



**Kingston**PrivateHealth



**Kingston Hospital**  
NHS Foundation Trust

# **Kingston Private Maternity**

working in partnership with Kingston  
Hospital NHS Foundation Trust



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# WELCOME

*The birth of your baby is a very special time for you and your family. At Kingston Private Health we are committed to providing you with the highest standards of personalised care throughout your journey to parenthood.*

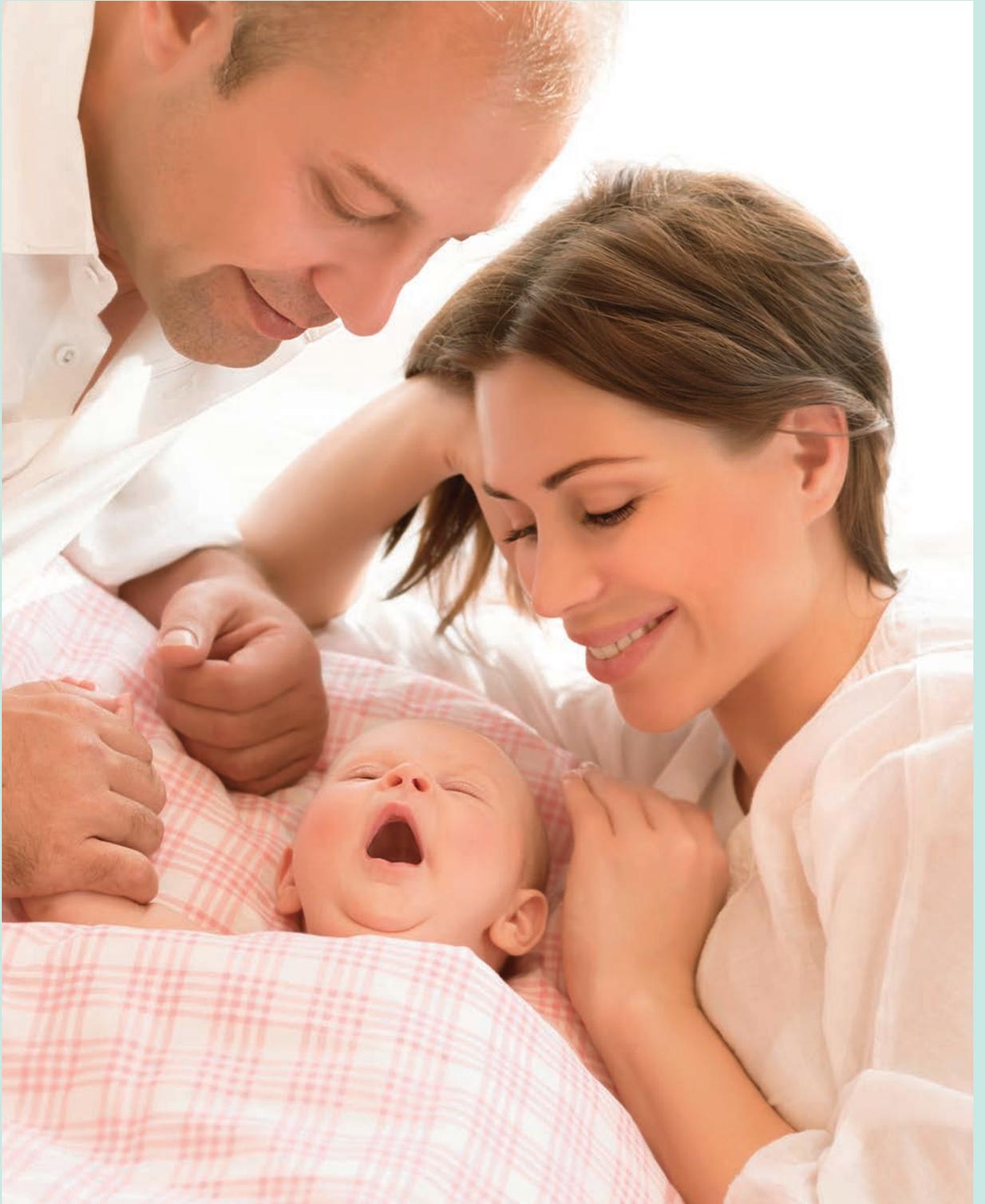
Following a positive pregnancy test, one of the first decisions you will need to make is where to give birth. When you choose to have your baby with us, you will be supported by trusted professionals from the early days of pregnancy right through to giving birth. At Kingston Private Health, we recognise that no two pregnancies or births are the same, which is why we put you, and the choices you make, at the heart of everything we do.

