



YASHODA
MOTHER & CHILD
INSTITUTE

DEDICATED
TO YOU

THE MOST COMPREHENSIVE
GYNAEC AND PAEDIATRIC CARE





“ At Yashoda Hospitals,
the health of the mother
and her baby is always
top priority ”



PROVIDING WORLD-CLASS MATERNITY CARE TO BRING YOUR BABY INTO THE WORLD - SAFELY AND COMFORTABLY

Yashoda Mother & Child Institute offers world-class maternity care, combined with personalised services. It is designed to reassure you through one of the most emotional and exciting experiences of your life.

Our consultants and childbirth support staff have the expertise and experience to care for you throughout your pregnancy and delivery. Our maternity center has advanced facilities where you will find the latest innovations in safety, technology & family-friendly conveniences.

Our holistic approach enhances the well-being of the mother and the baby. During your pregnancy, if you require

specialist medical support, we will immediately address it. Because we are not a stand-alone maternity facility, we have full acute neonatal services on-site, with back-up support services if you or your baby require any additional attention.

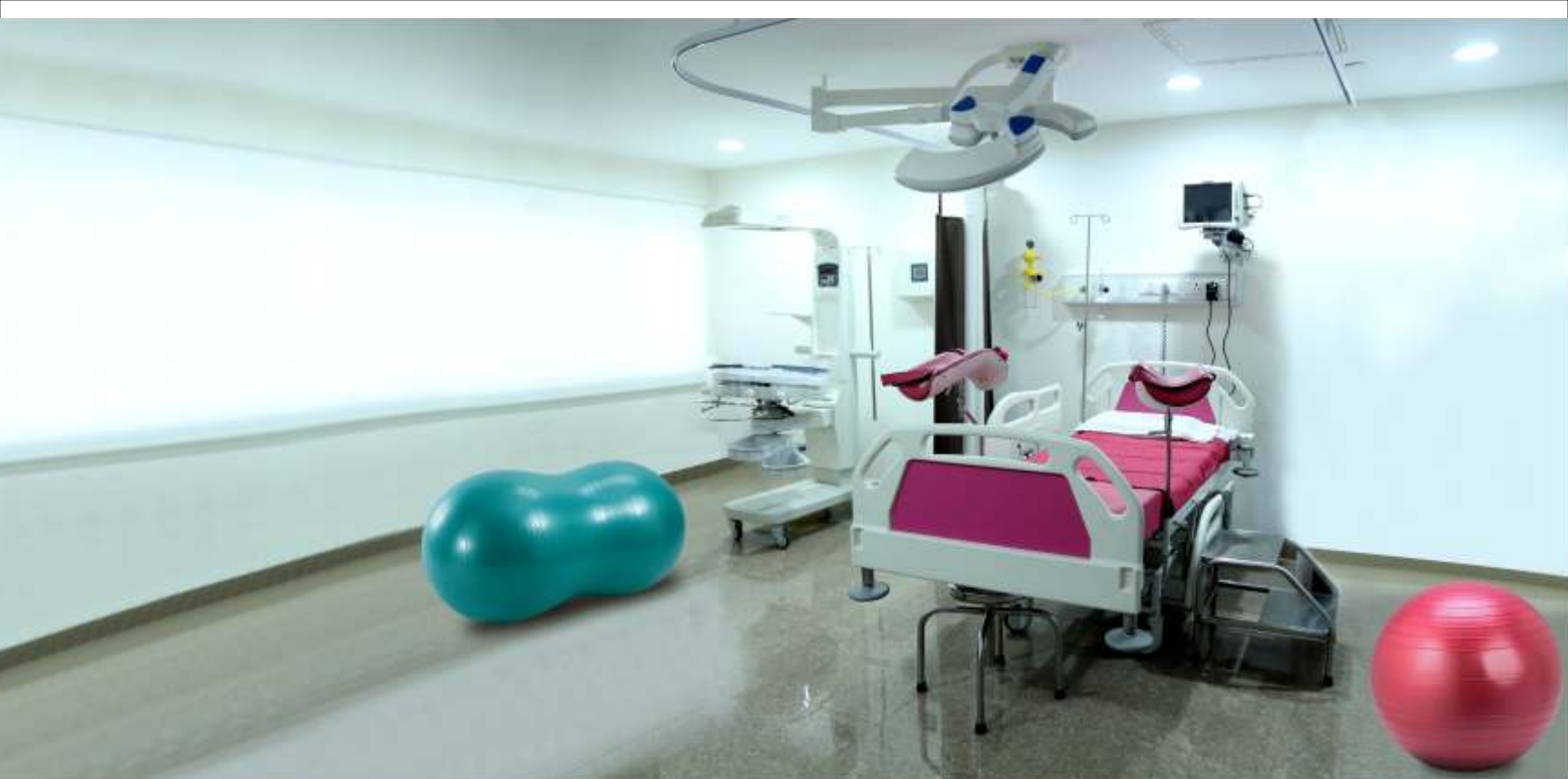
In case of a high-risk pregnancy, you also have the reassurance of a wealth of medical support services in all specialisations, 24 hours a day, to keep you and your baby as safe as possible. So whatever your health needs at time of maternity, you can trust that we have the expertise to take care of you.



