



مستشفى الزهراء دبي  
AL ZAHRA HOSPITAL DUBAI



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# F A M O U S

FETAL AND MATERNAL OBSTETRICS ULTRASOUND SERVICES



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**LED BY DR. SAMINA DORNAN**

PROVIDING COMPREHENSIVE PREGNANCY, DELIVERY  
AND GYNECOLOGICAL CARE FOR ALL WOMEN



## FAMOUS - FETAL AND MATERNAL OBSTETRICS ULTRASOUND SERVICES

The Maternal Fetal Medicine (MFM) unit at Al Zahra Hospital Dubai is here to help you through your pregnancy journey, from the desire to the reality of being a family.

Under the leadership of Dr. Samina M. Dornan MD FRCOG, Maternal Fetal medicine sub-specialist, the highly skilled multidisciplinary team provides care for women who are at high risk from developing problems during their pregnancies. However, you may well benefit from seeing one of our specialists even if you consider yourself to be a low risk pregnancy.

Dr. Dornan leads a unique program for managing complications during and post pregnancy, including twins and higher multiples, placental abnormalities, fetal anomalies, genetic disorders, nutritional issues and infectious diseases by focusing on the diagnosis and treatment of expectant mothers and their unborn babies.

**Dr. Dornan is here to support your pregnancy journey which includes preconception, antenatal and delivery (Vaginal / Caesarean section / Instrumental) and post partum care.**

## WHAT IS MATERNAL FETAL MEDICINE (MFM)?

MFM is a special branch of Medicine that focuses on managing the health concerns of the mother and fetus before, during and shortly after delivery. Consultant MFM's may perform prenatal tests, provide treatment and perform surgeries. An MFM consultant can take care of both low and especially high risk pregnancies.

### What is the difference between a "Maternal Fetal Medicine Specialist" and an "Obstetric & Gynecologist"?

A generalist OBGYN deals with low risk pregnancies and will perform routine scans and tests during your pregnancy. They will require referrals to MFM specialists if complications during pregnancy occur.

MFM's are trained specifically in advanced monitoring of the mother and baby. This includes more sophisticated scans, investigations and genetic tests, as well as the low-risk antenatal care.

### Why would you see a Maternal Fetal Medicine Specialist?

1. To take advantage of our advanced level of special care
2. You are referred due to a potential complication in the mother or the baby or both
3. You have a high-risk pregnancy

**Hence, AZHD has developed specialist MFM led antenatal packages that include additional scans, lab tests and antenatal visits. The visits include an exclusive visit to the Consultant, Lead Maternal Fetal Medicine and Head of Fetal and Maternal Obstetric Ultrasound Services (FAMOUS).**

**It's especially recommended for you are a high risk pregnancy, first time pregnancy, or have A history of complications in a previous pregnancy.**

Some factors that determine a high risk pregnancy include: This is your first baby, you are 35 years and above, this is a multiple pregnancy, obesity, diabetes, kidney disease and autoimmune or thyroid diseases.

### Pioneers in Fetal Medicine

Our MFM team has trained and worked for many years in the UK. They are experienced clinicians and researchers who have direct links to the Fetal Medicine Research Institute in London, led by world-renowned fetal medicine expert. Professor Kypros Nicolaides.

We also have links with the Harris Birthright Centre in the UK, a leading clinical and research center for the assessment and treatment of unborn babies suffering unique complications.

# MATERNAL FETAL MEDICINE ANTENATAL PACKAGES

*Al Zahra Hospital Dubai*

\*Exclusions: Package price does not include Multiple Pregnancy, Pregnancy Vaccines and other additional test are either included in the Gold Package or charged individually.

\*Package refunds are subject to medical conditions.



## BASIC PACKAGE: AED 12,000

Exclusive care with the Consultant & Lead Maternal Fetal Medicine & the FAMOUS team (High Risk Pregnancy Unit Team)

