

Women's Health and Maternity Care



OVER
35 Years
of Serving
the Community
DUBAI LONDON
HOSPITAL

INTERACTIVE INDEX

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The obstetrics and gynaecology team at **Dubai London Hospital** provides the highest standards of care to all women throughout pregnancy and delivery, while also specialising in the diagnosis and treatment of all conditions affecting the female reproductive organs.

Our OBGYN team understands that every patient has their own concerns, questions, and expectations, and tailored treatment plans ensure every patient gets the precise treatment they require, on both a physical and psychological level.



The OBGYN department focuses on several vital areas, including all aspects of pregnancy. Our modern diagnostic equipment allows our medical team to go further than other hospitals, addressing many specialist niches in the gynaecological field.

Welcome to the Dubai London Hospital Women's Health and Maternity Care

Congratulations on your pregnancy, and welcome to the Dubai London Hospital Maternity Unit – your partner throughout your pregnancy journey. We're here to provide the guidance, care, and expertise you deserve both before, during, and after the magical moment the new addition to your family enters into the world.

While hugely exciting, we recognise that pregnancy can bring all manner of concerns. You'll find many answers to common questions within this brochure. Still, sometimes a more personal touch is required, so we're always here to answer any questions and respond to any concerns you have about your pregnancy and delivery.





You've Just Found Out You're Pregnant What Next?

You've just discovered that you're pregnant, and it's the start of one of the most exciting periods of your life. But it's also the time you need to start thinking about the health of both you and your unborn child. This is where the experts in antenatal care at the Dubai London Hospital will play a vital role in your pregnancy journey. This help can come in many forms, including:

- Regular health check-ups for you and your baby
- Advice on staying healthy throughout your pregnancy
- Discussions surrounding your choices for delivery
- Tests to check for various illnesses, including HIV, syphilis, and hepatitis B
- Screening for sickle cell anaemia and thalassaemia



Three essential steps to take after finding out you're pregnant are:

Step 1: Listening to your doctor

You should make an appointment to see your doctor as soon as you learn you're pregnant. Your doctor will be integral to your pregnancy journey – the primary point of contact when you have any questions or concerns. They'll also be able to provide advice on staying healthy throughout your pregnancy and information on any warning signs you should be aware of.

Regarding doctors, you should also choose your baby's paediatrician before they are born – your child won't automatically come under the care of your doctor. You will need to have registered your unborn baby with a paediatrician by the time you're seven months pregnant.

Step 2: Eating and drinking well

You should make an appointment to see your doctor as soon as you learn you're pregnant. Your doctor will be integral to your pregnancy journey – the primary point of contact when you have any questions or concerns. They'll also be able to provide advice on staying healthy throughout pregnancy and information on any warning signs you should be aware of.

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Step 3: Changing your lifestyle

Unhealthy habits, such as drinking alcohol, taking unprescribed medications, and smoking, harm you and your unborn child. You must give up these habits as soon as possible. Alternatively, speak to your doctor.

Staying Healthy During Your Pregnancy

As an expectant mother, you should have three important pregnancy goals. These are:

Goal 1: Maintaining a nutritious diet

Goal 2: Staying active

Goal 3: Prioritising your wellbeing

A pregnant woman with blonde hair, wearing a grey tank top and a white cardigan, is shown from the chest up. She is holding a small white pill in her right hand and a clear glass of water in her left hand. The background is softly blurred, showing what appears to be a hospital or clinic setting.

Understanding the Effects of Prescribed Medications and Vitamins

As soon as you tell your doctor about your pregnancy, they will assess the medication you are currently taking. Whilst most medication is compatible with a healthy pregnancy, some can be dangerous to mother and/or baby.

If you're taking a medication not recommended during pregnancy, your doctor will talk you through the alternatives. Your doctor will also advise you on the safety of taking various vitamins. Please do not stop taking your medication without first consulting a doctor.

Nutrition During Your Pregnancy

Your diet plays a vital role during pregnancy, and you should eat nutritious food to help your baby develop.

While eating for two is a myth, you might need to eat slightly more during your second and third trimesters, such as a few extra vegetables or bits of lean protein.

During your pregnancy, you should make sure you're eating food containing plenty of the following:

- **Iodine:** Important for your child's brain development.
- **Folic acid:** Vital for cell building and blood formation.
- **Vitamin D:** Helps with calcium absorption and healthy bones.
- **Iron:** Helps your child's brain development and boosts your energy levels.
- **Protein:** Important for tissue growth and blood supply.
- **Vitamin B12:** Helps with brain and nerve development.
- **Calcium:** Important for the development of healthy bones.