YASHODA MOTHER AND CHILD INSTITUTE

At Yashoda, we place equal importance on emotional well-being and delivering a complete clinical experience.

- **Holistic Approach to Healthy Pregnancy** - Special care at every step of your journey to motherhood
- **Outstanding Patient Experience** - A warm and comfortable birthing center to make it a truly memorable experience
- **Family Friendly Suites** - Labour, delivery, recovery and postpartum all take place in thoughtfully designed suites
- **Expert and Collaborative Care** - A team comprising of experienced obstetricians, anaesthesiologists, neonatologists and support staff, available on-site 24 hours a day, 365 days a year
- **State-of-the-art Facilities** - Advanced Labour Rooms, Operation Theaters, Maternal ICU, Neonatal ICU and Paediatric ICU
- **Dedicated and Compassionate Staff** - that honour your personal preferences, and are committed to ensuring your comfort
- **Education, Resources, Demonstrations and Support** - A full complement of educational classes and training sessions on healthy pregnancy and parenting
- **Trusted Center for High-risk Pregnancy** - with our in-house Fetal Medicine Clinic, High-risk Newborn Center and multidisciplinary specialists available on-site round-the-clock, every day of the week



EXCELLENCE IN GYNAEC & PAEDIATRIC CARE

REPUTED SPECIALISTS

- Excellent track record
- Perform latest procedures
- Multi-speciality doctors
- Available 24X7 in the hospital
- Good support staff

COMPREHENSIVE SERVICES

- Fetal Medicine Clinic
- High-risk Newborn Center
- Kangaroo Mother Care Clinic
- Gynaecology Department
- Paediatrics Department

STATE-OF-THE-ART FACILITIES

- Labour Rooms
- Operation Theaters
- Maternal ICU
- Neonatal ICU
- Paediatric ICU



PRECONCEPTION CARE

PRENATAL EARLY ASSESSMENT

PRENATAL COUNSELING

PRENATAL ASSESSMENT SCHEDULE

DURING PREGNANCY NUTRITION

DURING PREGNANCY FITNESS

EMOTIONAL MANAGEMENT AND RELAXATION TECHNIQUES

LABOUR PREPARATION CLASS

PAIN MANAGEMENT

LACTATION CONSULTING

POST DELIVERY NUTRITION

BABY CARE

POST DELIVERY FITNESS

WE PROVIDE COMPREHENSIVE CARE AT EVERY STAGE OF YOUR PREGNANCY

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. Our team will support you during labour and birth by devising a suitable program to keep you feeling your best, before and after the birth.

