



OBSTETRICS SERVICES

At Quickcare Hospital, our obstetrics team offers a complete package of care for the expectant mother throughout their pregnancy, during the birth and after the delivery of their baby.

Our antenatal care package, run by our Obstetrics team, includes regular check-ups for the mother-to-be, as well as detailed ultrasound scans to monitor the growth of the baby.

WHAT WE OFFER

As part of Quickcare Hospital, our doctors are world leaders in the diagnosis and treatment of problems that can occur during pregnancy, labour and delivery.

We offer a holistic approach in the care of expectant mothers, working closely with specialists in fetal medicine and other departments to offer a complete package of bespoke care for each mother-to-be. We have expertise in the care of mothers with pre-existing medical conditions and in high-risk obstetrics.

DURING YOUR PREGNANCY

During your pregnancy you'll be invited to attend regular appointments with your obstetrician, who specialises in caring for women during pregnancy, labour and after the baby's birth. Our fetal medicine unit provides detailed ultrasound assessment of your unborn baby, usually at 12 and 20 weeks of pregnancy, as well as regular growth scans.

You'll be offered routine ultrasound scans which usually take place at around 12 weeks and again at 20 weeks. If there are any concerns about your pregnancy, you may be offered more frequent scans.

As part of the Obstetrics department's antenatal package, you will be offered regular appointments with an obstetric physiotherapist who is trained to manage and treat a range of pregnancy-related muscle or joint problems.

In addition, our team of midwives and doctors offer antenatal classes to help you prepare for childbirth.

DURING THE BIRTH

The Obstetrics department has a labour ward with delivery rooms that offer direct access to operating theatres for elective caesarean sections and a separate emergency obstetric theatre.

AFTER YOUR BABY IS BORN

A paediatrician, who specialises in the care of babies and children, will be on hand during the birth and can check your baby afterwards to reassure you that everything is OK. They will be able to diagnose any problems, offer immunisations and advise you about how these may be treated, as well as offering routine immunisations. You can find out more about our Paediatrics Department and some of the conditions they are able to treat and diagnose.

You'll also have help and support from the midwifery team as well as a Lactation consultant to help you start to breastfeed your baby. If you have any concerns about special diets or healthy eating, we can arrange for you to have advice from a specially trained dietitian who can also help if you have had gestational diabetes.

Shortly after the birth, your obstetric physiotherapist will help you begin a programme of exercises to tone up your pelvic floor muscles.

If you would like to know more about our obstetrics and antenatal care services, please get in touch. Our Obstetrics team have extensive knowledge and experience caring for expectant mothers. Contact us for more information or to arrange an appointment.

Book an Appointment

BOOK IN-PERSON

CONSULTATION BOOK ONLINE

CONSULTATION

ANTENATAL CLASSES

ANTENATAL PACKAGES

LACTATION CLINIC

MATERNITY DELIVERY PACKAGES

MATERNITY HOSPITAL TOUR

MIDWIFE SERVICES

VAGINAL BIRTH AFTER CAESAREAN SECTION (VBAC)

WATER BIRTH

WELL MUM & BABY CLINIC

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ANTENATAL CLASSES

ANTENATAL CLASSES



QUICKCARE Hospital provides Antenatal Classes delivered by our team of trained midwives every month at our Hospital located in Lagos

Our Antenatal classes are designed to help support and prepare Mums and Dads for their baby's arrival. Each programme is a block of three classes which runs for the first three Mondays of each month, 03:00pm to 05:30pm. They are completely, fun and informative.

QUICKCARE Antenatal Classes are paid classes, please submit your inquiry for pricing information.

WHAT WILL WE BE TALKING ABOUT DURING THE CLASSES?

Each week we will cover the different stages of pregnancy:

WEEK 1: ANTENATAL PERIOD

Baby's development during pregnancy

Changes for you and your relationship

Having a healthy pregnancy

WEEK 2: LABOUR AND BIRTH

Stages of labour

Managing pain

Normal labour

Medical interventions

WEEK 3: POSTNATAL PERIOD

Birth to 72 hours

BENEFITS OF JOINING AN ANTENATAL CLASS:

Antenatal classes are a great way to expand your support network by making friends and sharing experiences with other parents who are expecting babies around the same time as you. Often parents form long term friendships with the other parents they meet.