Are you vegetarian or vegan? If so, you can replace all animal products with suitable alternatives. Speak to your health professional to learn more about this and determine whether you need to take any dietary supplements.





Foods to Avoid

During your pregnancy, certain foods should be avoided. This is because they could, on rare occasions, contain harmful bacteria or other unwanted substances. For example, there's a small chance listeria can be ingested when eating any of the following:

- **Deli meats**
- **Pâté**
- **Soft cheese**
- **Soft-serve ice cream, such as the sort served at takeaway restaurants**
- **Smoked salmon**
- **Prawns**
- **Sushi**
- **Any uncooked seafood**
- **Pre-cut fruit and vegetables – eat fresh fruit instead**

In addition, you should avoid eating:

- **Large fish, such as swordfish, as these contain mercury, which can be harmful to the development of your baby's brain and nervous system.**
- **Raw or undercooked eggs, as they can lead to salmonella food poisoning.**
- **Raw or undercooked meats, as they can harbour the toxoplasmosis infection.**

We also strongly recommend reducing your alcohol intake to zero and avoiding food and drinks excessively high in fat and sugar. Limit yourself to two cups of coffee or four cups of tea daily.

You do not need to avoid eating foods that contain allergens – unless you are allergic to them – as exposure to these foods will not cause your baby to develop allergies. This means you can eat peanuts, dairy, and properly cooked eggs, amongst other common allergens.

Exercise During Your Pregnancy

Exercise is highly recommended for all pregnant women, and we'd urge you to aim for 30-60 minutes of exercise most days.

You should start by exercising gently and then building up to a level you're comfortable with. The aim is to make your heart beat faster. Ensure you drink plenty of water before, during, and after exercise, and listen to your body – you know better than anyone if you're overdoing things.

By exercising regularly, you will:

- **Reduce the risk of complications throughout your pregnancy.**
- **Lower the amount of heartburn, constipation, or nausea you experience.**
- **Prepare yourself physically for childbirth and the subsequent recovery.**

Of course, some activities are not recommended. High-impact sports, such as football, rugby, or basketball, should be avoided, to avoid any risk of injury to your abdomen. You should also avoid scuba diving – a lack of oxygen can be detrimental to the health of your unborn child – plus those in their second or third trimester should avoid lying on their back for prolonged periods.

Are you stuck for some exercise ideas? If so, we recommend trying out the following:

- **Light resistance training**
- **Fast walking**
- **Swimming**
- **Pilates**
- **Yoga**
- **Similar low-impact exercise**

If you have any disability and find exercise challenging, speak to your health professional to learn alternative ways to stay active and healthy.





Weight Gain During Pregnancy

You will, of course, put on weight during your pregnancy. If you are underweight before getting pregnant, you will gain more weight than an average-sized woman, while the weight gain will be less considerable if you are overweight.

During your pregnancy, you should expect to put on the following:

- **Up to 15 lbs if you were previously obese (BMI of over 29)**
- **25-15 lbs if you were previously overweight (BMI 29-26)**
- **35-25 lbs if you were previously average weight (BMI 25-20)**
- **40-30 lbs if you were previously underweight (BMI of under 20)**

Your weight can have an impact on both your health and the health of your baby. Therefore, doctors and midwives will carefully monitor expectant mothers who are underweight or overweight, to protect the health of mother and baby.

Underweight mothers have a higher chance of giving birth to an underweight child and are at increased risk of going into early labour.

Overweight mothers have a higher chance of giving birth to an overweight child and going over term, plus babies have a higher chance of being born with congenital disabilities or defects and macrosomia. Overweight mothers have a higher chance of developing gestational diabetes, preeclampsia, and high blood pressure.

Possible Complications During Pregnancy

During pregnancy, there is a risk of developing gestational diabetes or high blood pressure. Doing so is more likely in those who are overweight. Both are common, and the obstetrics team at the Dubai London Hospital is well-versed in diagnosing and safely managing these complications.

Gestational Diabetes

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If not correctly managed, gestational diabetes can have a negative impact on both mother and baby. Babies born to mothers with gestational diabetes have a higher risk of:

- **Premature birth and associated issues, including caesarean section**
- **Being born over 9 lbs, complicating delivery**
- **Low blood sugar**
- **Developing type 2 diabetes in later life**

For those classed as overweight or obese and attempting to get pregnant, we would advise concentrating on healthy weight loss as the best way to reduce the chances of gestational diabetes.