At Yashoda, we understand that no two pregnancies are the same and every person has different preferences. We offer consultant-led support and care from preconception to pregnancy, birth and post natal follow ups. You will have the support of trusted professionals and modern facilities for an outstanding level of care.

Our holistic approach to a healthy pregnancy enhances the well-being of the mother & the newborn. Throughout your pregnancy, our experts will provide quality care to make your childbirth experience truly memorable.





PRECONCEPTION CARE

Expectant mothers must consider many issues when planning for a baby, especially if either you or your physician is concerned that you could have a high-risk pregnancy. Many women have complicated pregnancy histories and/or medical conditions that could lead to pregnancy complications. Yashoda Mother and Child institute's fetal medicine physicians offer counseling and medical advice for women with these concerns prior to pregnancy.

PRENATAL EARLY ASSESSMENT

To ensure the good health of mother-to-be and to-be-born baby, a thorough early assessment is done on the different factors

1. Biophysical factors
 - a. Genetic considerations
 - b. Nutritional status
 - c. Medical & obstetric disorders
2. Psychosocial factors like stress and depression





PRENATAL COUNSELING

The course of a labour is greatly influenced by the mental preconditioning of a woman. Studies have shown that educating mothers can improve their adaptation to pregnancy and motherhood roles. Our childbirth specialists impart up-to-date, evidence based information relating to pregnancy, labour, birth, postpartum and breastfeeding so that you can go through your pregnancy journey feeling fully informed, confident and supported in the desire for a safe and healthy birth.

The childbirth specialists at Yashoda will also help you with suggestions on the list of things to avoid or things you must do for a healthy pregnancy. These suggestions include not only measures that may prevent harming you and the baby, but also on how to reduce the risk of strain and discomfort while doing your daily work like standing, sitting, sleeping, getting out of bed, bending, lifting and carrying.

PRENATAL ASSESSMENT SCHEDULE

Our specialists will prescribe a prenatal testing schedule that fits your needs. Some tests are a routine part of your prenatal checkups; others are voluntary, prescribed only if the doctor thinks they will be helpful in your particular case. These tests monitor the baby's progress and make sure you're healthy and in good shape for carrying baby until your delivery. We also let you know if we need to adjust your care to accommodate for any special conditions.





DURING PREGNANCY NUTRITION

Pregnancy is a period of rapid physiological growth and development. Insufficient nutrition of the mother leads to improper development of the foetus. Our program educates pregnant women about the importance of good nutrition and encourages them to eat healthy and nutritious foods. A pregnant woman needs more calcium, folic acid, iron and protein than usual. Our dietician will help you to select a well-balanced eating plan based on an evaluation of your health condition.

DURING PREGNANCY FITNESS

When you are pregnant, the changing hormone levels cause supporting ligaments to soften and stretch during pregnancy. Your stomach and pelvic floor muscles extend with the growth of your baby. With the joints not well supported, it is easy to injure your back or pelvis. Our exercise specialists guide you through our customised prenatal exercise plan with demonstration, to help you protect your body and to keep you fit during your pregnancy.

One of the main focuses here is on strengthening pelvic floor muscles. Healthy pelvic floor muscles will help support the weight of the growing baby and also help reduce urine leakage during pregnancy. Our physiotherapists also demonstrate coping with minor discomforts and problems of pregnancy like leg cramps, swollen ankles, varicose veins, rib flare, and numb, tingling or painful, hands and fingers.



EMOTIONAL MANAGEMENT & RELAXATION TECHNIQUES

A woman's emotional well-being can play an important role in pregnancy. During the nine months, a woman's moods and emotions can range from the highs of feeling overjoyed and excited about having a baby to the lows of feeling impatient and scared as delivery and motherhood approaches. Our team specializes in women's mood disorders, by helping mothers-to-be in working through them.

