



PATIENT INFORMATION BOOKLET



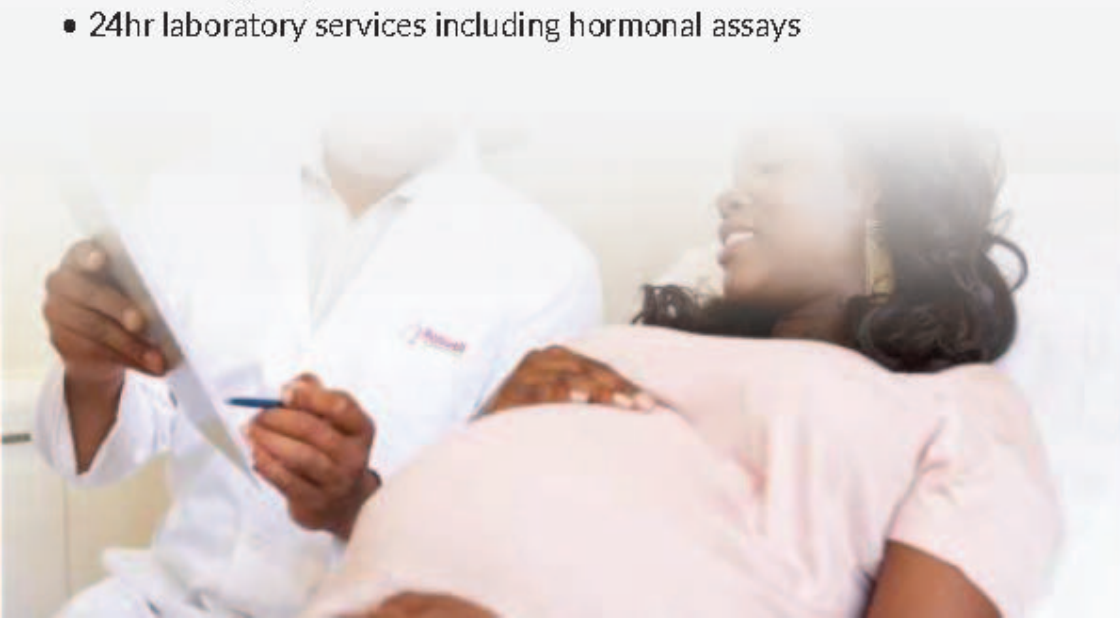
ROSWELL WOMEN AND CHILDREN HOSPITAL

Roswell Women and Children's Hospital is your gateway to better health for you and your children. We provide services that cover the entire scope of women and children's health care needs.

We provide the following services and solutions;

Pregnancy & Delivery

- Routine Antenatal care.
- Maternal and fetal cardiac studies in antenatal.
- Antenatal group discussions/classes.
- Antenatal exercises.
- Early pregnancy and pregnancy related complication counseling.
- High risk pregnancy monitoring.
- Antenatal sickle cell diagnosis.
- Normal & complicated deliveries.
- Pre-conception counseling & diagnosis.
- High resolution 3D & 4D scanning.
- 24hr emergency services
- 24hr laboratory services including hormonal assays



Maternal Health

- Infertility screening and treatment.
- Male related infertility screening and treatment.
- Gynaecological cancer screening and treatment.
- Laparoscopic diagnosis and treatment of gynaecological disorders.
- Breast cancer screening and treatment.
- Adolescent health services and counseling.
- Menopausal treatment and hormonal replacement therapy.
- Modern family planning options.

Pediatric and Child Health

- Day care pediatric lounge.
- 24 hour pediatric neonatal care.
- Neonatal and adolescent immunization/vaccination including cervical cancer vaccination.
- Congenital neonatal and pediatric surgeries.
- Circumcision.
- Severe Premature care.
- Neonatal ICU services.
- Neonatal special care services.



Epidural Pain Relief

At Roswell Women and Children's Hospital, we offer painless labour services.

This is known as epidural pain relief.

What is this procedure and how will it help me?

An epidural is a procedure where an anaesthetic (a medicine that gives either partial or total loss of sensation) is injected into the small space in your back called 'the epidural space.'

A fine plastic tube is inserted through an epidural needle (the needle is removed after the tubing is in place). The fine plastic tube is taped onto your back and medicines can be given through this fine tube until your baby is born. The epidural can be inserted while you are sitting on the side of the bed bending over from the waist or while lying on your side with your knees bent up.