Our private consultant-led maternity and delivery service is offered in partnership with Kingston Hospital. You will be supported by the dedicated and trusted maternity team at Kingston Hospital who pride themselves on the modern and safe services they provide. The maternity unit has an excellent reputation across South West London and is an integral part of Kingston Hospital NHS Foundation Trust, the first acute Trust in London to be rated

outstanding by the Care Quality Commission.

Kingston Private Health is the private patient unit at Kingston Hospital and offers private en-suite rooms in a modern, friendly environment where you and your partner can safely start your new or expanded family together. Being centrally located within the hospital also means that you and your baby will have access to a wealth of back-up medical and other support services, 24 hours a day, should it be required, providing you with the additional reassurance at this special time.

Discretion is key to the private service we provide at Kingston Private Health, and we will ensure you have the space, security and privacy you need to enjoy these precious moments together while remaining safe in the knowledge that support is on-hand when you may need it.



# MATERNITY AND DELIVERY OPTIONS

**Our obstetricians and midwives work closely together to ensure you receive the highest level of care during your pregnancy, delivery and after your baby is born. They are supported by a team of paediatricians, anaesthetists, sonographers and physiotherapists who will be on hand to support you and the arrival of your new baby.**

## **Consultant-led care**

At Kingston Private Health we have a range of consultant-led maternity packages on offer, and are proud to be one of the very few private providers to offer one-to-one midwifery care throughout your delivery and post-natal stay as standard when you choose one of our delivery packages.

Throughout your antenatal care, your consultant obstetrician will carefully assess you to help identify any risk factors or complications. You will be monitored closely through routine consultations, scans and blood tests to ensure that your pregnancy is developing normally.

Your obstetrician will be supported by a midwife from Kingston Hospital's maternity unit. Together, they will be on hand to answer any questions that you may have and will help you to make informed choices right through to the

birth of your baby. They will provide you with the continuity of care and flexibility that is paramount at this special time. We believe that through this complementary support from both your obstetrician and midwife will allow you to create the individualised and safe care plan that suits you and your family.

Your obstetrician will attend your delivery and will take full responsibility for your care. In the unlikely event of complications occurring during birth, your obstetrician will be there to perform any emergency procedures that may be required. Having your baby with Kingston Private Health means you and your baby will have access to all of the additional support and specialist care, including operating theatres, neonatal units and infant feeding specialists, provided by Kingston Hospital's maternity unit and the highly trained staff who work there.

**Please phone or email our Patient Bookings Team who will happily answer any questions you have about the consultant-led packages on offer.**

- 020 8546 6677
- [KPHEnquiries@nhs.net](mailto:KPHEnquiries@nhs.net)

# YOUR JOURNEY THROUGH TO DELIVERY

## Your first appointment

You will be invited to attend an initial consultation with your chosen obstetrician in our private outpatient consulting suite. Your care pathway will be discussed to ensure any individual care needs are identified and planned for.

## Your booking

Once you have decided to have your baby at Kingston Private Health you will be offered a midwife booking appointment. During this booking, one of our experienced midwives will provide you with further information regarding the early stages of your pregnancy, and will take some blood tests from you.

## Antenatal care

To ensure the continued wellbeing of both you and your baby, you will be offered a choice of antenatal scans and screening services. Typically, in addition to regular meetings with your obstetrician and midwife you will be offered the following scans and screening tests during your pregnancy:

- A **Dating Scan** and **Nuchal Translucency Scan** is normally carried out between weeks 11 and 13 of your pregnancy. This is to determine the expected due date of your baby and to look for any increased risks of chromosomal conditions, such as Down's Syndrome.
- A **Foetal Anomaly Scan** is normally carried out at weeks 19 to 24 to check that your baby is developing normally.
- A **Growth Scan** can be carried out between weeks 34 to 36 to check the size of your baby.

Please be aware, additional scans may be required based on your own individual circumstances.