Gestational diabetes can also cause the mother to develop high blood pressure during pregnancy.



High Blood Pressure

High blood pressure is something that affects many pregnant women and must be managed both during and after pregnancy. Potential complications that can be caused by high blood pressure include:

- **Preeclampsia**
- **Eclampsia**
- **Stroke**
- **The separating of the placenta from the uterus wall (placental abruption)**
- **A requirement to induce labour**

High blood pressure can also cause the baby to be born preterm and/or with a low birth weight, as it makes it more difficult for the baby to obtain enough oxygen and nutrients while in the womb.



Physiotherapy During Pregnancy

Physiotherapy is highly recommended if you are pregnant, and the team of physiotherapists at the Dubai London Hospital is highly experienced in working with pregnant patients. Some of the reasons to consider physiotherapy while pregnant include the following:

- **Reduction in lower back pain.** About 50% of all pregnant women will experience lower back pain. Physiotherapists can use massage and stabilisation exercises concentrated on muscles around the spine to decrease pain, and this in turn can help with gaining a restful night's sleep.
- **Reduction in incontinence.** For many, incontinence is an accepted part of pregnancy, but it can be at least reduced through physiotherapy. This can be achieved by concentrating physiotherapy efforts on the pelvic floor muscles.
- **Easier labour and delivery.** Physiotherapists regularly work with expectant mothers to maintain strength and flexibility, which improves the likelihood of easier labour and delivery. Physios can even safely work with those placed on bedrest or who have been advised against strenuous activity.

Dubai London Hospital has a widely renowned physiotherapy department. If you feel you would benefit from physiotherapy, ask your doctor or midwife for more details.

Prioritising Your Wellbeing

Every expectant mother will respond differently to their pregnancy, and prioritising your mental health is exceptionally important. Tiredness can be caused by changes to hormones and blood pressure, as well as by the common problem of not getting enough sleep.

This tiredness can sometimes make pregnant women feel low or down. You don't have to go through these days alone. Instead, lean on the support network you have in place, such as your partner, family members, and friends.

You can also improve your mental health by eating properly, as well as by staying active and making time for enjoyable activities.

Most importantly, if you have been feeling low for more than a couple of days, you should seek help. Your doctor will be experienced in assisting with periods of poor mental health and will be able to suggest ways to improve your mood. They could also refer you to a member of the mental health team at the Dubai London Hospital.





When Should a Doctor Be Called During Pregnancy?

If you are 20 weeks pregnant or onwards, you should call your doctor straight away if you experience any of the following symptoms:

- **Your water breaks**
- **Decrease in your baby's movement**
- **Vaginal bleeding**
- **Sporadic period-like pain in your lower abdomen**
- **Change to colour or odour of your vaginal discharge**
- **Lower backache**
- **Abdominal cramps**
- **Blurred vision or dizziness, especially if accompanied by headaches**

You should, of course, also contact your doctor or midwife if you have any concerns about your pregnancy, regardless of how significant they might seem. The health of you and your baby is paramount, and no matter will be ignored.



It's Time!

Welcome Your Baby into the World

It's the time you and your family have been waiting for: you've gone into labour. While you might be nervous, you'll also be exceptionally excited, ready to meet the new addition – or additions – to your family. We'll be there with you, helping ensure the whole labour and delivery process goes as smoothly as possible.

Before you go into labour, you should:

- **Pre-register with the hospital.** This can be done at any point in your pregnancy and will speed up the admission process. You must register for each pregnancy.
- **Select a paediatrician.** It is vital to register your child with a paediatrician before they are born.
- **Attend antenatal classes.** We recommend attending not just courses on labour and delivery, but also on general parenting skills and first aid, especially if you're a first-time parent.
- **Install a car seat.** Before you are allowed home with your baby, you must have a properly installed, suitable, and government-approved car seat.

Your Labour and Delivery

After being admitted to the labour and delivery unit, you will be looked after by the unit's midwives and doctors. The labour and delivery process is something we've fine-tuned over many years, to help ease any stress you might be experiencing. Upon delivery, you will:

- **Be given an IV or heparin lock as standard**
- **The heart rate of your baby will be closely monitored**
- **Your contractions will be regularly checked**
- **If contractions aren't frequent or strong enough, Pitocin could be administered**
- **Usually, your water will be broken, if it hasn't already**
- **Pain medication will be administered if required**
- **Some mothers can remain moving around, wearing a portable monitor, at the discretion of the doctor or midwife**

During labour, you will be offered an anaesthesia consultation, whereby an anaesthesiologist will discuss the various options available to you, including an epidural.