WHEN SHOULD I ATTEND ANTENATAL CLASSES

Typically, parents attend antenatal classes from 28 weeks gestation, earlier if twins are expected. However, we welcome parents at any stage.

Location: QUICKCARE HOSPITAL, LAGOS.

BOOK ONLINE BELOW

Book an Appointment

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LACTATION CLINIC

QUICKCARE FREE LACTATION CLINIC

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After delivery, many women face doubts related to breastfeeding such as concerns about milk supply, pain during feeding, cracked or bleeding nipples, engorged breasts, and infant feeding doubts or concerns in general. The lactation clinic at King's offers support to women who face these challenges or any other related concerns, whether they have delivered at King's or not.

The lactation clinic sessions are also open to pregnant women who have questions, concerns or doubts regarding feeding and what to expect after the arrival of their new born, and they will have the opportunity to discuss how to be better prepared for delivery.

During the consultation with the lactation nurse, you'll have a one to one session to establish what your specific concerns or challenges are and a specific plan will be discussed with you. You will have hands-on teaching and guidance which will be specific and appropriate to your situation. (Which may include any of the following. E.g. hand-expressing, use of breast pumps, review of feeding positions and how to get the baby to attach more effectively.)

In the unlikely event that baby is not able to latch or milk supply is not sufficient we will look at how to increase your supply and you will also learn how to use alternative feeding methods such as flow cups or a supplemental nursing system, as well as guidance on how to use a bottle more appropriately if this is your choice of feeding method, such as when Daddy helps with feeding or instances when Mum returns to work.

During the consultation if it is found that baby is having some challenges preventing them from opening their mouths wide enough to latch effectively a physical assessment of the face, neck and shoulders will be done, and also assess babies mouth shape and any sucking issues or tongue ties. Sucking strengthening exercises will be taught or appropriate referral if and when needed.

Discussion of feeding plans and follow ups with weight checks if baby has weight gain issues will also be addressed during the sessions.

The lactation clinic will be open on Mondays and Wednesdays between 1pm and 6pm.

To book, call: 07036498251

Book an Appointment

BOOK IN-PERSON

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MATERNITY DELIVERY PACKAGES

At QUICKCARE, our Obstetrics Clinic provides comprehensive Maternity Delivery Packages ensure you have peace of mind that you and your baby are receiving the best of British healthcare. Included in our 'Normal Delivery Package' and Cesarean / C-section Delivery package are:

Your labour room

Theatre

Routine consumables

Routine baby care (including vaccinations and Vitamin K)

Lab tests

For the exact details on each package, please see below:

NORMAL MATERNITY PACKAGE (WITH 2 DAYS ADMISSION)

PACKAGE INCLUDES:

Labour room care

Obstetrician's Professional fee

Routine medical consumables that are used in The Labour Room during the delivery

Routine baby care for one baby only

2 days Admission in Private Room

Post-Discharge, one free follow up with the same Obstetrician within 6 weeks of discharge

Post-Discharge, one free Dietician Consultation within 30 days of discharge

Routine Laboratory tests

Routine Medications during admission

Routine baby care for one baby

– Routine new born stay (2 days)

– Paediatrician visits during admission

– Labs limited to initial CBC, Neonatal blood screening

– Injection Vit K

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- Vaccination at Birth
- BCG & Hep B
- New born hearing test

THIS PACKAGE DOES NOT INCLUDE*:

Epidural

Instrumental Delivery

Blood transfusion

Circumcision

Phototherapy

NICU admission

Discharge Medication

To receive a full quotation on our normal maternity package, and to book a tour of our maternity ward and facilities, please contact us. Or complete the contact form at the bottom of the page

CESAREAN DELIVERY PACKAGE (WITH 4 DAYS ADMISSION)

PACKAGE INCLUDES:

Theatre Complex fee

Obstetrician's Professional fee

Anaesthetist's Professional fee

Routine medical consumables that are used in Operation Theatre during the Surgery

3-4 days Admission in Private Room

Post-Discharge, one free follow up with the same Obstetrician within 6 weeks of discharge

Post-Discharge, one free Dietician Consultation within 30 days of

Routine Laboratory tests

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Routine Medications during admission

Routine baby care for one baby

- Routine new born stay (2 days)
- Paediatrician visits during admission
- Labs limited to initial CBC, Neonatal blood screening
- Injection Vit K
- Vaccination at Birth
- BCG & Hep B
- New born hearing test

THIS PACKAGE DOES NOT INCLUDE*:

Epidural

Instrumental Delivery

Blood transfusion

Circumcision

Phototherapy

NICU admission

Discharge Medication

Pre-Anesthesia Check-up

To receive a full quotation on our normal maternity package, and to book a tour of our maternity ward and facilities, please contact us. Or complete the contact form below.

