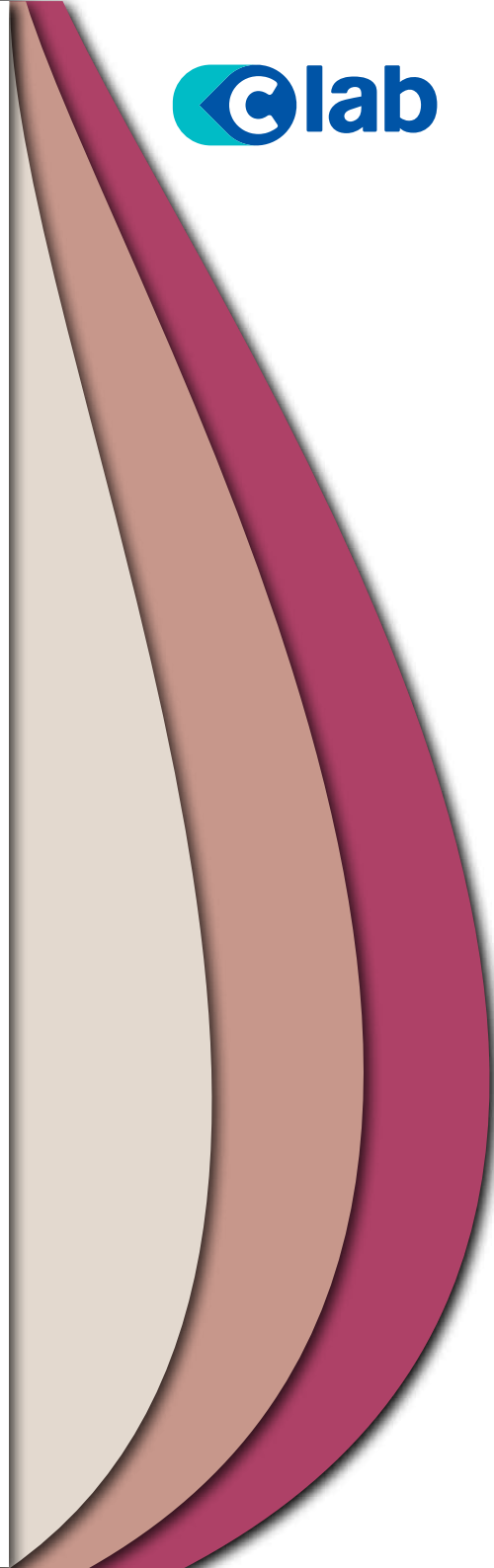


**WELCOMING
YOUR BABY WITH
A PEACE OF MIND**



WE CAN BE A PART OF YOUR JOURNEY EVERY STEP OF THE WAY

Nothing compares to the experience of becoming a parent. The first missed period or positive pregnancy test, the first prenatal exam, the first twinges of anticipation – these moments are landmarks on a life-changing road.

Parenthood is one of the most wonderful miracles of nature. It is a journey of wonder and excitement during which we will accompany and guide you every step of the way, starting from the pregnancy to the delivery. As exciting as this journey can be, from a parent's perspective, you are replete with questions, which is why we are here to give you the best possible advice.

After the challenges of labour and the efforts of childbirth, there is the reward of bringing life to earth.

The first moments of life, of parenthood, are filled with promises. With the proper care and medical treatments, babies are welcomed into a world filled with joy and tenderness.

This is the start of a new chapter, that of a lifetime of bonding and love.



FIRST
TRIMESTER

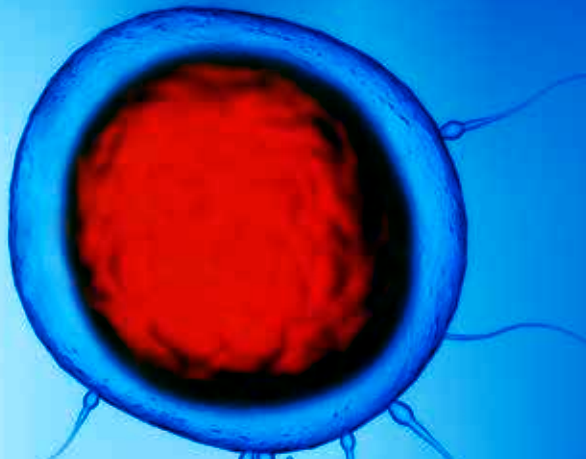


SECOND
TRIMESTER



THIRD
TRIMESTER





WHEN DOES A PREGNANCY START?

Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period.

The start of pregnancy is actually the first day of your last menstrual period. This is called the gestational age, or menstrual age. It's about two weeks ahead of when conception actually occurs.

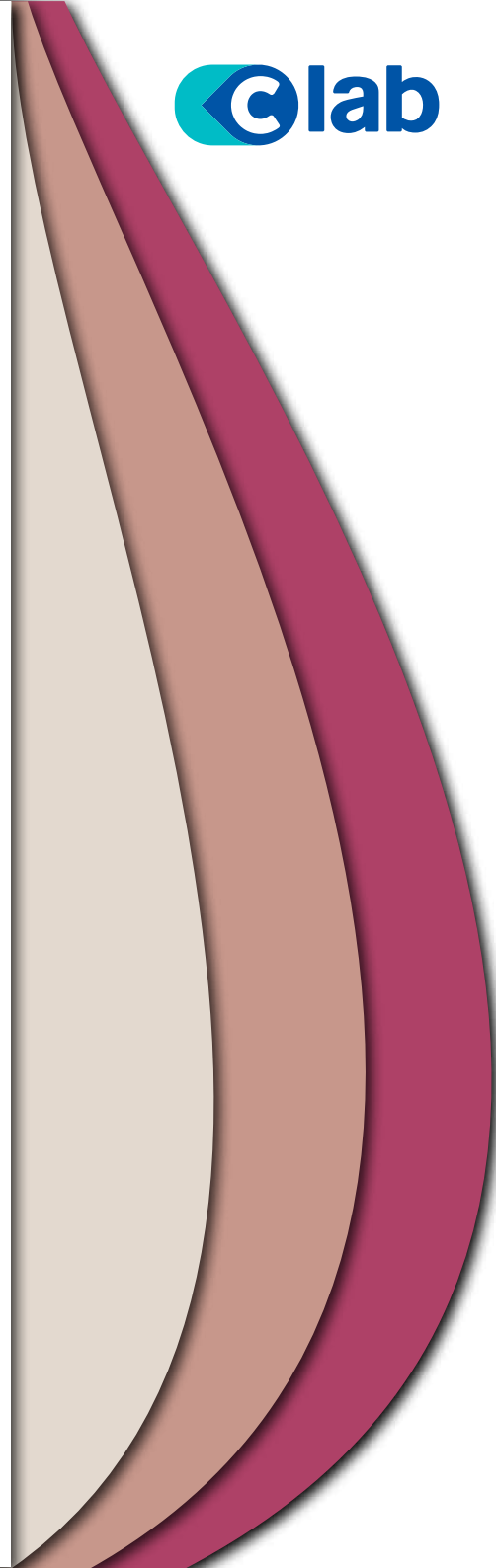
CONCEPTION STAGE

This is the stage where a couple wants to have a baby and will have to increase their chances of getting pregnant.

- Try to conceive around the time you are ovulating – this is usually 12 to 16 days before your period starts
- Maintain a healthy weight, cut down or stop drinking alcohol and do not smoke
- Take folic acid daily

ANTENATAL HEALTH CHECK PACKAGE

Follicle-stimulating hormone
Luteinizing Hormone
Testosterone
Thyroid Profile
Prolactin
Full Blood Count



FIRST TRIMESTER (0 TO 13 WEEKS)

The first trimester is the most crucial to the baby's development. During this period, the baby's body structure and organ systems develop. Most miscarriages and birth defects occur during this period.

The mother's body also undergoes major changes during the first trimester. These changes often cause a variety of symptoms, including nausea, fatigue, breast tenderness and frequent urination.

FIRST TRIMESTER ROUTINE TEST PACKAGE

- Full Blood Count
- Blood Group
- Thyroid Profile
- TORCH¹
- TPHA²
- VDRL³
- Hepatitis Profile
- GTT

FIRST TRIMESTER COMPREHENSIVE TEST PACKAGE

- Full Blood Count
- Blood Group
- Thyroid Profile
- TORCH¹
- TPHA²
- VDRL³
- Hepatitis Profile
- GTT
- Noninvasive Prenatal Testing
- Pre-eclampsia test

NIPT

Noninvasive prenatal testing (NIPT) is a method of determining the risk that the fetus will be born with certain genetic anomalies.

