

Obstetrics Pathway

Protocol and Package Information

Here is the personalised Obstetrics plan outlining how every pregnancy will be supported and managed by the Obstetrics Team, with one of our trusted obstetrics specialists. Our approach is designed to ensure that each member receives compassionate, coordinated, and comprehensive care throughout every stage of pregnancy.

Stage	Week of Gestation	Screening/Scan
	6 +4	Early Pregnancy Scan - Presence of a foetal pole, confirmation of the heartbeat, placement of the pregnancy, measurements of the embryo.
	10	Pregnancy Scan - Viability, gestational age, heartbeat confirmation and detection of any abnormalities
Pre & post birth screening Stage 1	12-14	Foetal Medical Scan (Inc. Structure Scan)- Due date, heartbeat
		Regular Scan + Appointment - Uterine Size, heartbeat confirmation, Amniotic Fluid level, Umbilical Cord, gestational age
		Blood Count
		Blood Chemistry
		Liver Function Test
	17	HIV
		Syphilis
		Hepatitis C, A
		Urinalysis
		Blood Count
	22	Foetal Medical Scan (Inc Anatomy Scan)+ Appointment -Foetal measurements, placenta and amniotic fluid check, heartrate
		Oral Glucose Tolerance Test
		Urinalysis
		Blood Count

Stage	Gestation	Screening/Scan
Stage 2	27	Regular Scan - Foetal development, position of baby, growth, heartrate, organs and structure assessment.
		Vaccinations
	32	Foetal Medical Scan (Foetal Growth) + Appointment - Foetal development, position of baby, growth scan, size of baby, amniotic fluid check, heart rate
		Vagina Cultures
		Mycoplasma
		Ureaplasma
		Urinalysis
	36	Regular Scan + Appointment - Foetal development, position of baby, growth, heartrate, organs and structure assessment, Size of baby, amniotic fluid check - Plan for birth
		Blood Count
		Coagulation Times
	37	Regular Scan + Appointment - Foetal position, amniotic fluid check, Foetal size, heartrate - need for delivery
	38	Regular Scan + Appointment - Foetal position, amniotic fluid check, Foetal size, heartrate - need for delivery
	39	Regular Scan + Appointment - Foetal position, amniotic fluid check, Foetal size, heartrate - need for delivery
	40	Regular Scan + Appointment - Foetal position, amniotic fluid check, Foetal size, heartrate - need for delivery

Stage	Gestation	Screening/Scan
	Delivery	
Stage 3	Post-Birth 7 Days	General Check Up - Included in delivery cost
		Suture Removal (C-section) - Included in delivery cost (surrogate)
	Post-Birth 40 Days	General Check Up
		Birth Control Issued (surrogate)
	Pediatric Appointment 10 days post-birth	General Check Up • Weight check (to see if baby has regained birth weight). • Physical examination: Head, eyes, skin (jaundice), umbilical cord, hips, genitals. • Feeding assessment: Breastfeeding technique if IPs are breastfeeding , frequency, weight gain. • Behavioral/developmental observation: Alertness, reflexes (e.g. Moro, grasp). • Vaccination review: Confirm that Vit K and Hepatitis B were given at birth. • Parental guidance: Sleep patterns, hygiene, warning signs, maternal well-being. (we can also combine this with mindful birth group)
	Pediatric Appointment 1 month post-birth	General Check Up Vaccination Evaluate early development and ensure healthy adaptation to life outside the womb: • Growth tracking: Weight, length, head circumference. • Full physical exam: Heart, lungs, abdomen, skin, fontanelles (soft spots on head). • Neurological assessment: Reflexes (tonic neck, rooting, sucking), muscle tone. • Vision and hearing cues: Tracks faces, startles at loud sounds. • Feeding and digestion: Frequency, spit-up, stool consistency. • Vaccination plan: Prepare for upcoming 2-month vaccines' Parental support: Infant care advice, safe sleep, bonding, postnatal mood of parents and again checking with mindful birth group.
Stage 3	Pediatric Appointment Fit to Fly Appointment	General Check Up Ensure the infant is medically stable to travel by air. • Overall health status: Check for signs of respiratory or cardiac issues. • Ear pressure tolerance: Evaluate any risk of discomfort or complications with pressure changes (e.g. middle ear problems). • Immune status: Consider age (usually not recommended to fly before 6 weeks unless necessary). • Feeding readiness during flight: Confirm the baby feeds well (helpful for ear pressure). • Premature or medical history consideration: If premature or had any NICU stay, additional checks may be required. • Issue of medical clearance certificate (if airline requires).
	Total (single baby)	MXN\$60,000

