

MISS CLAIRE MELLON & ASSOCIATES
MISS CLAIRE MELLON
CONSULTANT OBSTETRICIAN AND GYNAECOLOGIST
GMC No: 3292592

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212 Great Portland Street
London W1W 5QN

OBSTETRICS PACKAGE INFORMATION

Please read through the information provided regarding what you can expect from your obstetrics package with Miss Mellon. If you have any queries or concerns please feel free to contact us.

FULL OBSTETRICS PACKAGE = £12,000

Miss Mellon offers an obstetrics package which is an all-inclusive fee for antenatal care from 16 weeks of gestation, delivery and post-natal care. You will be sent a bill for *50% of the fee at 20 weeks* and another for the remaining *50% at 34 weeks*. If you are covered by insurance, we can provide a breakdown of fees as required.

An early pregnancy assessment is recommended between 6-7 weeks. This will be carried out by one of our associates and will incur an additional charge of £450.

The same fee is charged whether the pregnancy and birth is straightforward or complicated. If there is a prolonged hospital admission prior to birth, there may be an additional fee. Pregnancy fees are only covered by insurance for a few complications specified by the insurance company.

Fees for hospital services, ultrasound scans, pathology tests, anaesthetists and paediatricians are charged separately by the relevant service. The fees for the Portland Hospital can be found on their website. Payment can be made by bank transfer or credit/debit card.

DELIVERY ONLY PACKAGE = £8,000, plus £500 per appointment

If you have chosen to deliver with Miss Mellon but have opted to do most of your care elsewhere, the cost is £8,000 for the delivery plus £500 per consultation. Your obstetrician would wish to see you for at least two consultations prior to delivery, and a postnatal review 6 weeks following. Payment is required at 34 weeks of gestation.

Please note that fees for hospital services, pathology tests and paediatricians are charged separately. The anaesthetist fee is approximately £1,450.

ANTE-NATAL VISITS

6-7 weeks of pregnancy: The initial consultation and early pregnancy scan will be carried out by one of Miss Mellon's trusted colleagues in our clinic (at an additional charge). They will perform a scan, provide information, and answer any questions relating to your pregnancy and refer you on for prenatal testing. You will then come to see Miss Mellon at 16 weeks with all the results.

16-32 weeks: Antenatal visits will be approximately every 4 weeks

32-36 weeks: Antenatal visits will be every 2 weeks (consultation at 34 weeks with our midwife)

36 weeks until delivery: Antenatal visits will be every week or as recommended by Miss Mellon

6 weeks post-delivery: Postnatal review, includes a discussion about contraception and a smear test

ROUTINE TESTS (charged separately)

Blood tests

These are done at the first visit and then at 28 weeks. Please be aware that full antenatal profile blood tests can cost in the region of £1000-£1500 so please do check with the hospital about their charges before you proceed.

Ultrasound scans

The Harmony/NIFTY is a non-invasive prenatal test which can be done at 10 weeks. The nuchal is done at 11-13 weeks and the anomaly at 20 weeks. Miss Mellon recommends you have these done at UDS (Ultrasound Diagnostic Services), who are foetal medicine specialists based at 148 Harley Street, London W1G 7LG tel. 020 7486 7991. You can find more information on their services on their website – www.uds.uk.com

Miss Mellon will do a quick growth scan at each visit you have with her (these scans are included as part of the obstetrics package).

COVER ARRANGEMENTS

You will be informed well in advance of any planned holiday/leave arrangements that Miss Mellon has. Approximately once a month she will be away for the weekend, and she has occasional other professional duties which take her away for short periods. Cover will always be provided by a colleague at the Portland Hospital.

OUT OF HOURS / EMERGENCY CALLS

Out of hours, you may telephone:

***The Portland Hospital, Labour Ward
0207 390 8274***

Once you have booked in with Miss Mellon you will be given her personal mobile number but please note this is strictly for emergencies only. All non-urgent queries should be directed to Miss Mellon's office number.

The office is open Monday to Friday. The office team will be pleased to deal with any queries and pass messages on to Miss Mellon.

***Telephone: 020 7390 6225
Email: admin@clairemellon.co.uk***

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Re: Private Health Insurance

Please be aware that insurance companies are very specific about what they will and won't cover. You may require a GP referral in order to get covered so please do check this with your insurance company.

It is important that you ensure you are covered by your insurance company, and that the insurer appears on our list of accepted insurance providers (table below). We will require your membership number and a valid authorisation code **prior** to your appointment otherwise we are unable to submit your claim. In this circumstance we will invoice you as a self-paying patient and kindly ask you to claim back from your provider.

Most insurance companies do not cover routine check-ups and this includes smears, swabs and coils. You will need to check exactly what you are covered for. Any shortfall on your account will be liable to you for payment.

Insurance Companies

From the 1st May we only accept the insurance companies below, if your insurer is not on the list we kindly ask you to pay on the day of your appointment and claim back.

Accepted UK Insurers
AVIVA
AXA PPP
BUPA
Exeter Family Friendly (AXA)
Freedom Health (AXA)
Health On Line (AXA)
Simply Health (AXA)
WPA
Accepted International Insurers
AXA PPP International
BUPA Global

Yours sincerely,

Miss Claire Mellon & Associates



MISS CLAIRE MELLON & ASSOCIATES

Antenatal Timeline

<i>6-7 weeks</i>	Early pregnancy scan with Miss Claire Mellon & Associates Blood tests
<i>10 weeks</i>	Non-Invasive prenatal testing done at UDS (Ultrasound Diagnostic Services)
<i>11-13 weeks</i>	Dating scan & Nuchal translucency test done at UDS
<i>16 weeks</i>	Initial appointment with Miss Claire Mellon Booked in to the Portland Hospital
<i>20 weeks</i>	Anomaly scan done at UDS Initial 50% of obstetrics package due
<i>24 weeks</i>	Appointment with Miss Mellon and growth scan
<i>28 weeks</i>	Appointment with Miss Mellon and growth scan Midwife booking appointment at the Portland Hospital Blood tests
<i>32 weeks</i>	Appointment with Miss Mellon and growth scan <ul style="list-style-type: none"><input type="checkbox"/> Swab<input type="checkbox"/> Flu Vaccination<input type="checkbox"/> Whooping Cough Vaccination<input type="checkbox"/> Anti-D given if required
<i>34 weeks</i>	Appointment with Miss Mellon 50% balance of obstetrics package due
<i>36-40 weeks</i>	Weekly appointments with Miss Mellon & growth scans until delivery

Consultant-Led Care

We believe that it is important to offer parents-to-be an informed choice, both in the type of birthing care you receive: either consultant-led or midwife-led through to the type of birth: from a natural delivery with or without an epidural, through to caesarean section or water birth. Depending on your individual birthing requirements we offer a range of care packages to suit your needs.

Once your baby is born we offer evidence-based advice on feeding and caring for your newborn as well as postnatal exercises and paediatric services.

Consultant-led care

This package is ideal for those parents who prefer to be looked after by a consultant obstetrician throughout their pregnancy. Our team of more than 80 obstetric consultants are all independent practitioners who have undergone a rigorous process of assessment prior to gaining admitting privileges to our hospital.

Your chosen obstetrician will advise on all aspects of your antenatal and obstetric care. They will also arrange your hospital booking for the delivery of your baby and offer an informed choice on all types of birth from normal deliveries through to elective or medical caesarean sections.

Some mothers-to-be discover late in their pregnancy that they require a medical caesarean section, which depending on your policy may even be covered by your healthcare insurance. All our consultant obstetricians accept late bookings.

Parents-to-be who are booked under the care of a consultant obstetrician are encouraged to attend the midwifery-booking clinic: a pre-assessment clinic, which also offers you the chance to meet a member of the hospital midwifery team before the birth itself to discuss your personal needs. Our midwifery team can give you a wealth of advice on nutrition, health and well-being throughout your pregnancy, as well as discuss your plans for delivery at the hospital. A midwife will be present throughout your delivery to assist the obstetrician. They will also care for you whilst you remain in the hospital post-delivery and provide invaluable support with feeding your new baby.

Should you need any assistance or wish to book a tour, then please contact The Portland Hospital Maternity Enquiry Line +44 (0) 20 7390 6068.

Pain relief to suit you

All forms of birthing pain relief are available at The Portland Hospital. Parents-to-be may be referred by their consultant obstetrician or midwifery team to meet a consultant anaesthetist prior to delivery if they need or wish to discuss pain relief options for the big day. One of our resident consultant anaesthetists will undertake an assessment and advise you on the best options for pain relief to meet your individual needs.

Paediatric care to follow

All babies born at The Portland Hospital receive a full paediatric review prior to discharge by a consultant paediatrician. Many parents then choose to follow on with paediatric care for their child at the Portland. The Portland Hospital is also the UK's largest Independent Children's Hospital devoted to caring for babies and children up to the age of 16 years.

Additional Support Services

Midwifery Booking Clinic

Mothers-to-be who are booked under the care of a Consultant Obstetrician are invited to attend the Midwifery Booking Clinic. This is a pre-assessment clinic which provides the opportunity to meet a member of the midwifery team prior to admission. It also enables you to discuss your personal needs and requirements with a member of hospital staff. The midwife will offer a wealth of information on nutrition, health and wellbeing throughout pregnancy, and discuss plans for delivery at The Portland Hospital. All women will be invited to attend, however should you not receive an invitation you can contact the midwives directly on 020 7390 6318.

Consultant Referral Clinic

Consultant Obstetricians can refer women to this midwife led clinic for routine medical tests including blood screening, swabs and scans.

Anaesthetic Clinic

Mothers-to-be may be referred by their Consultant Obstetrician or midwife to meet a Consultant Anaesthetist prior to delivery if they wish to further discuss pain relief options. The Consultant Anaesthetist will undertake a health assessment and advise you on the medical options for pain relief available to you.

Breastfeeding Specialist

The Portland Hospital has a Breastfeeding Specialist available to provide new mothers with support and advice on how to breastfeed their newborn babies. Women can ask their midwife for further information including fees and arranging a consultation.

Maternity tour booking & antenatal classes

Michaela Paul is the Maternity Services Advisor at the Portland Hospital. She is responsible for the Maternity enquiry line (0207 390 6068) and handles all the initial customer enquiries that come through to the hospital.

The Portland Hospital has launched a new maternity tour booking process online. Patients will be able to book a maternity tour online through the website. You can still call the enquiry line however they will be directing ladies to the website as another option. Please see the link below to the maternity tour booking page:

<http://www.theportlandhospital.com/maternity-tour-booking.asp>

Michaela can also book the antenatal classes for all pregnant ladies. Any therapies, Yoga or Pilates should still go through to Physiotherapy. All the class options are on the website. Please see the link below to the classes section on the Portland Hospital website:

<http://www.theportlandhospital.com/pregnancy-support-classes.asp>

Self-funding hospital delivery fees

For consultant-led care 2025

As the only fully private maternity hospital in the UK, The Portland Hospital places great emphasis on safety and choice, as well as providing a bespoke service to ensure you and your partner are looked after throughout pregnancy and birth.

The packages cover the delivery of your baby at The Portland Hospital, and **do not include consultant professional fees** as consultants are independent of the hospital and their fees vary accordingly. To discuss these packages, please call our dedicated maternity services enquiry line on **020 7390 6068**.

Consultant Obstetrician professional fees up to £12,000 for antenatal care from 10 weeks of pregnancy, including routine appointments, delivery and postnatal 6 week check (in addition to the below delivery package prices, paid directly to the Consultant Obstetrician).

Standard deposits will apply, please see additional information section below	Consultant-led care		
	Normal delivery	Emergency C-section	Elective C-section
	£8,910	£10,410	£10,215
Blood grouping at booking clinic appointment	✓	✓	✓
Resident obstetric anaesthetist	✓	✓	X
Consultant-led delivery	✓	✓	✓
Midwife booking appointment at hospital	✓	✓	✓
24-hour stay from admission	1	1	1
Theatre fees covered	N/A	✓	✓
Midwife care throughout delivery and postnatal stay	✓	✓	✓
Newborn baby check with consultant paediatrician	✓	✓	✓
Newborn nursery care during your stay (subject to availability)	✓	✓	✓
Baby's first three nights in NICU, if treatment is required*	✓	✓	✓
Accommodation, complimentary breakfast and dinner for partner	✓	✓	✓
24-hour room service for new mother	✓	✓	✓
Afternoon tea (served daily during your stay)	✓	✓	✓
Postnatal physiotherapy and six-week check for mother	✓	✓	✓
Complimentary hospital gift on discharge	✓	✓	✓
Access To The Portland Hospital education app	✓	✓	✓

Additional charges

- **Additional nights** - For new mothers wishing to stay at The Portland Hospital a little longer after giving birth, our prices for additional nights, once you pass midnight, are as follows:
 - Standard room - £1,250
 - Deluxe room - £1,850
 - Suite - £2,250
 - Premier suite - £3,340Room upgrades are subject to availability
- **Epidural (if required)** £995 (plus £85 for each top-up). This covers the anaesthetist and relevant drugs for a normal delivery or emergency C-section
- **Instrumental delivery** - If you require a ventouse or forceps delivery, a charge of £500 is applied.
- **Induction** - If you require an induction, a charge of £635 is applied.
- **Multiple pregnancies** - If you have a twin or triplet pregnancy there will be an additional charge of £500 applied to the package.
- **Investigations**, including histology, pathology and any scans needed, will be charged in addition.

Additional information

- Group and Save (blood group) is included at booking clinic. Any additional blood tests will be charged extra.
- If you are having an elective C-section, please pay your consultant anaesthetist fee directly.
- All booked patients are guaranteed a standard room upon admission. Room upgrades are subject to availability.
- All prices are effective from 1st June 2025 and are subject to change as the market dictates. Please note that the price you will be required to pay is the price pertaining at the day of admission, not at the date of booking. All prices are inclusive of VAT unless otherwise stated.

Deposits

A deposit will be collected from you 12 weeks in advance of your estimated delivery date. You will be liable for any additional costs incurred that are not specified in these maternity packages.

We request a standard deposit for the following:

- Normal delivery = £10,000
- Caesarean section = £11,500
- Non EU deposit = £20,000

A final invoice will be calculated once you have been discharged, any difference will be refunded, or requested.

Loyalty births at The Portland Hospital - we are delighted to offer a 10% discount to mothers who have previously delivered at The Portland Hospital. This will be applied to all package prices and additional night stays. The discount also applies to patients who were born at The Portland Hospital.

We require all patients to provide a debit or credit card as part of their registration process. These details will be requested either over the phone or when you attend your appointment or admission. These card details will be kept securely for up to three months. We will let you know if we intend to take a payment from this card before we do so.

Prenatal tests and scanning

The Portland Hospital's Obstetric Ultrasound and Fetal Medicine department offers specialised tests, scans and blood sampling that your maternity care team may recommend. This includes non-invasive prenatal blood tests, although please note this is not included in the package price. To discuss or book one of our prenatal screening packages, please call our Imaging department on **020 7390 6350**.

Neonatal care

"If you are a self-pay patient, we will cover the first three nights of NICU for unexpected admissions. Please note, as your baby's care steps down from needing NICU, charges will apply. Our Admissions team will advise of applicable charges. For readmissions, charges will apply. If you have private medical insurance and your baby is admitted to the NICU, we will contact your insurer to confirm this can be covered. Once this has been confirmed, we will invoice your insurer for your baby's care.

Antenatal and postnatal care

For patients who receive antenatal or postnatal care at The Portland Hospital, which falls outside of the self-pay maternity package, charges will apply. Our self-pay team will provide a quote based on the treatment required.

Insured patients

If you have private medical insurance, please notify us by calling **0207 390 6068**, prior to your first booking appointment, so we can discuss and advise on our billing procedure. To enable direct billing, please provide our patient access team with your insurance details and a letter from your insurer confirming cover.

Package prices and loyalty discounts do not apply and an itemised invoice will be issued. You are required to obtain appropriate authorisation from your insurance provider.

Please liaise with your insurance company prior to delivery to verify your newborn baby's post-delivery care on your policy. Please note that insurers only cover a standard room - upgraded rooms are on a self-pay supplement basis.



For more information, please email
info.portland@hcahealthcare.co.uk

HOLISTIC BABY



**Assisting mothers to have a peaceful pregnancy and birth.
Helping to build a happy baby.**

Ensure your journey to motherhood is balanced, healthy and relaxed with our reflexology package designed to work in tandem with your medical care, to nourish mind, body and spirit.

Our in-house reflexologist, Anabel Cutler is based on-site at Claire Mellon and Associates, just upstairs in our beautiful Wellness Space.

She specialises in maternity and post natal care. Using a mixture of foot reflexology, facial rejuvenation, reiki and meditation techniques to promote holistic well-being, she will gently guide you through your pregnancy journey, the birth and postnatal healing.

Anabel's techniques work to balance all the systems of the body by calming the nervous system and reducing stress levels. Reflexology can help with:-

Regulating hormones

Enhancing blood circulation

Relieving back and pelvic pain

Regulating morning sickness

Reducing anxiety

Encouraging better sleep

These benefits are particularly valuable during your pregnancy, where hormonal fluctuations and physiological changes can really impact your overall well-being.

Anabel is available to assist with reflexology before and after birth. She can even come to your bedside at The Portland Hospital by prior arrangement.

You are welcome to try out an introductory session or enjoy a 10% discount if you buy one of our packages. See below for details.

1 x Introductory treatment. (85 minutes) - £150

Includes consultation, facial rejuvenation and foot reflexology. £150

Om package - £315

1 x introductory treatment (85 minutes)

Includes consultation, facial rejuvenation and foot reflexology.

2 x foot reflexology treatments (55 minutes).

Shanti package - £585

1 x introductory treatment (85 minutes)

Includes consultation, facial rejuvenation and foot reflexology.

5 x foot reflexology treatments (55 minutes).

Ananda package - £1350

10 x 85 minute sessions of facial rejuvenation & foot reflexology. £1350



www.clairemellon.co.uk/anabelcutler
Gift vouchers are available on request.

THE PORTLAND HOSPITAL AND ESSENTIAL PARENT

A PARTNERSHIP FOR YOU



essential parent

in safe hands

The Portland Hospital

part of HCA Healthcare UK

WELCOME

Welcome to The Portland Hospital, the UK's only private hospital solely dedicated to the care of women and children. Your pregnancy and the birth of your child is an incredibly precious time and we're delighted you've chosen to have your baby with us.

At The Portland Hospital we pride ourselves on fully supporting our maternity patients. This includes providing information and content that will help guide you through your pregnancy and later years with your baby.

Essential Parent: a wealth of information

Your birth is a magical event, but the journey doesn't stop there. We are fully dedicated to supporting our maternity patients not just for your pregnancy and birth, but all the way through to your child's teenage years.

To support our mission, we have partnered with Essential Parent, an App containing a wide range of expert-led, evidence-based written and video content. The content starts with advice on getting pregnant and continues up until your child is 19 years old.

Each Essential Parent article and video is produced by a team formerly of the BBC Science department, and is guided by relevant medical experts in that subject.