### WEEK

6-8	<b>Early Pregnancy Scan &amp; Consultation</b>
11-13	<b>Weeks – Dating Scan (Nuchal Translucency Scan &amp; Other Screening Tests)</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>Blood Group-Rh</li><li>HbsAg</li><li>CBC</li><li>Indirect Coombs Test</li><li>HIV</li><li>FREE BHCG &amp; PAPP-A</li><li>Random Blood Sugar</li><li>TSH</li><li>Blood Group</li><li>Rubella IgG</li><li>Toxo IgG &amp; IgM</li><li>Urine Culture &amp; Sensitivity</li><li>VDRL Test</li></ul>
16	<b>Routine MFM Consultation</b> <ul style="list-style-type: none"><li>Midwife Consultation</li></ul>
20-22	<b>Anatomy / Morphology / Anomaly Scan</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>Uterine Artery Doppler Scan (if recommended)</li></ul>
24	<b>Routine MFM Consultation</b> <ul style="list-style-type: none"><li>CBC</li></ul>
28-32	<b>Growth Scan &amp; Doppler Scan</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>CBC</li><li>GTT</li></ul>
34-36	<b>Routine MFM Consultation</b> <ul style="list-style-type: none"><li>Midwife Consultation (Birth Planning)</li><li>CBC</li><li>Group B Streptococcus Screening</li></ul>
37-40	<b>Routine MFM Consultation</b>
*You will receive a urine test at every consultation	

## GOLD PACKAGE: AED 18,000

Exclusive care with the Consultant & Lead Maternal Fetal Medicine & the FAMOUS team (High Risk Pregnancy Unit Team)

### WEEK

6-8	<b>Early Pregnancy Scan &amp; Consultation</b>
11-13	<b>Weeks – Dating Scan (Nuchal Translucency Scan &amp; Other Screening Tests)</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>Blood Group-Rh</li><li>HbsAg</li><li>CBC</li><li>Indirect Coombs Test</li><li>HIV</li><li>FREE BHCG &amp; PAPP-A</li><li>Random Blood Sugar</li><li>TSH</li><li>Blood Group</li><li>Rubella IgG</li><li>Toxo IgG &amp; IgM</li><li>Urine Culture &amp; Sensitivity</li><li>VDRL Test</li><li>NIPT</li></ul>
16	<b>Routine MFM Consultation</b> <ul style="list-style-type: none"><li>Midwife Consultation</li><li>Flu Vaccine - included</li><li>Growth Scan</li></ul>
20-22	<b>Anatomy / Morphology / Anomaly Scan</b> <ul style="list-style-type: none"><li>Uterine Artery Doppler Scan (if recommended)</li></ul>
24	<b>Echo Fetal Cardiovascular Scan</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li></ul>
28-32	<b>Growth Scan / 3D&amp;4D Scan</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>Whooping Cough Vaccine - included</li><li>GTT</li><li>Anti D injection (for RH (-) not included)</li></ul>
34-36	<b>Growth Scan</b> <ul style="list-style-type: none"><li>Routine MFM Consultation</li><li>Midwife Consultation (Birth Planning)</li><li>CBC</li><li>Group B Streptococcus Screening</li><li>CTG (Fetal Heart Tracing)</li></ul>
37-40	<b>Routine MFM Consultation</b>
*You will receive a urine test at every consultation	



# DIAMOND PACKAGE: AED 25,000

Exclusive care with the Consultant & Lead Maternal Fetal Medicine & the FAMOUS team (High Risk Pregnancy Unit Team)