Each of the stages are to be invoiced as per the date line below:

Total cost scan, screening and paediatrics (as per the table above)

Total package price single baby MXN\$60,000

Total package price twin babies MXN\$90,000

Birth and doctors fees - single baby

Stage 1 payment MXN\$73,298 – Hospital Espanol* birth package for delivery including C-section, two months before planned delivery

Stage 2 payment MXN\$90,000 – Doctors team fees associated with delivery including C-section, one month before planned delivery

Birth and doctors fees - twin babies

Stage 1 payment MXN\$78,769 – Hospital Espanol* birth package for delivery including C-section, two months before planned delivery

Stage 2 payment MXN\$105,000 – Doctors team fees associated with delivery including C-section, one month before planned delivery

All payments must be made ahead of the stages with cleared funds in place ready to make payments to the doctors.

If the baby is born early any unused scans or screening will be refunded.

Potential additional costs

Any **additional** or **emergency** scans will need to be paid directly after the scan has taken place and MSJ will invoice the member for the scan and any medication needed which must be settled within 24 hours of the invoice being issued.

Additional **foetal medical scan** costs \$3500

Additional **regular scan** costs \$2500

NIPT testing is available from week 10 plus of gestation and is additional to the above packages and costs \$15,500 and this will need to be paid for prior to the testing

Amniocentesis procedure can be completed from week 16 of gestation and is additional to the above package and costs \$28,000 this will need to be paid for prior to the testing

Additional paediatric appointments over and above the 3 that are included are at a cost of MXN\$2,000 and any further medication required will be payable directly.

***Stage 1** Hospital Espanol Birth Package pricing reflects 2026 pricing and may increase annually in line with hospital pricing updates.

NICU or **HDU** costs are not covered by any delivery costs and are additional to any package

8 week vaccinations for baby: Depending on the specific vaccination requirements for the baby, these can either be paid directly to the pediatrician or alternatively completed free of charge through the public healthcare system.

Hospital Package (includes cesarean)



Hospital Español

Caesarean Package – 2 Night Hospital Stay

Total Cost: MXN \$73,298

Cost Breakdown:

Description	Amount (MXN)
Caesarean Birth Package (2 Nights)	45,969
Newborn Package (2 Nights)	15,471
Medication & Medical Supplies Allowance	11,858
Total	73,298

Medication & Medical Supplies Allowance

The package includes an allowance of MXN 11,858 towards medications and medical supplies used during the hospital stay.

Potential extras: Additional medications, medical supplies, procedures or treatments not included within the package or beyond the medication and medical supplies allowance of MXN \$11,858 may incur additional charges.

Surrogate - Services

Spanish	English
Cuarto de trabajo por hora (3)	Labour room (charged per hour) – 3 hours
Cesárea uso de sala primera hora	Caesarean operating theatre – first hour
Cesárea uso de sala 1/2 hora. subsecuente	Caesarean operating theatre – each additional 30 minutes
Sala de recuperación primera hora	Recovery room – first hour
Electrocoagulador	Electrosurgical unit (electrocautery)
Monitoreo por primera hora (2)	Monitoring during the first hour (2 sessions)
Monitoreo por 1/2 hora subsecuente (2)	Monitoring during each additional 30-minute period (2 sessions)
Paquete de ropa quirúrgica "Q"	Surgical gown pack – "Q"
Cargo por succión	Suction equipment charge
Uso bomba de infusión	Use of infusion pump
Estancia maternidad 1207–1227 (2)	Maternity ward accommodation – 2 nights
Cama acompañante (2)	Companion bed – 2 nights
Atención pediátrica	Paediatric assessment / paediatric care

