

The Lansdell Suite

Private care for mothers and babies

Mr Kumar Kunde MBBS, MD, MRCOG, DGO, DNB Consultant Obstetrician & Gynaecologist

This leaflet explains the private pregnancy services provided by Mr Kumar Kunde, a consultant obstetrician and gynaecologist at St Thomas' Hospital.

Guy's and St Thomas' NHS Foundation Trust is a tertiary referral centre renowned for high quality care and attracts patients from all over the UK. The Hospital Birth Centre and the Neonatal Unit based at St Thomas' Hospital provide maternity and newborn care services to 7,000 women who give birth to their babies each year in the Birth Centre.

Pregnancy and childbirth are special events in the life of every couple. Mr Kunde and his team are committed to making this event an enjoyable and rewarding experience for both of you. Mr Kunde's private pregnancy care package is aimed at providing consultant-led care in pregnancy and childbirth to the highest standard, in a professional yet comfortable and relaxed environment in the Lansdell Suite and the Birth Centre at St Thomas' Hospital.

About your obstetrician

Mr Kunde has been a consultant in the NHS since 2001 and has over 20 years' experience in obstetrics (pregnancy and childbirth) and gynaecology (conditions affecting the womb). He trained in high risk obstetrics at highly commended maternity units in Manchester and London. He therefore has the expertise to manage pregnancy, labour and delivery in healthy women as well as those with complex medical and pregnancy related conditions.

Mr Kunde has completed a comprehensive speciality training programme of the Royal College of Obstetricians and Gynaecologists and has the accreditation of the UK Specialist Training Authority. He is one of the senior members of the high risk pregnancy team at St Thomas' and fully supports normal childbirth. He believes that every pregnant woman deserves the best individual care and is accessible around the clock through out the pregnancy. He is known for his calm, sensitive and caring approach which his patients have found extremely reassuring. Over the years he has acquired a wealth of experience in managing pregnancies with twins, pregnancies following previous caesarean section, pregnancies with fibroids and other high risk pregnancies where closer observation and timely intervention are necessary.

Mr Kunde is also an experienced gynaecological surgeon and the lead consultant for gynaecology department at Guy's and St Thomas' Hospitals. He has undergone higher surgical training in laparoscopic (keyhole) and prolapse/pelvic floor surgery in the UK and USA.



His expertise in gynaecological surgery has been useful in managing pregnancies such as placenta praevia (low lying placenta) and pregnancies after previous abdominal operations. Mr Kunde has published many research papers in reputed national and international journals. He trains senior trainee doctors in techniques of gynaecological laparoscopic and conventional surgery.

Married with three children, Mr Kunde is aware of the concerns which the expectant couples face and is able to offer additional appointments and telephone consultations to discuss any issues and allay their anxiety.

What is obstetrician-led care?

Obstetrician-led care means that your consultant obstetrician will care for you during your pregnancy, be present during your labour, deliver your baby and provide postnatal care in hospital as well as your six-week postnatal consultation. A midwife will also be present throughout your labour and delivery as well as after the birth to provide additional support for breastfeeding. Mr Kunde can arrange additional midwifery support including one-to-one antenatal classes if you prefer.

Your appointments

Mr Kunde sees his patients at the Lansdell Suite on Thursday evenings between 5.30pm and 7.30pm.

Appointments can also be made to see Mr Kunde at his private rooms at The Blackheath Hospital, The London Bridge Hospital or The Portland Hospital.

If it is more convenient for you, an appointment can be arranged early in the morning on weekdays or on a Saturday morning in the Lansdell Suite.

If you wish to make an appointment to see Mr Kunde for a consultation, please contact Mr Kunde's secretary on 07856 813 806 or by e-mail on info@londonpregnancy.com

During your pregnancy the appointments are scheduled as follows:

From booking to 28 weeks you will see Mr Kunde every 4 weeks

Between 28 weeks to 36 weeks you will see Mr Kunde every 2 weeks

After 36 weeks you will have weekly appointments until delivery.

Occasionally you may need weekly follow up if closer monitoring of your pregnancy is needed.

Who can I contact in an emergency?

In case of an emergency Mr Kunde can be contacted directly on his mobile phone on 07921 543 494.

You can also contact him via the Lansdell Suite on 020 71883457 or via St Thomas' Hospital Switchboard on 02071887188.

What happens at the antenatal appointments?

At each antenatal appointment Mr Kunde will ensure that your pregnancy is progressing normally and answer all your questions.

Your first appointment will be for one hour during which Mr Kunde will check your medical history, and make a plan of care in your pregnancy. If you wish, you will be given a tour of the private facility on Lansdell Suite as well as the hospital Birth Centre.

The follow up appointments last for 30 minutes and at each visit your pregnancy will be monitored to ensure that you and your baby are progressing well.

All pregnant women need four to five blood tests at the first visit which Mr Kunde will discuss with you in detail.

You will normally require three ultrasound scans throughout pregnancy as follows:

- **First scan at 11–14 weeks:** This is also called nuchal translucency scan. At the same time a blood test is done to assess the risk of Down's syndrome and other chromosomal problems.
- **Second scan at 20–22 weeks:** This is also called an anomaly scan which checks the growth and development of the baby as well as placental position.
- **Third scan at 34–36 weeks:** This is also called fetal welfare scan and further assesses the growth and development of the baby as well as blood flow from the placenta to the baby.

In addition, Mr Kunde can arrange a 4D scan for you which allows you and your partner to view moving images of your baby in three dimensions.