- All breastfeeding and infant nutrition content has been produced with support from UNICEF UK Baby Friendly Initiative
- The infant first aid course is presented by the St John Ambulance
- Advice on pregnancy during the Covid pandemic is brought to you by the Royal College of Obstetricians and Gynaecologists
- Content on baby fevers was originally developed in association with paediatric members of the Royal College of Paediatrics and Child Health
- Information on looking after your child's teeth comes from the British Society of Paediatric Dentistry
- Individual consultants such as world-renowned Portland specialist consultant and gynaecologist Miss Claire Mellon have also partnered with the Essential Parent team to oversee the production of many of their articles

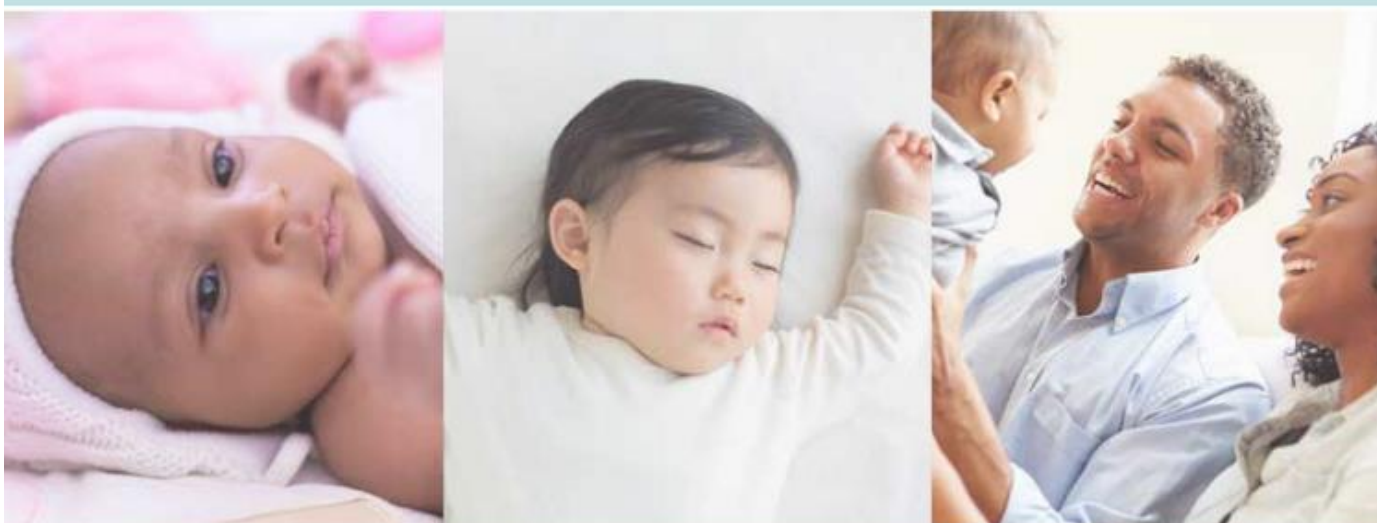
Essential Parent podcasts will also be available soon. All of this support comes to you as part of your Portland package, by way of the elegant and easy to use Portland App.

To access your Portland App, please click here:



Once you enter your baby's due date or birth date, the app will send you content that will support you every step of the way.





How The Portland team supports you

During your pregnancy and until your baby is one year old, you will regularly receive useful content. As your baby grows to become a toddler, child and teenager, you can browse through the Essential Parent library to find topics that might be of particular interest.

A comprehensive range of topics is included that is constantly updated and approved by medical experts, covering physical, emotional and cognitive development as well as physical and mental health issues for both children and parents.

Above all, we aim to make your maternity experience with us as comfortable and positive for you as possible. If you have any questions about our service or Essential Parent, please get in touch and we will of course be happy to explain anything to you in more detail.

Yours sincerely,

The Portland Maternity Team