This anaesthetic takes 15–30 minutes to work. Epidurals are an effective way of making childbirth more comfortable however not every woman can have an epidural. Problems with blood clotting and infection may mean that you need a different pain relief option.

After an epidural, you will have altered sensation from the waist down. How much you can move your legs after an epidural will depend on the type and dose of local anaesthetic used. A very thin tube will be left in your back so the anaesthetic can be topped up.

The tube will be removed when the anaesthetic is no longer required.



'Top ups' can be managed in several ways:

- Your midwife may give you a top up when needed
- You may have a constant flow infusion
- You may have a button that you can push to give yourself a dose of the pain relieving local anaesthetic.

Frequently Asked Questions

Is it painful having an epidural?

A: Local anesthetic ("freezing") is injected under the skin before the epidural. This stings for about 5 seconds, but makes having an epidural less uncomfortable. Some women experience a feeling of "pressure in the back" during insertion of the epidural.

Most women say that they find the pain of their contractions worse than having an epidural inserted.

Will the epidural slow my labour?

A: Not necessarily. The dose and timing of epidural medication are carefully tailored to suit your labour. In fact, an epidural can improve the descent of your baby by relieving pain and relaxing the pelvic muscles.

When should I have my epidural?

A: Your epidural is typically begun when you are in established labour (determined by your doctor or midwife) and provided you are having regular, painful contractions.

If you are having an induced labour, you may have an epidural for the induction.

What are the risks to my baby?

Medicines that your anaesthetist uses in an epidural that cross the placenta appear to have little or no effect on the baby.

Who will be performing the epidural pain relief for labour? You may be seen and cared for by a specialist anaesthetist and your Gynecologist.

Are there any patients who cannot have an epidural?

A: Patients with medical conditions such as bleeding disorders and infections at the site of epidural insertion may be advised not to have an epidural. Any woman with a history of the nervous system disease.

POTENTIAL BENEFITS OF AN EPIDURAL DURING LABOUR

- You will be awake
- It takes away the pain of contractions
- It can be effective for hours and can be increased in strength if you need to have an emergency cesarean.

SIDE EFFECTS AND COMPLICATIONS INCLUDE:

Low blood pressure ,Nausea, shivering , Sometimes the epidural anaesthetic only partially works. Uncommon side effects and complications include: fever severe headache and nerve injury.

DELIVERY PACKAGES

BOOKING FEES

UGX 150,000

1) NORMAL DELIVERY

SERVICE OFFERED	SMALL PRIVATE	TWIN DELUX A or B	DELUX	EXECUTIVE	VIP	VVIP/LDR
Accommodation	160,000	250,000	450,000	550,000	650,000	1,000,000
Delivery fee	350,000	350,000	350,000	350,000	350,000	350,000
Medicine & Sundries	503,150	503,150	503,150	503,150	503,150	503,150
Paediatrician Examination & Review	50,000	50,000	50,000	50,000	50,000	50,000
Midwife Care & Nursing / 24hrs	50,000	50,000	50,000	50,000	50,000	COVERED
Medical Officer Review	40,000	40,000	40,000	40,000	40,000	40,000
Breast Feeding Counselling/ Nutrition	50,000	50,000	50,000	50,000	50,000	50,000
Meals	150,000	150,000	150,000	150,000	150,000	150,000
Post-partum Counselling & Adaptation	60,000	60,000	60,000	60,000	60,000	60,000
Post- Partum Exercise & Physiotherapy	50,000	50,000	50,000	50,000	50,000	50,000
Post Partum Review (Mother)	COVERED	COVERED	COVERED	COVERED	COVERED	COVERED
TOTAL	1,463,150	1,553,150	1,753,150	1,853,150	1,953,150	2,253,150
Package Saving	15%	10%	10%	2%	2%	2%
TOTAL	1,243,678	1,397,835	1,577,835	1,816,087	1,914,087	2,208,087
Professional Fees	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Package Price	2,243,678	2,397,835	2,577,835	2,816,087	2,914,087	3,208,087

