



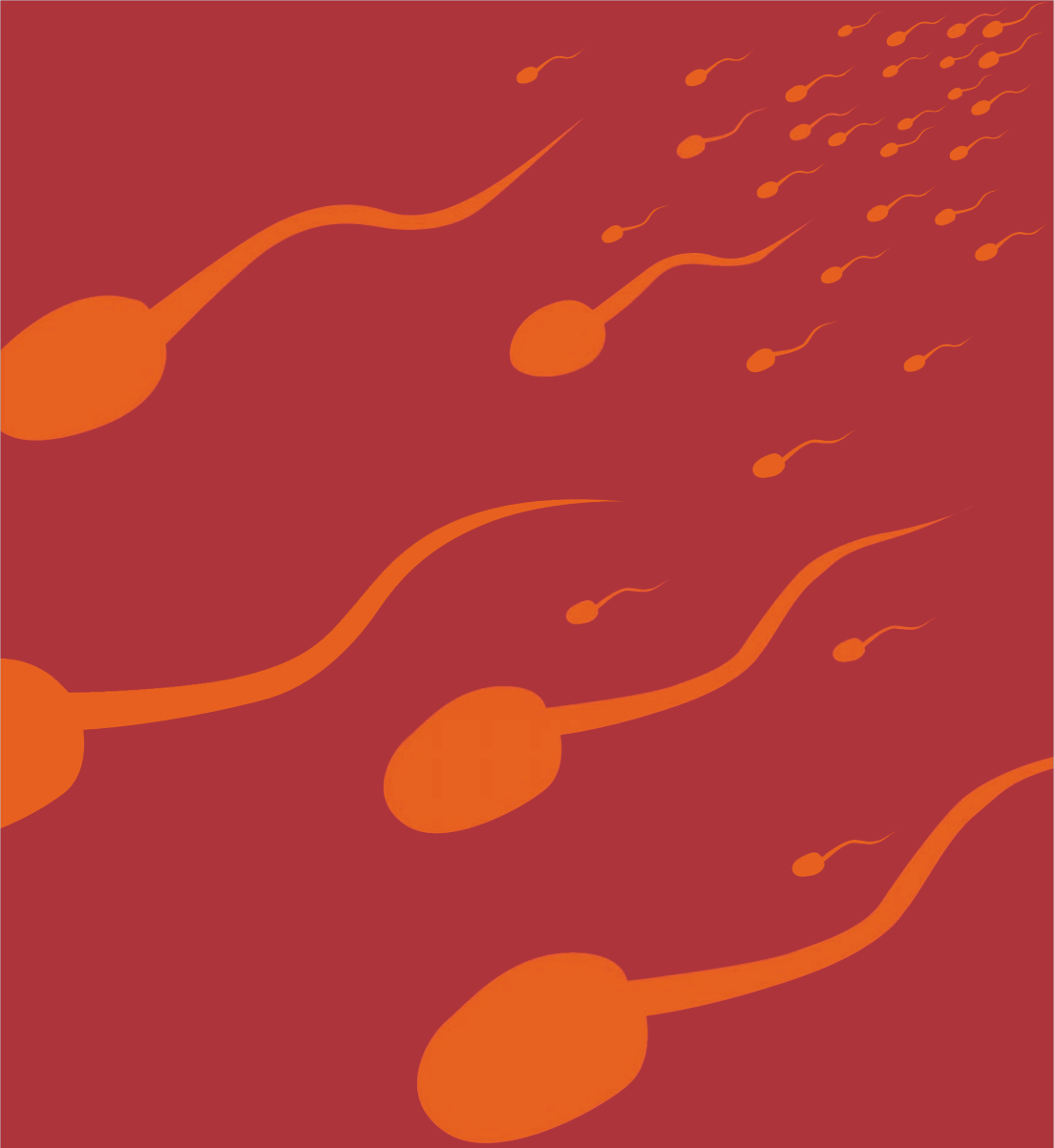
**Where Joy
Abounds Motherhood.**

Birthing And Beyond

The birth of a baby is a joyous new beginning and motherhood an incredible journey. It is the most positive, life-changing experience for not only the mother-to-be but also the entire family. At Beams Hospitals, we understand that this experience is part of a journey that begins at conception and lasts well beyond. And so our Premium Birthing Suites specially create ideal environments that make new beginnings a joyful, personal experience.