Hospital Package (includes cesarean)



Surrogate Investigations

Spanish	English
Cardiotocografía	Cardiotocography (CTG fetal monitoring)

Surrogate - Materials and Medications

Spanish	English
Enema de fosfato 133 ml fco.	Phosphate enema, 133 ml bottle
Oxitocina 5 UI/ml amp. 1 ml	Oxytocin 5 IU/ml, 1 ml ampoule
Angiocat 18 *381444	18G Angiocath catheter
Bata desechable 1-G s/manga	Disposable sleeveless gown
Equipo Venoset *01969/01967	Venoset IV administration set
Infusión Space Neutra en Y *18sp	Space Neutra Y-infusion set
Jeringa desechable 05 ml *302549	5 ml disposable syringe
Kit periférica con CHG *901179	Peripheral IV kit with chlorhexidine
Microclave c/ext. 2V *11MC33661	MicroClave connector with 2-way extension
Pad p/incontinencia 31 x 36 *3136	Incontinence pad
Parche p/monitor 3M Red Dot *239	3M Red Dot monitoring electrode
Termómetro digital básico *TDB	Basic digital thermometer

Surrogate – Replacement Solutions / IV Fluids

Spanish	English
Sol. Glucosada 5% 500 ml *4000103	5% Glucose Solution, 500 ml
Sol. Hartman 1000 ml *4000089	Hartmann's Solution, 1,000 ml
Chloraprep 10.5 ml Naran *261715	Chloraprep 10.5 ml – Orange
Duraprep 3M chico *8635	3M DuraPrep – Small
Media elástica grande *38102/7203	Large compression stocking
Media elástica mediana *38101/7115	Medium compression stocking
Media elástica chica *38100/7071	Small compression stocking

Hospital Package (includes cesarean)



Newborn – Services

Spanish	English
Cuna por día (2)	Nursery cot (per day) – 2 days

Newborn – Investigations

Spanish	English
Examen metabólico – recién nacido – ampliado	Expanded newborn metabolic screening
Grupos Sanguíneos y RH	Blood group and Rh typing
Tamiz auditivo y cardiaco	Newborn hearing and cardiac screening

Newborn – Materials & Medications

Spanish	English
Brazal. presión neón #3 *2523 GE	Phosphate enema, 133 ml bottle
Gasa Protec 7.5 × 5 estéril c/5	Oxytocin 5 IU/ml, 1 ml ampoule
Jeringa desechable 20 ml *302562	18G Angiocath catheter
Jeringa desechable p/insulina 50 UI *326760	Disposable sleeveless gown
K-32 catéter *V-732	Venaset IV administration set
Pañal Huggies Ultraconfort Et.1 c/40	Space Neutra Y-infusion set
Perilla de aspiración No. 6 *AA12400	5 ml disposable syringe
Termómetro digital flexible *TDF	Peripheral IV kit with chlorhexidine
Umbilipinza *H-9423/PCU010-01	MicroClave connector with 2-way extension
Cloramfeni – Offteno 15 ml gotas 5 mg/ml	Incontinence pad
Hipoglós pomada 110 g	3M Red Dot monitoring electrode
Hemosin K IV/IM 10 mg/10 mg/4 ml	Basic digital thermometer
Merthiolate blanco 60 ml spray	White Merthiolate antiseptic spray

Hospital Español does not allow parents to bring their own baby formula due to hospital health and safety regulations. The hospital provides formula directly to the newborn according to the baby's specific medical and nutritional needs.