

Body Positive Clinic

Optimal Care for
High BMI Pregnancies



fernandez

Built for Birthing

Are you living with a high body mass index (BMI) and planning to have a baby? Worried that your weight is going to affect your pregnancy and childbirth?



Fernandez Hospital's Body Positive Clinic is here to ensure a positive and empowering birth, just as you wanted. At the Body Positive Clinic, we offer optimal care for pregnant women with an increased body mass index (BMI) to help decrease risks and improve your experience of pregnancy, birth, and postnatal period.

The Body Positive Clinic is a one-stop shop with all specialists in one place and under one roof. Our multidisciplinary team will help you understand the risks of high BMI during pregnancy and suggest steps to promote a healthy pregnancy.

What is BMI?

BMI is a measure that uses your height and weight to determine if your weight is in a healthy range.

- Less than 18.5 = underweight
- 18.5 to 24.9 = healthy weight
- 25 to 29.9 = overweight
- 30 to 39.9 = obese
- 40 = severely obese

How does a high BMI affect pregnancy?

High BMI in pregnancy increases the risk of:

- Miscarriage and stillbirth
- Gestational diabetes
- High blood pressure and preeclampsia
- A longer labour
- Emergency caesarean section
- Heavy bleeding after birth.

How does the Body Positive Clinic help?

- You will have all your consultations with a multidisciplinary team of specialists in one place on the same day.
- You will be guided throughout your pregnancy to have a healthy outcome for you and the baby.
- Your health will be monitored even after the birth of your baby



The Body Positive Clinic includes...

1. Obstetricians – for individualised risk assessments.
2. Fetal Medicine Specialists – for growth scans to assess foetal well-being.
3. Physiotherapists – for improved prenatal fitness leading to a healthier and easier pregnancy and delivery.

4. Midwives – for a non-judgemental and woman-centred approach to help women make realistic healthy choices.
5. Nutritionists – diet plans tailored to your body weight.
6. Anaesthesiologists - for different pain relief options and emergency anaesthesia.



The Body Positive Clinic schedule

- **Every Friday**
- **9 AM - 12 NOON**
- **1st Floor, Fernandez Clinic,
Hyderguda**



Have a happy and healthy experience!

To book an appointment or learn
more about Body Positive Clinic,



Call 81 79 90 47 80