We also offer **Non-Invasive Prenatal Testing (NIPT)**, also sometimes referred to as a Harmony test. This is an additional chromosomal screening test which does not diagnose a specific condition, but rather predicts whether the risk of a genetic condition is high or low. It involves a maternal blood test being taken so poses no risk to you or your baby. The blood sample is sent to a laboratory where tiny pieces of cell-free DNA (cfDNA) from the placenta, present in a pregnant woman's blood, is analysed.

The NIPT is very good at identifying the risk of your baby being born with the most common chromosomal disorders such as Down syndrome, Edwards syndrome, and Patau's syndrome. However, as with all screening tests, does not determine for sure whether your baby has a chromosomal disorder, only the risk of having such a condition. The results of a NIPT screening can help you and your obstetrician decide the next steps and whether further diagnostic testing is appropriate.

As part of your antenatal care, you will also have several blood tests to check on your and your baby's health. These will be carried out at Kingston Private Health during one of your consultations with your obstetrician and midwife.

The tables opposite provide an overview of the routine scans and blood tests that are usually carried out at the various stages of your pregnancy. Additional scans and blood tests may be required and will be dependent on individual circumstances.

	Booking appointment	Week 12	Week 20	Week 28	Week 36
<b>Blood tests</b>					
Blood Glucose Test	✓			✓	
Blood Group / Antibodies Test	✓			✓	
Haemoglobin (Full Blood Count)	✓			✓	
Haemoglobinopathy (sickle cell and thalassaemia)	✓				
Hepatitis B Screen	✓				
HIV Screen	✓				
Syphilis Screen	✓				
<b>Scans</b>					
		Week 12	Week 20	Week 28	Week 36
Nuchal and Dating Scan		✓			
Foetal Anomaly Scan			✓		
Growth Scan					✓



### Your labour and delivery

When the time arrives for your baby to be born, you will be admitted to Kingston Hospital's maternity unit where you will be met by the team of midwives. Your chosen consultant will be with you throughout the birth of your baby and will take full responsibility for your care. They will be supported by a dedicated midwife and will have a range of other clinical experts to call upon to assist if needed during the labour and birth, including anaesthetists and paediatricians.

The birth of your baby will take place within the birthing suite at Kingston Hospital's maternity unit. Our philosophy of ensuring you are at the heart of all decisions extends to pain relief and birthing positions. Your obstetrician and/or midwife will have discussed these with you already, but we are very mindful that such decisions may have changed. If this is the case, please feel free to discuss these with your obstetrician and midwife as soon as possible.

All delivery rooms are furnished with the equipment necessary to monitor you and your baby during labour and birth. We also provide a 24/7 on-site consultant-led anaesthetic service.

### Post-natal care

Following the safe delivery of your baby, a consultant paediatrician will carry out a newborn check prior to you and your baby transferring to our dedicated private patient facilities at Kingston Private Health. The newborn baby check is carried out to ensure the health of your baby and to help detect any conditions that had not been identified during pregnancy.

Once completed, you will be accommodated in one of our postnatal rooms within our dedicated private patient unit, where partners are also very welcome to stay overnight. Your post-natal care will continue to be overseen by your consultant obstetrician, together with one-to-one midwife support throughout your stay with us. Your midwife will be on hand to provide advice on how to care for your baby, which can include carrying out a comprehensive feeding assessment, advice on bathing and changing your baby. The one-to-one care is included as standard on all our consultant-led packages to give you and your partner the perfect opportunity to get to know your new arrival in a comfortable, friendly and safe environment.

Our dedicated private physiotherapist will be available to see you soon after the birth of your baby to provide advice on exercises that are appropriate and tailored to you as an individual.

# DURING YOUR STAY

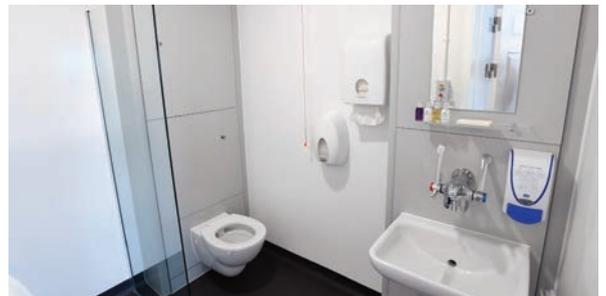
**As a private patient, you will stay in one of our spacious bedrooms within our dedicated private patient unit at Kingston Private Health. All our bedrooms offer en-suite facilities, a television with a selection of Freeview channels, fridge, complimentary wi-fi and direct dial telephones.**

Rooms are cleaned daily and will be prepared for your arrival with fresh linen, dressing gown, a selection of luxury toiletries and refreshments. Partners are very welcome to stay overnight at no additional cost. Our aim is to provide you with a comfortable, quiet and safe environment where you can start your new or expanded life together.