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MATERNITY HOSPITAL TOUR

STILL DECIDING WHICH MATERNITY HOSPITAL TO DELIVER YOUR BABY AT? EXPERIENCE THE BEST OF HEALTHCARE IN LAGOS.

Book your Maternity Hospital Tour of QUICKCARE Hospital, Lagos to find out why so many mums are choosing to deliver at QUICKCARE.

Discover our state-of-the-art facilities, Paediatricians and Obstetricians. Meet our trained Midwife team that will provide your personalised tour and answer any questions you may have.

At QUICKCARE, we strive to ensure our mums are fully supported throughout their pregnancy and beyond. Our comprehensive Obstetrics Clinic service for mums includes:

Antenatal packages

Antenatal classes

Natural and C-section delivery packages

Postnatal midwife led homecare service

Well-Mum & Baby Clinic

Waterbirth Facility

OUR TOURS TAKE PLACE USUALLY ON REQUEST

All hospital tours will commence at the main reception where you will be greeted by one of our trained midwives.

Book an Appointment

BOOK IN-PERSON

CONSULTATION BOOK ONLINE

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MIDWIFE SERVICES

Here at QUICKCARE Hospital Lagos, our Obstetrics Clinic is fortunate to have a group of highly experienced midwives with wide years' experience between them.

Our focus is on "Women-centred care" a term used to describe a philosophy of maternity care that promotes a holistic approach by recognizing each woman's social, emotional, physical, spiritual and

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cultural needs The expectations and context are defined by the woman herself, and as a team, the midwives support the mother to make the right choice for her and her baby.

The Midwives provide the mother and family with individualized education, counselling, and prenatal care, continuous hands-on assistance during labour and delivery, and postpartum support.

Some of the Services that our Midwives provide at the hospital includes:

THE SHARED CARE MODEL OF ANTENATAL CARE: This is where the Midwives can see and support mother during the antenatal period with oversight from the Obstetrician.

This includes: Initial introduction to the service and what to expect during the antenatal period. Being able to be available to answer any queries that the woman may have.

ANTENATAL CLASSES: These classes are provided for mum and dad/partner and focuses on the key periods of pregnancy: antenatal, intrapartum and postnatal periods. These classes are interactive and an opportunity for expectant parents to ask questions and receive pertinent information on key stages in the pregnancy.

INPATIENT CARE: The Midwife is part of the Multidisciplinary team that will support you during your admission. Her role is key is coordinating your admission and navigating you and your loved ones through the admission and birth process and postnatally once your baby is born.

POSTNATAL PERIOD:

WELL MUM AND BABY CLINIC: we recognize the importance of mums having access to professionals and support. This complementary clinic is run by one of our Senior Midwives and Senior Paediatric nurses. The aim is to be a point of reference for mums on discharge, as support and a source of information to guide mums in the postnatal period.

HOME CARE PACKAGES: Our home care packages are offered to mums who prefer to have follow up care in their homes. The period varies dependent on each mother, but the home care provides a professional midwife/nurse in your home, to continue postnatal checks and education.

Book an Appointment

BOOK IN-PERSON

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VAGINAL BIRTH AFTER CAESAREAN SECTION (VBAC)

Caesarean section is when a woman gives birth with the help of a surgeon who makes an incision on her belly and uterus and the baby is born through this cut. If you delivered your previous baby via caesarean

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section (also known as c-section), and you are currently pregnant, it is possible for you to have your next baby naturally via the vagina. This type of birth is called vaginal birth after caesarean section (VBAC).

Usually the success rate of women who try a trial of labour after caesarean (TOLAC) ranges between 60 and 80 percent.

Reasons for a VBAC

There are various reasons as to why a woman would consider VBAC, and these include:

HAVING AN INDIVIDUALIZED BIRTH PLAN: With VBAC you get an opportunity to plan and experience the birth of your baby.