As approaches to pregnancy and birthing have changed over the years, our hospitals have responded accordingly to ensure patients receive first class care in relaxed and friendly surroundings. Our 17 years of expertise and reputation in gynaecology, obstetrics services and maternity care, supported by skilled staff allow us to cater to the full range of birthing needs. Beams Hospitals are thus committed to ensuring that the birth of each baby is a truly wonderful and memorable experience.





Team That Delivers

Our most cherished asset is our Team of care givers. Beams Hospitals combines advanced technology with friendly and compassionate care givers to ease you into the experience of parenting. Our care givers provide personal attention for the mother-to-be and her family to ensure the most successful and personal outcome.

Birthing Suite - Labor Delivery Recovery Room

Our premium birthing suite are designed to make the birth experience joyful, with relaxed, home-like environment that is fully supported by advanced equipments. Our birthing suite comes with an integrated labor, delivery and recovery facility where expecting mothers can deliver without being moved around.

Plush and spacious, our suite provides privacy, safety and comfortable family maternity care to accommodate the needs and preferences of parents, including “rooming-in” space for babies. We understand that the birth of a baby is an important event for the family and hence encourage fathers to be with mothers throughout the birthing experience. Infact, we also insist mothers to keep their babies with them to foster mother/child bonding.





Your Baby. Your Delivery. Your Way.

Comforts and conveniences are the hallmarks of our birthing suites. The suites are furnished with modern amenities like ergonomically designed patient bed, TV, Wi-Fi, comfortable attendant bed, storage area, private bathroom. Diet plans for mother-to-be and complimentary meals are provided for the patient attendant. Our highly skilled staff has the reputation for providing the most loving and professional care imaginable. Qualified and trained Gynaecologists, Obstetricians, Neonatologist, Pediatricians, Anesthetists and Sonologists are available around the clock to take care of you throughout your pregnancy and delivery.

- State-of-the-art foetal monitoring system for complete safety of both mother and child
- Baby Warmer to create cozy, thermo-stable environment for the baby
- Open resuscitation system
- Close to operation theatres in case of emergency C-Section





Expect The Unexpected

Choosing the right hospital during maternity is one of most important decisions you will need to make as a parent. An informed birthing decision will not only help you feel more confident and comfortable but it will prepare you for the big 'Day'.

Beams Hospitals make it easier by ensuring that the mother-to-be has the best beginning. To put your mind at ease, you and your family are invited to preview our Premium Birthing Suite and their facilities.

Birthing Wise

Pregnancy and birthing are the greatest joys you can experience. Beams wants to help you to share this joy with your family by pre-preparing you for the birth of your baby. Our childbirth education sessions demystify common fears and concerns regarding pregnancy, labor, delivery, and parenting.

The childbirth education sessions include:

- The journey from conception to labor (three trimesters of pregnancy)
- Consultations on Caesarean birth (waters breaks, painless delivery, foetal monitoring)
- Presentation of breathing, relaxation techniques and stress management for maintaining control during labor and delivery
- Best positions for active labor
- Discussion of analgesia and anesthesia options for labor and delivery
- Pregnancy massage and techniques
- Experiences and changes in baby and you (postpartum period)
- Breastfeeding made simple





Preparation For The Big 'Day'

Anxious and counting days. This is a list of things to be kept ready for the big 'Day'.

For Mothers

• Comfortable cotton underclothing • Four packets of large sanitary napkins • Maternity bras (preferably cotton with cotton straps) • Warm sweater/shawl/socks • Writing pad to write notes • Moisturizing lotion • Absorb powder • Abdominal Belt/Lumbo Sacral Belt

For Babies

• Two dozen nappies • Two dozen cotton wrappers (squares of 36" x 36") to wrap the baby • One dozen cotton baby dresses • Two sweaters • Two baby blankets • Baby powder, lotion, soap and oil • Rash free ointment

Please keep all these packed and ready when you are 30 weeks pregnant (seven months)

Signs Of Labor

Pain in abdomen, back, bleeding, water leaking per vaginum. When you go into labor, avoid having heavy meals, preferably have only liquids.

Please report as early as possible, in case you have heavy bleeding/heavy watery discharge or decreased baby movements.

"HAPPY BIRTHING"



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