Mr Kunde will also arrange for you to attend antenatal classes at St Thomas' which focus on confidence building and preparation for labour and delivery as well as breastfeeding and care of the newborn baby.

Additional services

In order to make your pregnancy and child birth easier for you Mr Kunde can refer you to other professionals who provide services such as reflexology, acupuncture, physiotherapy, massage and private antenatal classes.

Delivery and postnatal care

Your labour may start naturally or we may plan a delivery date after discussing it with you. If your labour starts you will be asked to contact Mr Kunde on his mobile phone. You will be asked to come to Lansdell Suite where you will be examined. After confirmation of labour, you will be taken to the Birth Centre where the progress of your labour will be monitored and your baby will be delivered by Mr Kunde. A midwife will be present throughout to

support you in labour and assist Mr Kunde during your baby's delivery.

What happens if Mr Kunde is on holiday?

Mr Kunde always plans his family holiday at times when his patients are not due for delivery. He makes every effort to attend your baby's birth when you are booked under his care. Only under exceptional circumstances will there be a need to use his colleague for back-up. Mr Kunde works very closely with Mr Eugene Oteng-Ntim, another consultant obstetrician at St Thomas'. They coordinate their schedules so that one of them is always available in an emergency. Mr Oteng-Ntim is extremely experienced in the management of normal and high-risk pregnancy.

Anaesthesia and pain relief

The consultant anaesthetists (doctors with specialist training in pain relief and sedation) at St Thomas' Hospital are extremely experienced. They are available 24-hours a day to assist with pain relief during your labour. One option which is commonly used is a low dose mobile epidural analgesia – an injection into the lower part of your back that provides pain relief but still allows you to move and push properly.

There are other options for pain relief during labour and Mr Kunde will discuss these with you thoroughly during your appointments.

The Trust produces a leaflet **Having an anaesthetic** that provides more information. If you have not received it, please ask the staff looking after you for a copy.

Costs of private obstetrician-led care in the Lansdell Suite

Consultant obstetrician's fees

Initial consultation, antenatal consultations, delivery, postnatal care in hospital and a six week follow-up consultation: £4,000.

A reduced fee may be charged if your pregnancy is already advanced and if you are transferring your care to Mr Kunde after having initial care elsewhere.

Mr Kunde also provides antenatal care to women who wish to have their baby at another hospital in the UK or at hospitals abroad. The fee for each antenatal consultation is £120–£150.

Blood tests

There will be additional charges for blood tests done during your pregnancy. You will be invoiced separately directly by the laboratory: £30–£50 each.

Ultrasound scans

Most women will require just two ultrasound scans: £170–£220 each. These will be charged to you directly from the units involved.

Hospital charges

The total cost of your delivery will vary depending on the type of delivery and the total length of stay.

Antenatal care

If you need to be admitted to the Lansdell Suite before your delivery, there will be a charge of £450 for each night that you spend in hospital.

Delivery cost

The hospital delivery cost includes your first night in hospital. The total cost of your delivery will vary depending on the type of delivery you need and the length of your stay in the Lansdell Suite.

Normal delivery: £2,500

Assisted delivery: £2,700

Caesarean delivery: £3,000

Postnatal care

After your first night in hospital, there will be a charge of £690 for each additional night which you spend in hospital. Most women stay between one and three days after a vaginal delivery or between three and five days following a caesarean section.

Anaesthetist services

If an epidural is required for pain relief or a caesarean section, it will be given to you by a consultant anaesthetist. There will be an additional charge of £600. You will receive an invoice for these charges directly from the anaesthetist.

Paediatric services

A consultant paediatrician will undertake a full examination of your baby in the first 24 hours after birth and again when you are both ready to leave hospital. This will cost approximately £250.

When do I need to pay?

The consultant obstetrician's fees will be invoiced to you after your delivery and payment should be made within 28 days of your receipt of the invoice.

The other charges will be sent to you separately and will need to be paid as indicated on the invoices. The Lansdell Suite will require a deposit to secure your booking prior to your admission.

Private health insurance cover

Most private health insurance companies do not cover routine pregnancy care unless there is a complication such as a caesarean section, and even then, they will only cover a portion of the total fee.

You should discuss details with your own insurance company. Insurers will generally not fully cover the obstetrician's fees and you will therefore be responsible for the difference.

How can I find out more information?

For more information about our services or to arrange an informal visit, please contact the Lansdell Suite administrator:

t: 020 7188 3457
fax: 020 7188 3450
e: lansdell@gstt.nhs.uk

The Trust produces a number of other information leaflets which you may find useful. Please ask the staff at the hospital if you would like a copy of any of the following:

- Your inpatient stay

- Your outpatient visit
- Travelling to Guy's and St Thomas' Hospitals
- Helping you decide – our consent policy
- Having an anaesthetic
- Induction of labour
- Elective caesarean section
- Preparing for the arrival of your baby (pain relief during labour)
- Vaginal birth after previous caesarean section

This is just a selection of the information available. If you would like information leaflets on other topics, please ask the staff.

Useful contacts

PALS - To make comments or raise concerns about the Trust's services, please contact our Patient Advice and Liaison Service (PALS). Ask a member of staff to direct you to PALS or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) - For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416 **e:** kic@gstt.nhs.uk

Language support services - If you need an interpreter or information about the care you are receiving in the language or format of your choice, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953 **e:** languagesupport@gstt.nhs.uk

NHS Direct - Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk