

# Healthy Beginnings Clinic

A Promising Start with Our Pre-pregnancy Counselling Clinic



**fernandez**

Built for Birthing

# Dreaming of a Healthy Baby and Hassle-free Pregnancy?

At Fernandez Hospital, we understand that planning for a baby is a significant step, especially if you have medical conditions or challenges.

Our Healthy Beginnings Clinic is dedicated to supporting women like you. By focusing on your health before pregnancy, we aim for the best outcomes for you and your baby.





## Why Consider Pre-pregnancy Counselling?

Pre-pregnancy counselling helps prepare your body and mind for a healthy pregnancy, particularly if you have health issues or previous complications. We optimise your health before pregnancy to ensure positive outcomes for both you and your baby.



## Who is it for?

**Our Healthy Beginnings Clinic is ideal for women who have experienced:**

- Chronic health conditions such as diabetes or high blood pressure
- Pregnancy complications like preterm birth or preeclampsia
- Genetic concerns or a family history of genetic disorders
- Miscarriages or stillbirths





## Why Get Healthy Before Pregnancy?

Improving your health before pregnancy can:

- Lower the risk of pregnancy complications
- Help manage existing health conditions more effectively
- Enhance your overall well-being
- Increase the likelihood of a healthy, full-term pregnancy



## What We Offer

### HEALTH ASSESSMENTS

We begin with a comprehensive check-up to evaluate your health and identify potential pregnancy-related issues, including:

- Reviewing your medical history
- Conducting physical exams
- Performing lab tests and screenings
- Providing genetic counselling if necessary

## PERSONALISED CARE PLANS

Based on your assessment, we develop a tailored care plan that may include:

- Medical advice from our experienced team
- Medication adjustments
- A healthy lifestyle and nutrition plan
- Necessary vaccinations

## EDUCATION AND SUPPORT

We offer information and support to empower you to make informed decisions about your health and pregnancy, featuring:

- Counselling sessions with our healthcare team
- Workshops on managing health conditions during pregnancy
- Tips on enhancing fertility and reproductive health



We're here to support you every step of the way on your journey to a healthy pregnancy. Our team is ready to provide the care and guidance you need.

**Have a healthy and hassle-free start to your pregnancy.**



**Book an appointment at our Healthy Beginnings Clinic**

**Fernandez Hospital,  
Bogulkunta**

- Every Monday
- 1 PM–4 PM

 **Call 79956 66003**

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**Fernandez Clinic,  
Necklace Road**

- Every Tuesday
- 11 AM–2 PM

 **Call 81799 04780**