Most births do not require any extra assistance from midwives or doctors, but there are instances where medical professionals will need to intervene. An episiotomy might be necessary, which is a small cut to the vaginal opening – this will be done after the admission of anaesthetic, if you have not already opted for an epidural. The cut is stitched after labour using dissolvable stitches, and you'll be given pain medication.

We are also highly experienced in using forceps and vacuum, both tools that can be used to expedite your delivery if required. Please be confident that we'll only use these tools when medically required and after informing you.





Scheduled Caesarean Section

Many expectant mothers opt for a scheduled caesarean section after a discussion with their doctor. If you choose this option, you will be given a date and time, either when you visit the facility or via the telephone.

Some mothers must attend the hospital for a blood test the day before their C-section. This will be the case for you if you've previously had a myomectomy, are Rh-negative, or have placenta previa. You must make enquiries if you're unsure whether this applies to you, as failing to attend a blood test can cause your caesarean section to be postponed.

On the day of your scheduled C-section, we recommend arriving at the hospital at least two hours ahead of time. You must not eat or drink anything in the eight hours before your C-section.

If you go into labour before your scheduled C-section, you should attend the hospital as soon as possible. Your medical team will then ascertain the safest and best way to proceed with your delivery.

Post Labour

When your baby is born, the midwife will briefly dry it and assess its overall health. Then, providing the umbilical cord is long enough, they will place the baby on your stomach. This skin-to-skin contact quickly establishes a relationship, plus your smell, voice, and heartbeat will soothe the baby. If you have a C-section, the skin-to-skin will be carried out by the father.

Once the umbilical cord stops pulsating – which usually takes 3-1 minutes – the midwife will clamp it. After all blood has drained from the cord, the father will be offered the chance to cut the cord. If the father would prefer not to, it will be done by the midwife.





Neonatal Critical Care Unit

Usually, your baby will stay with you after being born, but on some occasions, it is necessary to give the baby specialist care. This could be required if your baby was born prematurely or with a medical condition. This care will be provided in the Neonatal Intensive Care Unit. This is close to the maternity ward, making visiting your baby easy.

We know that seeing your baby in the NICU can be upsetting, but you can be sure your baby is getting the best care. You'll be provided with any psychological support required to help you cope emotionally with the situation.



Staying in Hospital After Your Delivery

The time a new mother is required to remain in the hospital after giving birth varies, but most will be cleared to go home after 24-48 hours. Of course, your stay in hospital could be longer if deemed necessary by your doctor. For those who have undergone a C-section, the average stay in hospital is 3-4 days.

You can be sure that you will not be kept in hospital longer than necessary, but also that our team of doctors will exercise an abundance of caution when deciding if you are safe to be discharged. The health of you and your newborn baby is our only concern when deciding on whether to allow you both home.



Breastfeeding

Breastfeeding is the ideal way in which to feed your baby. By doing so, you'll:

- **Ensure they're given the proper mix of nutrients in an easy-to-digest form**
- **Boost your baby's immune system**
- **Protect your baby from common health issues, such as diarrhoea and ear infections**

Most leading breastfeeding experts recommend feeding only breast milk for the first six months of a baby's life. After this, breastfeeding can be combined with other types of food.

While breastfeeding is recommended, it simply isn't right for some mothers. This could be for medical or practical reasons. Modern baby formula means that your baby can still receive proper nutrition without needing to breastfeed. You should not feel guilty if you choose not to breastfeed your baby – it is a decision personal to every mother.



Post-Partum Depression

Post-partum depression is a depression that onsets after you've given birth. It affects approximately 1 in 7 new mothers and is a serious condition that your medical team will work to diagnose and treat quickly.

Symptoms of post-partum depression include:

- **Feelings of emptiness**
- **Lacking in emotions**
- **Changes to your mood**
- **Feeling generally hopeless**
- **Exhaustion**

Post-partum depression is not something you need to go through alone. Our doctors, midwives, and mental health experts are there to help you through, and you can be sure the condition will not be taken lightly. With various treatment options, post-partum depression is something you can overcome.

Treatment of Post-Partum Depression

Treatment of post-partum depression is tailored to your own individual needs, but it usually comes in the form of medication, counselling, or both.

- **Antidepressants.** Your doctor might recommend taking antidepressants as part of the strategy to overcome post-partum depression. Any medication they recommend will be safe to take while breastfeeding. There are several antidepressants available, so it might take some time to find the one that works best for you.
- **Counselling.** Sometimes the best form of treatment is to discuss your feelings with a qualified professional. They can help you understand your feelings and teach you how to cope when experiencing specific feelings or emotions.

For most, post-partum depression will subside over time, but in a few patients, it can persist and turn into clinical depression. If this happens, mental health specialists will be on-hand to discuss ongoing treatment.

To avoid relapse, you must continue with medication even after feeling better. Only stop taking prescribed medication or attending counselling on the advice of a doctor.





Why Choose the Obstetrics and Maternity Department at Dubai London Hospital?

Dubai London Hospital leads the field in obstetrics and maternity, offering the highest levels of support and treatment to pregnant women in Dubai. We believe that you deserve the best during this crucial period in your life, and our doctors, nurses, and midwives all strive to offer the best service possible, with the health of you and your baby always at the forefront.

Our Approach to Obstetrics and Gynaecology

We prioritise a holistic approach towards obstetrics and gynaecology, recognising and embracing that every mother and every baby is different. We also understand that prospective parents can have many concerns, and we work tirelessly to respond to these concerns truthfully and empathetically.

The focuses of our department are:

- To provide routine primary and preventative care
- To consistently examine the progress of pregnancy and take all required actions
- To understand and treat the psychological and physical effects of menopause
- To provide medical and surgical management for all gynaecological conditions

Our gynaecological department is equipped to provide expert care for most issues regarding the female reproductive system, including infertility, cancer, and endometriosis. We also specialise in pregnancy, childbirth, and any problems caused by menopause, be they physical or psychological.

We provide care to women of all ages. We are bound to the commitment that every woman's health is of the utmost importance and that every woman deserves the highest quality of medical care.

Dubai's Premier Obstetrics and Gynaecology Facilities

Our expert medical team is complemented by exceptional medical facilities that ensure labour, childbirth, and all treatments are as safe and stress-free as possible. All patients have full access to the range of facilities we offer, including specialist antenatal and gynaecological facilities and some of the region's top psychological facilities for new and expectant mothers and those attempting to cope with illness.



Expert Care During and After Pregnancy

We offer expectant mothers a full range of services to monitor their pregnancy, utilising some of the region's most advanced equipment to ensure mother and baby remain safe throughout pregnancy and childbirth.

We are also leaders in caring for mothers after childbirth, from both physical and psychological standpoints. Newborn babies also receive the highest standard of care, with one of the country's best NICUs on standby to help new arrivals with various health problems.

Our highly trained team of paediatricians and other experts will always be there to help throughout your son or daughter's childhood, offering a vast range of services. From behavioural issues to treating acute and chronic medical conditions, our team will always be by your side with advice, reassurance, and the expertise needed to provide the highest standards of medical attention.

Leading Laparoscopic Services

Dubai London Hospital Group is proud to introduce Dr. Rajesh Devassy's Center of Excellence in Minimal-Access Surgery, the only one of two European GESEA-accredited centres in the region, located at the Dubai London Clinic & Speciality Hospital since 2018. The two accredited centres in Dubai, UAE, and Oldenburg, Germany, led by Dr. Devassy's international level of expertise in major gynaecological and oncological surgeries, are now accessible locally.

At the Dubai London Hospital & Speciality Clinic, we provide advanced minimal-access laparoscopic services. This can be used to treat various conditions, including fibroids, ovarian cysts, endometriosis, prolapse, incontinence, adhesions, and the uterus in some types of cancer, by advanced minimally invasive surgery. This highly advanced treatment option limits scarring and provides far more impressive results.



Treatment of Menopausal Symptoms

We're also highly qualified in dealing with menopausal symptoms, which can be exceptionally tough to manage for some women. A combination of HRT and lifestyle changes, as well as psychological assistance, allows us to minimise the effect menopause has on patients. There should be no stigma attached to menopause, and those going through menopause should be free to seek treatment to reduce symptoms.



Dubai London Hospital: Pioneering Obstetrics and Gynaecology in Dubai

We take pride in the pioneering approach we take to obstetrics and gynaecology. With the best experts and equipment in the field, our doctors, nurses, midwives, and other vital staff members can provide the kind of treatment all women and newborn children deserve.

Whether you're looking for routine pap smears or more specialist care for specific medical problems, we know we're perfectly placed to provide the best care in Dubai. If you'd like to find out more about obstetric and gynaecological services, please don't hesitate to call 800 352 to speak to a friendly member of our team.