THE RECOVERY TIME IS SHORTER: After VBAC your hospital stay will be shorter than if you had a repeat c-section. You will also be able to resume your normal activities sooner; and the cost of childbirth will be reduced as well.

LOWER COMPLICATION RISKS: Vaginal births have lower rates of infection, bleeding, deep vein thrombosis and injury to the abdominal organs such as the bowel or bladder.

HELP FUTURE PREGNANCIES: VBAC can help if you are planning on having a larger family by avoiding risks associated with repeated caesarean section, such as scarring. Scarring can result in higher risk of placental problems in future pregnancies and can also make surgery difficult.

Ideal Candidate for VBAC

Having a successful VBAC depends on a number of reasons such as:

If you've previously had one vaginal birth

You and your yet-to-be-born baby are in good health

If your labour starts on time, that is just before or on the due date

You are pregnant with one baby, and you've had prior low transverse caesarean sections in addition to not having issues that would prevent VBAC.

You are pregnant with one baby; had one prior caesarean section whose uterine incision is unknown, and you do not have issues that can prevent VBAC. But if it is suspected that you had a prior high classical (vertical) uterine incision, a VBAC would be deemed to be risky.

You are pregnant with twins; you had a prior low transverse caesarean and you are a good candidate for a twin vaginal birth.

HOWEVER, THE CHANCE OF HAVING A SUCCESSFUL VBAC DECREASES IF:

Your labour is induced, or your due date has passed

You have a similar condition with your current pregnancy which made you have a c-section in a past pregnancy such as if your baby is lying sideways in the womb, or there is a problem with the baby's heart rate

You are obese

Your baby is very large

You have preeclampsia which is when a pregnant woman has high blood pressure as well as the symptoms of some of her organs not working properly such as her liver and kidneys. Signs and symptoms of preeclampsia include changes in vision, having protein in urine and severe headache

Your previous delivery was within the last 18 months

You have a history of two or more c-sections and no vaginal deliveries

YOU ARE NOT A GOOD CANDIDATE FOR VBAC IF:

The incision of your past c-section was not low transverse

Your uterine ruptured during your previous pregnancy. This is when the womb tears during pregnancy

Your uterus has undergone extensive surgery

You have certain health conditions during the pregnancy that can make a c-section necessary such as heart disease, diabetes, genital herpes or placenta previa

Risks of Having a VBAC

VBAC, just like any other type of surgery carries some degree of risk even though during your pregnancy you and your baby are healthy. These risks include:

Your labour failing to go well, and you end up needing a c-section

Injury, infection or blood loss

Tearing of the uterus

Preparing for a VBAC

Discussing about opting for a VBAC with your obstetrician is essential as they will help you every step of the way and also let you know if it is possible. Make sure to provide all your medical history including records of your previous c-sections during your visit as this helps in calculating the likelihood of you having a successful VBAC.

Your healthcare provider will take you through the benefits and risks of a VBAC. You should also learn as much about the procedure as possible, you can even take a childbirth class on VBAC. The facility that you choose to deliver in, should be a well-equipped hospital like King's College Hospital, Dubai, which can handle an emergency c-section if need be. Finally, it is important that you let labour to begin naturally and you should be flexible in case complications needing a c-section occur.

Next Step

At QUICKCARE HOSPITAL our obstetrics team offers a complete package of care for the expectant mother throughout their pregnancy, during the birth and after the delivery of their baby. Our antenatal care package, run by our Obstetrics team, includes regular check-ups for the mother-to-be, as well as detailed ultrasound scans to monitor the growth of the baby.

WELL MUM & BABY CLINIC

AVAILABLE AT ALL QUICKCARE HOSPITALS IN LAGOS

To ensure a better support system for women and their babies postnatally, QUICKCARE Hospital Lagos offers a MUM & BABY CLINIC.

Led by a senior trained midwife to provide continuous support with breastfeeding and identify any problems mums have and assist them accordingly.

Mums with babies less than 6 months old are eligible to book. This is a great opportunity for new mums to discuss feeding, weaning, sleeping patterns, breastfeeding, and any other concerns they may have.

FOR MORE INFORMATION AND TO BOOK AN APPOINTMENT, CONTACT US OR BOOK ONLINE BELOW.

For appointments, call 07036498251