2) CESAREAN SECTION

SERVICE OFFERED	SMALL PRIVATE	TWIN DELUX A or B	DELUX	EXECUTIVE	VIP	VVIP/LDR
Accomodation	480,000	750,000	1,350,000	1,650,000	1,950,000	3,000,000
Anaesthesia	200,000	200,000	200,000	200,000	200,000	200,000
Theatre Fees	450,000	450,000	450,000	450,000	450,000	450,000
Medicine & Sundries	660,000	660,000	660,000	660,000	660,000	660,000
Paediatrician Review	50,000	50,000	50,000	50,000	50,000	50,000
Midwife/ Nursing Care/ 24hrs	150,000	150,000	150,000	150,000	150,000	COVERED
MO Review	100,000	100,000	100,000	100,000	100,000	100,000
Lactational Counselling	50,000	50,000	50,000	50,000	50,000	50,000
Post Partum Counselling	60,000	60,000	60,000	60,000	60,000	60,000
Meals	450,000	450,000	450,000	450,000	450,000	450,000
Post Partum Exercise and Physiotherapy	150,000	150,000	150,000	150,000	150,000	150,000
Post Partum Review (Mother)	COVERED	COVERED	COVERED	COVERED	COVERED	COVERED
TOTAL	2,800,000	3,070,000	3,670,000	3,970,000	4,720,000	5,170,000
Package Saving	15%	10%	10%	3%	3%	5%
TOTAL	2,380,000	2,763,000	3,303,000	3,850,900	4,578,400	4,911,500
Professional Fees	1,500,000	1,500,000	1,500,000	1,500,000	1,500,000	1,500,000
Package Price	3,880,000	4,263,000	4,803,000	5,350,900	6,078,400	6,411,500

Booking Fees Covers:

- Post partum review for mother.
- Maternity sundries pack
- Admission and labor monitoring tool

Optionals

- Immunisation Book @ 10,000
- Birth notification @ 10,000
- Hepatitis B for New Born @ 60,000

Additional Information

Note: Please note that professional fees are subject to change depending on the Patient's condition as advised by the specialist.

1. Payments

Clients are required to have made a 50% down payment of any selected package before admission or a 1 million shillings minimum fee before admission

2. Booking

All expecting patients are highly recommended to book their desired rooms a month or at least 2 weeks before their due date to allow us to plan way in advance for their stay at the hospital.

3. Mother & Babies' Backpack

Please pack only what has been advised by the hospital for both the mother and baby unless otherwise recommended by the primary specialist.

4. Extra procedures are not included in these packages and will be billed separately

5. For optimum labor monitoring a continuous tocogram (CTG) will be used.

Exclusion List for the Deliveries

- Attending specialist fees
- Medicines and procedure fees for complications.
- Treatment and management of complications before birth
- Neonatal admission into SCU/NICU
- Stay beyond 24hrs (normal delivery) and 72hrs (cesarean delivery)
- Extra meals for attendant
- Labour anaesthesia/epidural

CTG will be charged as follows

1. Routine (pre operative, pre induction) Ugx 50,000
2. Intrapartum Ugx 120,000

DELIVERY ESSENTIALS

For mother:

- + Disposable panties
- + Wash cloth/ face towel
- + Breast pads
- + Free button down dress for discharge day
- + Slippers
- + Flask

For Baby

- + Diaper
- + Towel
- + Wipes
- + Mosquito net
- + Baby lotion/oil
- + Baby sheets
- + Baby soap
- + Baby blanket
- + Wash cloth
- + Baby clothes (overalls, mittens, head caps, socks, body suits/vests)
- + Baby changing mat



PREPARE FOR YOUR BUNDLE OF JOY WITH US!

OUR ANTENATAL PACKAGE

	OBSTETRIC CONSULTATION	6
1	2ND Obsteric Scan	
2	2ND Obsteric Scan	1
3	2ND Obsteric Scan	1
	DRUGS	
4	Fansider	6
5	iron Supplements	210
6	Mebdendazole	10
7	calcvita	90
	LAB INVESTIGATIONS	
8	CBC with different 5 parts	3
9	Blood Group	1
10	TPHA	1
11	Hepatitis B(HBSAG)	1
12	Hepatitis C (HCV)	1
13	HIV	1
14	Random Blood Sugars (RBS)	1
15	Fasting Blood Sugar (FBS),OGTT	1
16	HB Electrophoresis	1
17	Urinalysis	1
18	Antenatal Book	

UGX 1,050,000

Additional Services

3D Scan

Maternal ECG

Maternal ECHO

Intrauterine Fetal ECHO



Roswell

SPECIALIST HOSPITAL

REDEFINING HEALTHCARE

Patient information line



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