The Neonatal Intensive Care Unit at the Dubai London Hospital

Most deliveries go smoothly, but a stay in the Neonatal Intensive Care Unit (NICU) will be necessary for some babies. Staffed by specialist doctors and nurses, the NICU looks after babies born early, those with various medical problems, and those who have gone through a particularly difficult or traumatic birth.

We utilise the most advanced technology to provide the highest possible standard of care for all babies in the NICU. We also employ several specialist medical professionals, including a neonatologist trained in caring for sick and premature babies, a paediatric resident, and a neonatal nurse practitioner.

At the Dubai London Hospital NICU, we are expertly equipped to offer the following:

- **Sustained life support for newborn babies with a variety of medical problems**
- **Care for infants born at all gestational ages and weights**
- **Expert care in a range of medical subspecialties**
- **Respiratory support, including conventional and high-frequency ventilation, as well as inhaled nitric oxide**
- **Advanced imaging, including MRI, computed tomography, and echocardiology, as well as urgent interpretation**
- **A range of medical and surgical paediatric subspecialists to provide expert treatment to babies with a range of illnesses**

Paediatric Services at the Dubai London Hospital

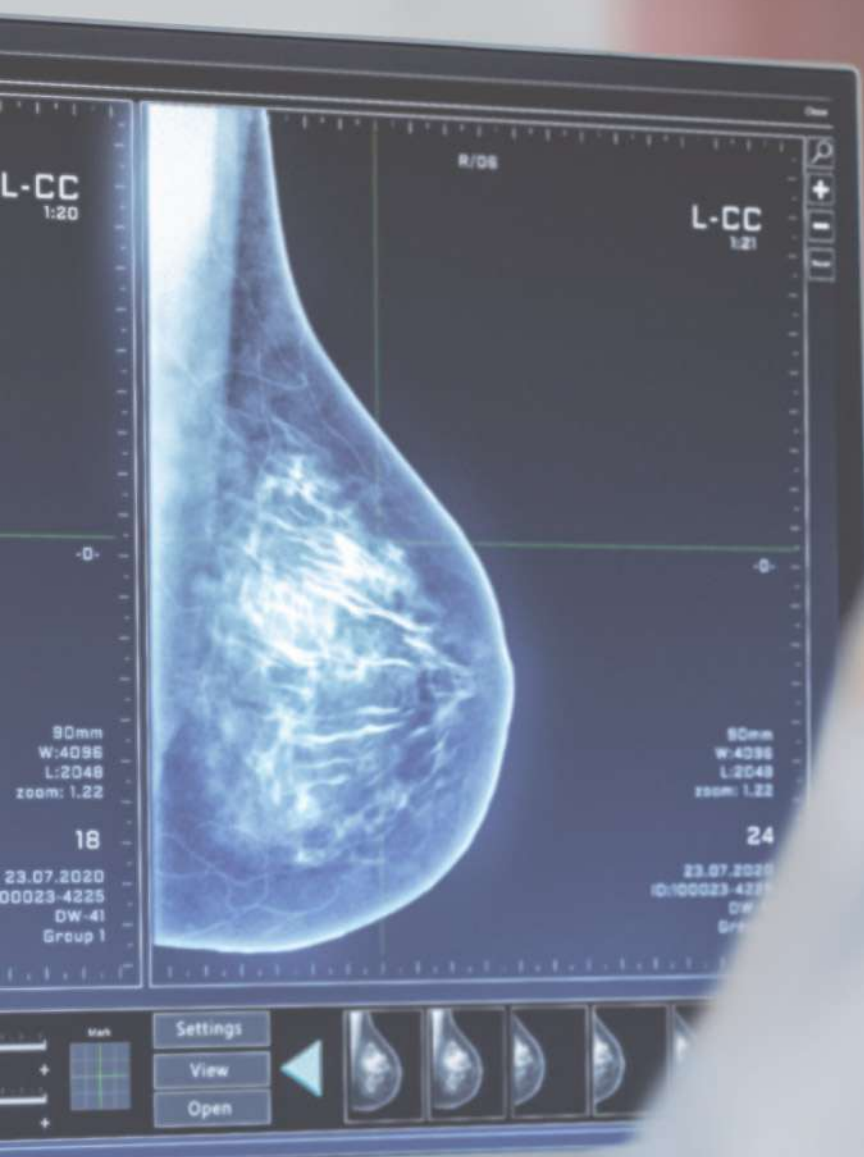
We offer a full range of paediatric services at Dubai London Hospital. Our expert paediatricians will follow your child's development throughout their childhood, if required, monitoring this development and providing diagnostics and treatment if and when needed.