Our varied daily menu has been designed to provide catering options to suit a wide range of dietary requirements. However, our

dedicated chef and catering team will be pleased to discuss any dietary requirements prior to your admission. All meals for you and your partner are included in our prices for the durations of your stay.

However long you decide to stay with us, we want you to be comfortable and relaxed. Our friendly hotel services team will help you settle in and will be on hand to make your stay as relaxing as possible.





# BOOKING AND FINANCE OPTIONS

**For all private maternity enquiries, please contact us directly by either emailing us at [KPHEnquiries@nhs.net](mailto:KPHEnquiries@nhs.net) or by telephone on 020 8546 6677.**

Alternatively, if you have decided to have your care at Kingston Private Health already, please complete the online self-referral form on the Kingston maternity website ([www.kingstonmaternity.org.uk](http://www.kingstonmaternity.org.uk)) and ensure you tick the Private Maternity Care box towards the bottom of the form.

## **Booking a tour**

If you would like to visit the maternity unit or Kingston Private Health before you make your choice, we would be delighted to show you around. Please contact us at [KPHEnquiries@nhs.net](mailto:KPHEnquiries@nhs.net) or call us on 020 8546 6677.

## **Health Insurance**

Most insurance companies will not cover the costs of normal labour or delivery. However, depending on your individual policy, some may pay for some of the costs of your stay.

Please be aware that if your stay is covered by your private medical insurance provider, it will remain your responsibility to obtain appropriate authorisation prior to your admission. Any shortfalls in payments will remain your responsibility so we would advise you obtain clarification on the extent of your cover from your insurer as early on as possible.

In addition, it is important that you also liaise with your insurance provider regarding the costs of your baby's care.

Your account with Kingston Private Health will always remain your responsibility. For all insured patients, we will either ask for a deposit to be held on your account that will be refunded on receipt of payment from your insurer, or a guarantee of payment from your insurer in advance of your admission. This applies to all maternity delivery packages booked at Kingston Private Health. All other costs will be invoiced separately. For further information, please see our Terms of Business.



# HOW TO FIND AND CONTACT US

**Kingston Private Health is situated within Kingston Hospital and located on the 7th floor of Esher Wing. Its central location within the main hospital means that it is only a short distance from the maternity unit.**

## **Parking**

The private car park is located to the rear of Esher Wing and can be accessed from Wolverton Avenue or Kingston Hill. Our car park is free for our patients providing your registration details have been recorded on your arrival at reception.

## **Arriving by car**

Kingston Hospital is easily accessible by car from London and the South.

## **Directions from the M25**

Exit the motorway at junction 10, (signed London (SW), Kingston, Guildford and A3), and take the A3 towards Kingston. Exit the A3 at the Coombe Lane Interchange. Join the A238 (Coombe Lane). Continue along Coombe Lane and turn right at the junction with Galsworthy Road. Kingston Hospital is located on the left.

## **Directions from the M3**

Exit the motorway at junction 1 (signed Sunbury, Kingston & A308). Join the A308 (following signs for Kingston). Continue on the A308 to Kingston and after crossing the River Thames, follow the one-way system re-joining the A308 (London Road). Turn right onto the A238 (Coombe Road) and turn left at the junction with Galsworthy Road. Kingston Hospital is located on the left.

If using sat nav, please use postcode KT2 7QF for Kingston Private Health's car park, accessible via Wolverton Avenue.

## **Arriving by train**

If you choose to travel by train, Norbiton station is only a few minutes' walk from the main hospital entrance.

## **Arriving by bus**

Buses stopping at the hospital include the K1, K2 and number 57.

## **For price enquiries and appointments:**

For information on Kingston Private Health's maternity delivery packages and any further information please contact us by:

**T: 020 8934 3938 or 020 8934 6020**

**E: [KPHEnquiries@nhs.net](mailto:KPHEnquiries@nhs.net)**

**W: [KingstonPrivateHealth.co.uk](http://KingstonPrivateHealth.co.uk)**



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**Kingston Private Health**

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