Relaxation during pregnancy is effective for reducing stress, feeling calm, and increasing physical and mental comfort. These techniques are safe and effective in getting rid of nausea, headaches and minor pain without taking medications. It also helps during labour, by reducing the pain and the intensity of the contractions and allowing labour to progress easily. Our childbirth specialists will teach you a wide range of relaxation methods that you feel comfortable with.



LABOUR PREPARATION CLASS

Labour is often rightly thought of as a marathon, and to successfully perform you must prepare your body beforehand. This class will help prepare you, your body and your baby for the exciting journey you are both about to take.

The class prepares mothers-to-be on various aspects including the labour process, how to know when in labour, overcoming pain-fear-tension cycle, labour coping techniques, role of the spouse/partner during labour, techniques to help encourage baby into an optimum position, knowledge on medical interventions for pain management, induction for labour and caesarean birth.



PAIN MANAGEMENT

At Yashoda Hospitals, we use a comprehensive approach to help you effectively manage your pain. Our pain management team will include a physician, nursing staff and an anaesthesia provider. Our physician will tell you about a number of options available to ease the pain, ranging from breathing & relaxation techniques to medication if required.

Choosing the most effective pain relief method will depend on your personal goals and beliefs plus a number of factors that can only be determined during labour and delivery. These factors include how far along your labour has progressed, the location, type and severity of your pain, and other safety and medical concerns.

The institute has the best pain management specialists, physiotherapists & anaesthesiologists to help you manage pain at every step of your pregnancy.

PAIN MANAGEMENT DURING LABOUR:

The various treatments are:

- Non-invasive Method
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Systemic Analgesia
- Intrathecal Analgesic
- Epidural Analgesia or Block

PAIN MANAGEMENT DURING DELIVERY:

The various treatments are:

- Episiotomy
- Caesarean Section





LACTATION CONSULTING

The lactation period can be a very demanding time as mother is still eating for two and her baby's health is dependent on the foods that she is consuming. Hence, keeping in mind the nutritional requirement and the traditional dos and don'ts, our lactation specialists have designed a healthy diet which takes care of nutrition during lactation. It takes into consideration that the new mother has to nurse her child and also gradually in a few months get back to her normal weight and figure.

Our lactation consultants constantly support by illuminating the various aspects of breastfeeding like demonstrating breastfeeding positions, infant challenges to breastfeeding and maternal challenges during lactation.

POST DELIVERY NUTRITION

After delivery, the mother's body needs to heal and recover from pregnancy and childbirth, as well as produce breast milk. The weight gained during pregnancy build up the stores for recovery and breastfeeding. Mothers need to maintain a healthy diet so that they are able to care for their baby. Many new mothers may be too tired or busy, and food tends to be overlooked.

Our diet and nutrition specialists will help you plan your meals, customised to your requirement, including a variety of choices from every section of the food pyramid, so you stay healthy and active even through recovery.



POST DELIVERY FITNESS

Some after-effects of pregnancy and labour will need your time and effort before there is a return to full strength and function. Your abdominal and pelvic floor muscles have been stretched and it is particularly important for your future health and comfort that they recover properly.

Postnatal exercises helps to not only strengthen and tone abdominal muscles but also boost energy, preventing postpartum depression, promotes better sleep and relieves stress.

The right sort of exercise, starting gently, and gradually becoming stronger is essential. Our exercise specialists guide you through our customised exercise plan with demonstration, to help you protect your body and get back to full fitness.

BABY CARE

Managing newborns can be challenging for parents. Knowing what to expect when you have a newborn and how to manage them, can ease the anxiety that every new parent feels and give you confidence as you bond with your new baby. Our childbirth specialists will provide valuable guidance like explaining the importance of establishing a Parental Plan to address a wide range of issues and to share the responsibilities.

Our specialists will advice and demonstrate (when required) to you on managing baby activities like holding a baby, how to cradle, bathing, feeding and burping your baby, establishing good sleep habits, interpreting your baby's cries, diapering, safety tips and knowing when to call the doctor.