Our paediatric department will record your child's development, ensuring they're developing physically and emotionally as expected.



Some of the paediatric services you'll be able to access via Dubai London Hospital include:

- **Diagnosis and treatment of all acute and chronic conditions**
- **Screening for and treatment of anaemia**
- **Well baby clinic for premature babies**
- **Breastfeeding consultations**
- **Expert advice on childhood nutritional requirements**
- **Mandatory and optional vaccinations**
- **Treatment of gastroesophageal reflux and infantile colic**
- **Growth and development monitoring**
- **Treatment of obese and underweight children**
- **Behavioural issues, including bed-wetting and toilet training**
- **Screening for allergies**
- **Testing for food intolerances**
- **Diagnosis and treatment of respiratory problems, including asthma and allergic rhinitis**
- **Treatment of body aches and pains**
- **Diagnosis and treatment of chronic abdominal pain**
- **Assessment of adolescent health**



The Advanced Diagnostic Imaging Department at the Dubai London Hospital

For most women, there will come a time when advanced imaging will be needed. During pregnancy, many women require imaging, to assess the health and wellbeing of mother and baby, while other women will need imaging in the form of a mammogram, CT scan, or MRI (available 24x7), to quickly diagnose potential medical issues and allow treatment to begin promptly.

We are equipped with advanced diagnostic imaging technology that allows our expert healthcare providers to expedite the diagnosis of many conditions and provide more accurate assessments of various gynaecological conditions.

Our highly experienced radiologists can accurately interpret the data provided by the various diagnostic imaging technologies available. They'll also be able to consult with your doctors to recommend the best diagnostic path for you based on your symptoms and history.



Mammography

A mammogram is an X-ray of the breasts, most used within gynaecology to look for signs of breast cancer in a patient. Mammograms are so sensitive that they can detect breast cancer before the patient or their doctor notices symptoms. Regular breast screening is a vital way to detect breast cancer early and thus save lives.

A mammogram is an entirely painless procedure. If your doctor recommends you for a mammogram, you can be sure that our in-house team will be with you throughout the process, providing any reassurance and information needed.

During a mammogram, you'll need to first go through a check-up with your mammographer. This is also your chance to ask any questions you might have. Then, after changing into a hospital gown, the mammographer will position one of your breasts onto a plate, and another plate will be lowered onto your breast before x-rays are taken from above and below. The process is then repeated for your other breast.

After your mammogram, the results will be interpreted by a professional. We will then contact you with the results and carefully plan the next steps, if any are required.

Ultrasound

Ultrasound is another technology regularly used by the gynaecological department to diagnose several problems. These include endometriosis, ovarian cysts and lesions, adenomyosis, leiomyomas, and ectopic pregnancy. Ultrasound also allows doctors to effectively monitor your baby throughout pregnancy.

An ultrasound uses high-frequency sound waves to create a real-time video of internal organs and other body parts. This allows medical professionals to see the inside of your body without having to carry out any invasive procedure. Ultrasounds are completely pain-free.

The staff member conducting your ultrasound will use a small probe, running it over your skin and transmitting sound waves into the body. The same probe also records sound waves that echo back. The staff member can then see your internal organs live on a screen, plus they can record video and capture stills if required.

Once your ultrasound has been completed, the doctor or radiographer will often be able to provide some details straightaway. If the ultrasound does show anything of concern, your doctor will speak with you, explaining the situation and outlining their preferred plan for treatment, if any is required.





MRI Scan

An MRI scan can diagnose several gynaecological conditions, including fibroids and adenomyosis uteri. It can also pick up endometrial cancer and stage cervical and ovarian cancer. MRI scans are also particularly useful for assessing whether an ovarian lesion is benign or malignant.

Unlike X-rays and CT scans, an MRI scan does not use radiation. Instead, a magnetic field is used to temporarily realign water molecules in the body. Radio waves then cause these aligned atoms to emit faint signals, which are used to create cross-sectional images.

The process of getting an MRI scan is simple. You will lay on a bed and then be placed into the MRI scanner, which will cover your entire body. If you have claustrophobia, we can offer assistance to calm nerves, such as sedation. The time you're in the MRI scanner depends on the size of the area being scanned.

After your MRI scan, a medical professional will carefully evaluate the images. They will then contact you with the scan results and discuss the next steps, if any are required.

CT Scan

CT scans are also regularly used within gynaecology. They are effective in pinpointing locations of tumours, guiding surgical procedures, monitoring the development of conditions such as cancer, assessing the effectiveness of some treatments, and identifying internal injuries and bleeding.

