie division may be recommended. Our paediatric surgeon is on hand to perform this safe in-house procedure to release a tongue-tie in order to support better feeding and oral development.

## **Other conditions**

We also offer outpatient consultations for common paediatric surgery conditions such as hernia, undescended testes and hydroceles.



# ABOUT US

We provide access to exceptional clinical care and expertise, within some of London's most respected NHS teaching hospitals. As part of Imperial College Healthcare NHS Trust, we have strong links to research, innovation and teaching. This means we actively contribute to advancing healthcare, as well as providing evidence-based treatments and the best possible care for our patients.

All funds generated by our private care services are continually reinvested back into the Trust, to support both NHS and private clinical services. So, by choosing private care at Imperial College Healthcare, you're making a difference to the communities we serve.

## Private care at Queen Charlotte's & Chelsea Hospital

At Imperial College Healthcare we also offer private maternity services at the Clayton Ward, Queen Charlotte's & Chelsea Hospital, which has a nationally celebrated centre for fetal care and has a long history of clinical excellence. The hospital is well equipped to deal with all pregnancies, from straightforward through to multiple and complex births. With two fully equipped operating theatres next to the labour ward and high-dependency care facilities, we have everything on hand should babies need any additional support.

### To find out more visit:

[private.imperial.nhs.uk](http://private.imperial.nhs.uk)

### Contact us

 +44 (0)20 3312 6224

 [imperial.lindo.maternity@nhs.net](mailto:imperial.lindo.maternity@nhs.net)

 [private.imperial.nhs.uk](mailto:private.imperial.nhs.uk)

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