

Breastfeeding Positioning

- Infants head, Body and shoulder should be straight
- Infants facing the mother with nose opposite the nipple
- Infant's body close to and facing the mother's body
- Mother supporting the infant's whole body and not just the Neck and Shoulders.



Congratulations!

Welcome to the miraculous journey of bringing a child into this world!

At **Guru Nanak Ramgarhia Sikh Hospital**, we are fully committed to providing exceptional obstetric care to you by providing the safest and best possible pregnancy experience.

We know that each pregnancy is unique and our consultation services are personalised just for you, right from the early stages, all the way to a successful delivery.

We provide all the information and support you need to help you arrive at your decisions, with both your health and your baby's health as our top priority.

Our Clinic Days

Gynaecologist's clinics	Monday to Sunday	10.00 am
Paediatrics Clinic	Monday, Tuesday, Wednesday Friday and Saturday	9.00 am
Well Baby Clinic/Immunizations	Monday to Sunday	9.00 am
Progressive Antenatal education	Monday to Sunday	9.00 am

Provision of affordable quality care with exemplary patient hospitality

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Normal Delivery Package

The package is managed by a qualified, well-experienced midwife and your Obstetrician

- Procedure Charges
- Delivery room charges
- Routine nursing care
- Post-delivery 2-day Hospital Stay in an Executive Maternity ward.
- 2 Follow up reviews by a gynaecologist
- 2 reviews by a paediatrician
- Initial vaccine for baby as per KEPI guidelines
- Inpatient Medication and consumables

The package only applies to clinic attendants with a minimum of 4 to 5 visits in our MCH clinic:

Normal Delivery Package Kshs. 55,000- Net of NHIF (T & C Apply)

Elective Caesarian Section-scheduled

- Procedure Charges
- Anaesthetist's pre-operative & Post-operative visit
- Surgery, operation theatre and anaesthesia (general, spinal or epidural) fee
- Theatre supplies
- Paediatric attendance at birth
- Recovery room charge
- 3-day Hospital Stay in an Executive Maternity ward (including delivery room)
- Obstetrician visit - 2
- Paediatrician visits- 2
- Initial Vaccine for baby as per KEPI guidelines
- In patient's medication



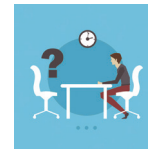
The package only applies to clinic attendants with a minimum of 4 to 5 visits in our MCH clinic:

Elective Caesarean Section Package Kshs. 130,000-Net of NHIF (T & C Apply)

Care During Pregnancy

Do's

- Eat a balanced diet
- Exercise
- Monitor your weight
- Take supplements as advised by your gynecologist
- Visit the hospital immediately you have health concerns or danger signs



Don'ts

- Smoke or take alcohol
- Over the counter drugs
- Caffeine intake
- Miss clinics as scheduled



Antenatal Care Lessons

- Risk Identification
- Prevention and management of pregnancy-related to concurrent diseases and health Education
- Positive pregnancy lessons
- Maintaining physical and social-cultural normality
- Maintain a healthy pregnancy for mother and baby
- Having an effective transition to positive labor and birth
- Achieving positive motherhood.

Care After Delivery

- Have a balanced Diet
- Keep personal hygiene
- Follow midwives and doctor's advice
- Keep baby warm at all times
- Rest as much as possible
- Ensure proper support