PRE-ECLAMPSIA

Pre-eclampsia occurs during the second half of pregnancy after 20 weeks and causes high blood pressure and can affect several body organs, including liver, kidney and brain. Left untreated, pre-eclampsia can lead to serious complications for both the mother and baby such as impaired fetal growth, stillbirth in event of placental abruption, preterm birth and HELLP syndrome.

1. (T)oxoplasmosis, (O)ther Agents, (R)ubella (also known as German Measles), (C)ytomegalovirus, and (H)erpes Simplex
2. Treponema pallidum haemagglutination
3. Venereal disease research laboratory
4. HELLP means hemolysis with a microangiopathic blood smear, elevated liver enzymes, and a low platelet count



SECOND TRIMESTER (14 TO 26 WEEKS)

The second trimester of pregnancy is often called the "golden period" because many of the unpleasant effects of early pregnancy disappear.

However, women may experience a whole new set of symptoms, such as back pain, abdominal pain, leg cramps, constipation and heartburn.

Between 16 weeks and 20 weeks, the mother may feel the baby's first fluttering movements.

SECOND TRIMESTER ROUTINE TEST PACKAGE

- Full Blood Count
- Liver Function test
- Renal Function test
- Uric Acid
- Glucose Tolerance test
- Calcium
- Magnesium
- Iron
- Vitamin D
- HbA1C
- Urine Culture
- High Vaginal Swab Culture

SECOND TRIMESTER COMPREHENSIVE TEST PACKAGE

- Full Blood Count
- Liver Function test
- Renal Function test
- Uric Acid
- Glucose Tolerance test
- Calcium
- Magnesium
- Iron
- Vitamin D
- HbA1C
- Urine Culture
- High Vaginal Swab Culture
- Pre-eclampsia test





THIRD TRIMESTER (27 TO 40 WEEKS)

This is the last stage of pregnancy while the due delivery date is approaching rapidly.

Women may experience many physical symptoms during the third trimester which may include shortness of breath, hemorrhoids, urinary incontinence, varicose veins and sleeping problems.

These symptoms arise from the increase in the size of the uterus which expands from approximately 2 ounces before pregnancy to 2.5 pounds at the time of birth.

THIRD TRIMESTER ROUTINE TEST PACKAGE

- Full Blood Count
- Liver function test
- Renal Function Test
- Uric Acid

THIRD TRIMESTER COMPREHENSIVE TEST PACKAGE

- Full Blood Count
- Liver function test
- Renal Function Test
- Uric Acid
- Pre-eclampsia test



IMPORTANCE OF BLOOD TESTS DURING PREGNANCY

Lab tests are part of routine health care during pregnancy and the samples required may be blood, urine or vaginal swabs.

These tests called prenatal tests are designed with the primary goal to help your health care provider find out how you and your baby are doing during pregnancy.

The different phases of pregnancy will require different types of tests to track mother's and baby's health and various lab tests are required for various phases of pregnancy.

NEWBORN SCREENING

What is newborn screening?

Newborn screening checks a baby for serious but rare and mostly treatable health conditions at birth. It is a set of special tests conducted on your baby when he/she is between 1 to 2 days old.

Your baby can be born with a health condition but may not show any signs of the problem at first. If a health condition is found early with newborn screening, it often can be treated. Early treatment is important, because it may help prevent more serious health problems for your baby.

How is the test done?

Most newborn screening is done with a blood test to check for rare but serious health conditions. A health care provider pricks your baby's heel to get a few drops of blood and he collects the blood on a special paper and sends it to a lab for testing.

What kind of health conditions does newborn screening test for?

5 commonly screened disorders are:

1. Hemoglobinopathies
2. Congenital hypothyroidism (CH)
3. Phenylketonuria
4. Congenital adrenal hyperplasia (CAH)
5. Cystic Fibrosis (CF)

When should the newborn screening test be done?

Upto 3 weeks after birth

What happens after result collection?

Once you receive your test results, you will have to consult your healthcare provider who will decide if further diagnostic tests are required based on your newborn screening test results. Talk to your healthcare provider about newborn screening tests today and give your baby the best possible start in life.