MANAGEMENT OF HIGH-RISK PREGNANCY

The high-risk pregnancy is where the patient has a pre-existing condition, or has experienced complications during pregnancy or birth. This may be with the mother, the baby or both. Our experienced physicians have expertise in managing pregnancies made complex due to any of the medical and obstetric disorders

FETAL MEDICINE CLINIC

Fetal Medicine Clinic provides care for the fetus (or fetuses) and mother. It provides the assessment of fetal well-being and the management of fetal/congenital disorders. The assessment is done by ultrasound scans, screening tests and fetal interventional diagnostic procedures. These are:

- Pre-Pregnancy Counselling
- Prenatal Screening: Down's Syndrome screening | Dual and quadruple marker | Nuchal Translucency | Pre-eclampsia screening | Preterm Labour screening
- Beta Thalassaemia screening
- Fetal Diagnosis: Fetal anomaly scan | Fetal well-being scan | Fetal echocardiography | Advanced imaging 3D/4D | Fetal doppler imaging

Yashoda Mother and Child Institute offers a wide spectrum of surgical and non-surgical fetal treating procedures.

HIGH-RISK NEWBORN CENTER

The High-Risk Newborn Center cares for children who require special care. Our team includes neonatologists and various specialists to give children need-specific treatment. These early interventions help give children better outcomes.

Assessments for Newborn Babies

The complete assessment of the baby may include Apgar scoring, Birthweight, Measurements, Physical examination (Gestational assessment, Physical maturity, Neuromuscular maturity).

Multidisciplinary care for Newborn Babies

Yashoda Mother and Child Institute offers a wide spectrum of surgical and non-surgical procedures for complications in newborn health conditions. Neonatologists work along with multidisciplinary specialists at the center, providing collaborative treatment.



CENTER FOR ADVANCED PAEDIATRIC CARE

Yashoda Center for Advanced Paediatric Care provides personalised and comprehensive care including medical emergencies and critical care, for children of all ages up to 18 years. The center provides preventive, promotive and curative health care for children by highly experienced Paediatric Specialists to provide best quality services, under one roof.

Our paediatricians work alongside other specialists to offer comprehensive, multi-speciality care. The center provides diagnosis and treatment for a wide range of diseases and conditions, including congenital heart disorders, paediatric oncology, paediatric gastroenterology, congenital orthopaedic conditions, craniofacial anomalies, paediatric nephrology and paediatric pulmonology. Our child care specialists do this using the cutting-edge medical technology and latest treatments in a child-friendly advanced facility.

The center is ably supported by state-of-the-art Diagnostics, Blood Bank, Paediatric Intensive Care Unit and 24x7 Emergency Service facilities to ensure that all the medical needs of our patients are handled meticulously.

SOME OF THE TREATMENTS OFFERED

- Paediatric Intensive Care Unit
- Paediatric Cardiology
- Paediatric Urology
- Paediatric Pulmonology
- Paediatric Neurology
- Paediatric Gastroenterology
- Paediatric Orthopaedics
- Developmental Paediatrics
- Paediatric Endocrinology
- Paediatric Rheumatology
- Paediatric Dermatology
- Adolescent Medicine
- Paediatric Psychology





Trusted name in outstanding patient care & clinical outcomes

For over three decades, Yashoda Group of Hospitals has enabled quality health care for people with diverse medical needs. The Group is at the forefront providing advanced medical treatment to over two million patients.

We have emerged as 'leaders in the field' with our rare and complex procedures, employing state-of-the-art technology for quick and safe treatment.

The best multi-speciality hospital in Hyderabad

**The pillars of our
medical excellence**



Quality care
Best team of doctors
Latest procedures
Advanced technologies
Comprehensive facilities



COMMITTED TO
HEALTHY CHILDREN
& HAPPY MOTHERS



YASHODA
MOTHER & CHILD
INSTITUTE

www.yashodahospitals.com
040 4567 4567

