

EXCEPTIONAL PRIVATE MATERNITY CARE

AT THE LINDO WING



[Imperial.nhs.uk/private-care](https://www.imperial.nhs.uk/private-care)



Imperial College Healthcare
PRIVATE CARE

WELCOME TO THE LINDO WING



Pregnancy is one of the most exciting times of your life. At the Lindo Wing at St Mary's Hospital, we will help you enjoy the journey with the support of our expert team, in comfortable, private surroundings.

Trusted for generations, we have been supporting women and birthing people to bring babies into the world since 1937 and have an international reputation for maternity care.

Our exceptional clinical care and expertise will support you throughout your pregnancy and birth – be they straightforward, complex or multiple deliveries, with the reassuring presence of our specialist neonatal and adult intensive care units on site.

All our parents-to-be receive care from their chosen consultant and our dedicated midwives. We offer a personalised service and maternity care packages that can be tailored to make sure the birth of your child is as special as possible.

Why choose the Lindo Wing?

- 1 outstanding maternity services** – as part of the 2023 Care Quality Commission national inspection programme, we have retained an outstanding rating for our maternity services
- 2 renowned obstetric consultants** who are leaders in their field
- 3 reassuring support** from our emergency care and adult and neonatal intensive care units on site if needed.

Maternity services at St Mary's Hospital

Inspected and rated

Outstanding 

20 July 2023

 Care Quality Commission

SUPPORTING YOU EVERY STEP

We offer consultant-led care supported by dedicated, experienced midwives and other support staff. We aim to provide a high standard of service where your wellbeing, safety and comfort are always our top priority.

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

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

The Lindo Wing's comfortable private en suite rooms provide a modern, homely environment. Deluxe rooms or suites are available for patients who would like a larger space and are subject to availability.

The Lindo Wing is part of Imperial College Healthcare Private Care, which provides access to exceptional clinical care and expertise, within some of London's most respected NHS teaching hospitals.

To find out about any of the services in this brochure at the Lindo Wing please call **+44(0)20 3312 2536** or email imperial.lindo.maternity@nhs.net



ANTENATAL CLASSES

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. 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 and 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.

Additional classes

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



Baby massage

Our 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. Our two-hour massage classes are relaxed and fun and open to all parents at the Lindo Wing.



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
- Giving you peace of mind



Baby first aid

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 Lindo Wing team, covers the essentials of baby first aid. Topics include CPR, choking, bumps, bleeding, breaks, burns, febrile seizures and Meningitis awareness.

Classes

We recommend that antenatal classes are booked any time after 28 weeks of pregnancy.

Please note these classes are exclusively for parents that are having their babies at the Lindo Wing. For more information about any of the courses, information on course dates or to book your place please email: imperial.lindo.maternity@nhs.net or call **020 3312 6224**.



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 and support workers when you first arrive to 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 liaise with your consultant to discuss your plan of care. 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 they 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 midwifery 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 your consultant, midwives and other specialist health professionals, who will ensure you and your baby have regular checks.

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).

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 five 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.

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 suture 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 nursery nurse/ maternity support worker team.

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

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)

Parent's wellbeing

- head-to-toe postnatal check
- emotional and physical wellbeing
- blood pressure
- 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 obstetric 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 experience 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, including photographs on the iconic steps of the Lindo Wing.

For more information visit our website: imperial.nhs.uk/private-care

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 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:

imperial.nhs.uk/private-care

Contact us

Telephone: **+44 (0)20 3312 6224**

Email: **imperial.lindo.maternity@nhs.net**

Website: imperial.nhs.uk/private-care

Lindo Wing
St Mary's Hospital
South Wharf Road
London W2 1BL

 **@lindowingmaternity**



Imperial College Healthcare
PRIVATE CARE

Imperial College Healthcare Private Care
Published: August 2023
Review date: August 2026
Reference no: 5168

© Imperial College Healthcare NHS Trust
Imperial College Healthcare Private Care is part of Imperial College Healthcare NHS Trust. All profits are reinvested back into both our NHS and private services.