## WEEK

6-8	<b>Early Pregnancy Scan &amp; Consultation</b>		
11-13	<b>Weeks – Dating Scan (Nuchal Translucency Scan &amp; Other Screening Tests)</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li><li>• CBC</li><li>• FREE BHCG &amp; PAPP-A</li><li>• Blood Group</li><li>• Urine Culture &amp; Sensitivity</li></ul>	<ul style="list-style-type: none"><li>• Blood Group-Rh</li><li>• Indirect Coombs Test</li><li>• Random Blood Sugar</li><li>• Rubella IgG</li><li>• VDRL Test</li></ul>	<ul style="list-style-type: none"><li>• HbsAg</li><li>• HIV</li><li>• TSH</li><li>• Toxo IgG &amp; IgM</li></ul>
	<b>• NIPT (Non – Invasive Prenatal Testing)</b>		
16	<b>Early Anomaly Scan</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li><li>• Midwife Consultation</li><li>• Flu Vaccine – included</li></ul>		
20-22	<b>Anatomy / Morphology / Anomaly Scan</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li><li>• Uterine Artery Doppler Scan (if recommended)</li></ul>		
24	<b>Echo Fetal Cardiovascular Scan</b>		
	<ul style="list-style-type: none"><li>• CBC</li></ul>	<ul style="list-style-type: none"><li>• Uterine Artery Doppler Scan (if recommended)</li></ul>	
28	<b>Growth Scan / 3D &amp; 4D Scan</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li><li>• GTT</li><li>• Anti D injection (for RH (-) not included)</li></ul>	<ul style="list-style-type: none"><li>• CBC</li><li>• Urine Culture/Sensitivity</li></ul>	<ul style="list-style-type: none"><li>• Indirect Coombs Test</li></ul>
32-34	<b>Growth Scan</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li></ul>	<ul style="list-style-type: none"><li>• Whooping Cough Vaccine – included</li></ul>	
34-36	<b>Growth Scan</b>		
	<ul style="list-style-type: none"><li>• Routine MFM Consultation</li><li>• CBC</li></ul>	<ul style="list-style-type: none"><li>• Midwife Consultation (Birth Planning)</li><li>• Group B Streptococcus Screening</li></ul>	
38	<b>Fetal Doppler Scan – Routine MFM Consultation</b>		
	<ul style="list-style-type: none"><li>• CTG (Fetal Heart Tracing)</li></ul>		
39	<b>Growth Scan – Routine MFM Consultation</b>		
	<ul style="list-style-type: none"><li>• CTG (Fetal Heart Tracing)</li></ul>		
40	<b>Growth &amp; Specialized Doppler Scan</b>		

\*You will receive a urine test at every consultation

## Early Pregnancy Scan

This is an ultrasound examination that is usually carried out vaginally at 10-6 weeks of pregnancy. The aim of this scan is to determine the number of embryos present and whether the pregnancy is progressing normally inside the uterus. This scan is useful for women who are experiencing pain or bleeding in the pregnancy and those who have had previous miscarriages or ectopic pregnancies.

## Dating Scan (Nuchal Translucency Scan & Other Screening Tests)

All pregnant women are offered an ultrasound scan at around 11-13 weeks and 6 days, this is commonly called the dating scan and is also known as the Nuchal translucency scan (NT Scan). Its purpose is to check and discuss the following:

- Establish an ongoing pregnancy
- Date the pregnancy accurately and diagnose multiple pregnancy
- Diagnose any major fetal abnormalities that are visible at this gestation
- Diagnose early miscarriage
- Assess the risks of Down Syndrome and other chromosomal abnormalities – You will be given an estimate of your individual risk for pregnancy. This is calculated by taking into account the age of the mother, the measurement of two hormones in the mother’s blood and the scan findings of nuchal translucency thickness

Couples will receive full counseling as to the possible causes of any of the above problems, and the management options or subsequent measures that may be necessary.

## NIPT (Non-Invasive Prenatal Test)

The NIPT test screens for several chromosomal anomalies. It screens for Down syndrome with %99 accuracy, Edwards syndrome (%97 accuracy) and Patau syndrome (%92) accuracy.

The test involves staking a sample blood from the mother to assess the fetal DNA. NIPT can be performed from 10 weeks of gestation. Results are typically available within 10 working days.

## 3D/4D Scan



As part of your package you may receive 3D/4D scans. 3D/4D scans show still and moving pictures of your baby in three dimensions. They are exciting new innovations in the world of fetal medicine. You are able to see your baby as a real person rather than just 2D images of their insides. 3D/4D scans are best performed between 26-28 weeks, sometimes even later.

### **Growth Scan / Wellbeing Scan**

In the third trimester a scan referred to as a wellbeing or late pregnancy scan. The ultrasound scan provides useful information related to growth and wellbeing of your baby. This scan is highly valuable, particularly in cases of fluid loss, twins/multiple pregnancy, diabetes/gestational diabetes, pain or decreased fetal movements.

It is recommended that you have at least two growth scans in the third trimester of pregnancy in order to predict the growth velocity of your baby. If possible you should have a growth scan every 2-3 weeks in the final trimester, which is included in the package.

### **Echo Fetal Cardiovascular Scan**

This is a specialist ultrasound scan of the baby's heart. This is especially recommended for women with a family history of congenital heart abnormalities, those with diabetes and those taking anti-epileptic drugs. This would also be recommended for fetuses with suspected heart defects and those with increased nuchal translucency or certain non-cardiac abnormalities detected during the routine scans.