CT scans use several X-rays taken from various angles to generate cross-section images of your body, including bones, organs, and even individual blood vessels. They are a much more detailed option than a simple X-ray.

The entire process is a simple and painless one. You will be directed to lie on your back and then be passed into the CT scanner. Unlike an MRI scan, this scanner does not surround your whole body, so claustrophobia shouldn't be an issue. The inside of the machine then rotates and takes X-rays from various angles.

On occasion, it will be necessary to conduct a CT scan with contrast. This means that contrast dyes are given to you, usually orally or intravenously. These increase the contrast level and allow for a more precise image, which can then allow for a more accurate diagnosis.

Once a CT scan has been carried out, the results will be assessed by an expert. They will then contact you to give you the results and discuss any further tests or treatment that might be required.



Restoring Confidence with Aesthetic Gynaecology

Aesthetic gynaecology is a branch of gynaecology concerned with altering the appearance or feel of female intimate body parts. This might be to simply change the appearance of a body part to make it more aesthetically pleasing, or to enhance sexual function. The procedures available at Dubai London Hospital are both surgical and non-surgical.

But why do so many women opt for aesthetic gynaecology? There are several reasons, some of the more common being:

- Evening out of skin tone and texture in the vaginal region
- Improvement in the function of the clitoris
- Removal of vaginal discolouration
- Plumping of the labia majora
- Improvement in overall stimulation and sensation
- Maintenance of health of intimate body parts



Popular Aesthetic Gynaecology Procedures

There are many ways in which an aesthetic gynaecologist can alter parts of the female reproductive system. Some of the more popular procedures carried out by the doctors and surgeons in the aesthetic gynaecology department include:

- Vaginoplasty
- Laser vaginal rejuvenation
- Labiaplasty
- Labial augmentation and scar treatment, including O-Shot and fillers
- Perineoplasty
- Clitoral hood rejuvenation
- G-Spot / H-Zone enhancement
- PRP injections
- LED and light therapy
- Botox injections
- Radiofrequency treatment



Why is Aesthetic Gynaecology Gaining in Popularity?

Over time, the female body will undergo many changes, and the intimate areas of the body are not immune. For example, childbirth can drastically alter the appearance and feel of the vagina, discolouration of the skin around intimate areas can occur with age, and sagging of the labia majora over time can lead to discomfort, or even pain, during sexual intercourse.

Aesthetic gynaecology allows women to reverse these changes and regain their self-confidence, as well as eliminate or reduce any associated pain or discomfort.

Our expert aesthetic gynaecologists will be able to discuss your concerns and provide advice on how best to achieve your goals.



Dubai London Hospital: Leading the Way in Gynaecological Care

Dubai London Hospital is proud to be a leader in the healthcare of women in the United Arab Emirates. A combination of state-of-the-art equipment and knowledgeable, dedicated staff allows us to provide the kind of care women need and deserve.

From routine ultrasounds during pregnancy to advanced diagnostic imaging, Dubai London Hospital has invested heavily, to ensure all our patients get the exact treatment they require, to the highest possible standard.

Our facility is located centrally, providing easy access for both Dubai residents and those from overseas looking to for the highest standard of medical care. If you'd like to find out more about our obstetrics and gynaecology departments, or any other aspect of the Dubai London Hospital, please don't hesitate to get in touch today

Delivering on our commitment to making outstanding healthcare services, driven by the latest technology, skilled & compassionate international staff, and global standards, easily accessible for patients of all ages.



Specialised Departments:

- Advanced Gynaecological Laparoscopic Surgery
- Aesthetic Gynaecology
- Anaesthesiology
- Cardiology
- ENT (Ear, Nose, and Throat)
- Endocrinology
- Gastroenterology
- General Practice (GP) & Emergency Medicine

Advanced Diagnostics:

- Cardiac Diagnostic
- CT Scan
- Laboratory
- Mammography
- MRI
- Ultrasound
- X-Ray

- General Surgery & Bariatric Surgery
- Internal Medicine
- Medical Oncology
- Neurology
- Nutrition and Dietetics
- Obstetrics & Gynaecology
- Oncology
- Orthopaedics
- Paediatrics
- Physiotherapy
- Plastic Surgery
- Pulmonology
- Urology
- Vascular Surgery

Acute Care Departments:

- 24-Hour Emergency
- Intensive Care Unit (ICU)
- Neonatal Intensive Care Unit (NICU)

Operating Theatres complete with high-end support systems

OVER
35 Years
of Serving
the Community
DUBAI LONDON HOSPITAL