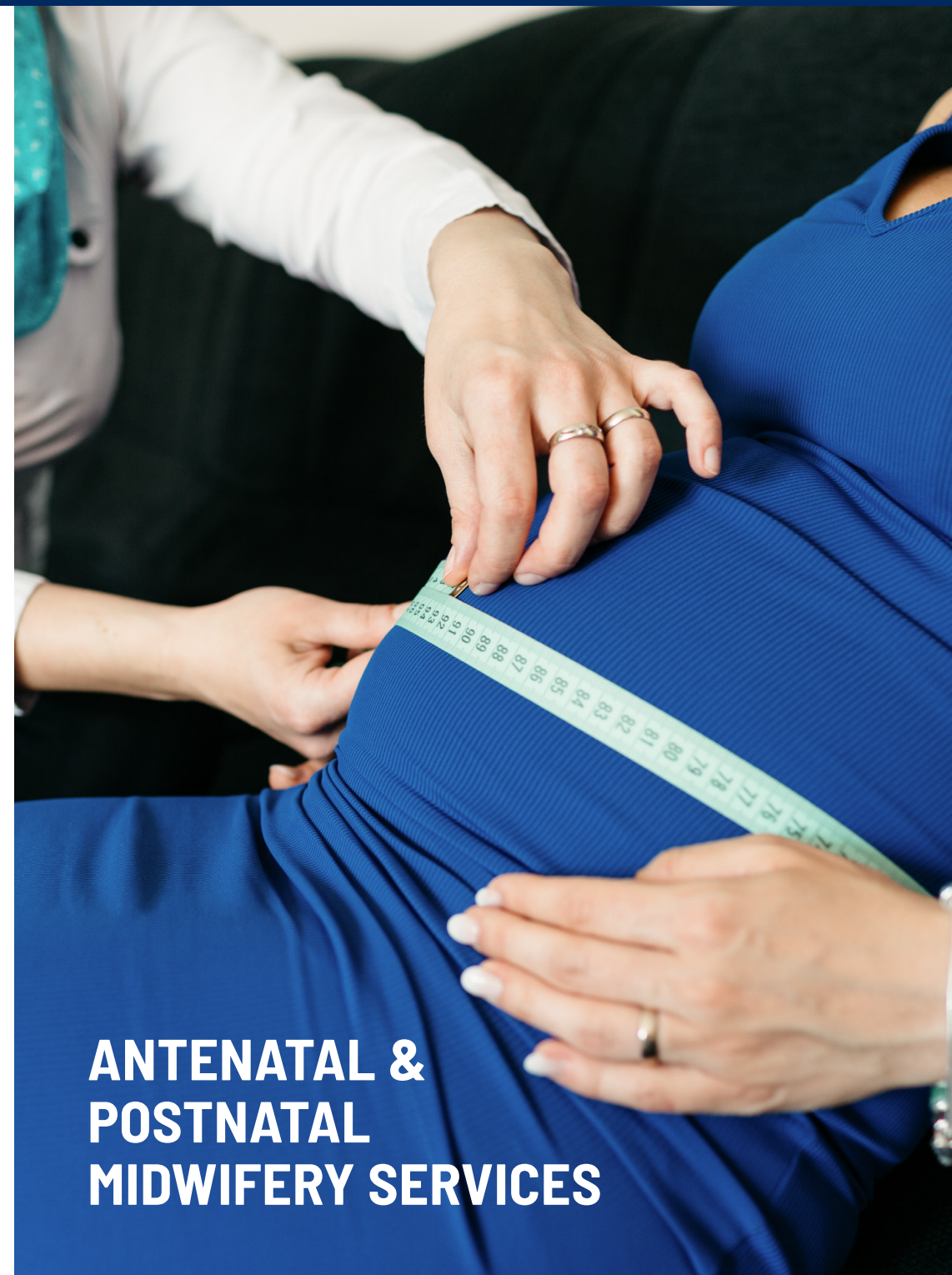
### **Fetal Doppler Scan**

These are highly specialized ultrasound scans.

- **Uterine Artery Doppler's** - This scan checks the blood flow in the uterine arteries to predict your risk of preeclampsia and fetal growth restriction. This scan might be carried out at your anatomy scan if indicated
- **Umbilical Artery Doppler's** - This scan checks the placental function as well as fetal growth and wellbeing
- **Middle Cerebral Artery Doppler's** - This scan rules out conditions such as fetal anemia
- **Placento-Cerebral Ratio** - This scan checks the ratio of the blood flow between the placenta and the fetal brain, which can help us identify a potentially compromised fetus

### **Anatomy/Morphology/Anomalies**

This is a detailed scan at 20-24 weeks of pregnancy. During the scan we examine each part of the fetal body, determine the position of the placenta, assess the amount of amniotic fluid, and measure fetal growth. Special attention is paid to the brain, face, spine, heart, stomach, bowel, kidneys and limbs.



**ANTENATAL &  
POSTNATAL  
MIDWIFERY SERVICES**

## ANTENATAL AND POSTNATAL SERVICE

We will ensure that you receive the best antenatal and postnatal care by our highly experienced midwives.

A group of trained Midwives will provide you and your family with individualized education, counseling, and prenatal care, continuous hands-on assistance during labor and delivery, and postpartum support.

### ANTENATAL CARE & SERVICES

- **Antenatal Classes:** designed to help support and prepare Mums and Dads for their baby's arrival. We offer online and face-to-face antenatal classes. Typically, parents attend antenatal classes from 28 weeks gestation, earlier if twins are expected. However, we welcome parents at any stage.
- **Birth Wishes Consultation:** a one-to-one consultation with the expectant couple during the 3rd trimester to formulate an individualized birth wish plan.
- **Group Hypnobirthing Classes:** antenatal training classes designed to release fear and build confidence during pregnancy and birth, providing you with the knowledge and tools to have a positive and empowering birth.
- **Certified Newborn First Aid Course:** a certified course designed for parents and nannies, and any newborn caregivers.

For more information or to book, whatsapp or call on: **+971 54 444 9626**  
or email: **famous@azhd.ae**

### POSTNATAL HOMECARE PACKAGES

Continuity of care is paramount to women and their families in the transition to motherhood. Here at AZHD's we also offer an excellent Postnatal Maternity Homecare Service.

Your maternal postnatal and new-born checks will be taken care of in the comfort of your own home with special focus on personal, emotional and physical health post-delivery. We offer multiple packages for 3, 5 or 10 days.

## EARLY PREGNANCY WALK-IN CLINIC

### What is the Early Pregnancy Clinic (EPC)?

We recognise that early pregnancy can be a worrying time for women and their families. This service is open to any woman who is less than 12 weeks pregnant and presents with the following:

- Experiencing symptoms they find concerning (e.g., bleeding, pain, extreme nausea)
- Unsure of the dates of their pregnancy
- Previous history of miscarriage/ectopic pregnancy/molar pregnancy
- Requiring reassurance of pregnancy viability and location

**The Early Pregnancy Clinic is based in the Obstetrics and Gynecology Department on the 2<sup>nd</sup> floor of Al Zahra Hospital at FAMOUS Clinic**

**Opening times: 9:00 am - 4:30 pm from Monday to Friday**

### How do I get referred to Early Pregnancy Clinic (EPC)?

- This is a walk-in service meaning that you can self-refer and do not need to have seen a GP first
- You are less than 12 weeks pregnant
- We will see any woman who arrives at the clinic before 4:30 PM
- Please note you may experience a wait of up to 30 min. to be seen

### What happens in early pregnancy clinic?

- A receptionist will register your details
- You will be seen by a nurse for a vital sign's assessment (blood pressure/temperature etc) and pregnancy history documentation (present and previous pregnancy details)
- You will have a detailed consultation with a Doctor
- You will also have an ultrasound scan (the scan may be performed trans-abdominally or trans-vaginally)
- In some cases, blood test will be taken
- The doctor will discuss the diagnosis with you and give you a management plan at the consultation.

### Can I bring someone with me?

Yes, please bring someone with you to the appointment, if you wish.

### What happens next?

- Depending on the findings, the necessary follow-up can be arranged during the consultation
- Surgical or medical management options will be discussed and offered, if there are any complications found related to the pregnancy (miscarriage/ectopic)
- If you would like to continue to have your antenatal care at AZHD, the reception can book your next appointment.



## MEET FAMOUS TEAM



**Dr. Samina Dornan**  
Consultant Maternal and  
Fetal Medicine



**Dr. Hari Pavithra**  
Specialist Obstetrics  
and Gynecology



**Farhat Gothey**  
Senior Sonographer  
Fetal Medicine & Gynecology



**Edna Sermonia**  
Charge Nurse  
Fetal Medicine



**Rossana Distor**  
Unit Coordinator



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