Twins & More Clinic

Count on us to prepare you for your multiple blessings

fernandez

Built for Birthing

Finding out you are having more than one baby (twins, triplets or even quadruplets) can be exciting and scary. It may also bring worries and concerns for you and your family.

The Twins & More Clinic is here to prepare you to take charge of your multiple blessings.

In 2023, the Fernandez Twins & More Clinic helped birth over 250 sets of twins and triplets–the maximum number of twins and more in the twin cities. No matter what the number of babies you are carrying, we are here for you!

Multiple Pregnancies

When you are expecting two or more babies at the same time, it is called a 'multiple pregnancy'. About 1 in 80 pregnancies that report to a hospital are multiple pregnancies. Fertility treatments like In Vitro Fertilisation (IVF) increase the chances of multiple pregnancies.

Kinds of Multiple Pregnancy

- **Identical Twins**
  One egg splits into two blastocysts. The babies look alike and are always the same sex.

- **Fraternal Twins**
  Two eggs are fertilised by two different sperm in the same pregnancy. Babies can be of different sexes and don't look alike.

- **More than two babies**
  They can be a mix of identical and fraternal.

Why Choose Us?

Most women who have multiple pregnancies have healthy pregnancies and healthy babies. However, complications are more common in multiple pregnancies and having extra care during your pregnancy, including more ultrasound scans, reduces these risks to you and your babies.

At Fernandez, we have over 7 decades of experience in managing multiple pregnancies. Our support includes:

Comprehensive Care for Mother and Babies

Complications in twin pregnancies can be hard to detect and may endanger the lives of one or both twins. These issues often cause additional problems, raising the chances of premature delivery.

At the Twins and More Clinic, we provide effective diagnosis and treatment, state-of-the-art diagnostic methods, surgical proficiency, and a holistic care approach.

Holistic Management of Medical Disorders

If you are having twins or more, you may experience morning sickness, heartburn, swollen ankles, varicose veins, backache and tiredness. In addition to these, you may also have anaemia, pre-eclampsia, excessive bleeding after birth and a higher chance of needing a caesarean section. You need holistic care as much as your twins!

Our team, adept at managing all kinds of complications, includes maternal-fetal medicine specialists, obstetricians, physiotherapists, nutritionists, lactation experts, anaesthesiologists, endocrinologists and neonatologists.

Expert Fetal Imaging

Our team of fetal imaging specialists perform detailed scans at every stage and keep you informed of your progress every step of the way.

Nutritional Guidance

To maintain your health and the health of your babies, you need the right nutrition advice on the right amount of protein to help build cells, carbohydrates for energy, iron to combat anaemia, calcium to fortify your bones and your babies, and folic acid to defeat birth defects.

Our team of nutritionists are here to help you eat a well-balanced diet for you and your babies.

Specialised Neonatal Care

Our team of Neonatologists are renowned for taking care of the tiniest of babies, and our facilities include Level III neonatal intensive care units for preterm and growth-restricted babies.

At the Twins & More Clinic, you are in the hands of a specialist healthcare team. You can count on us to prepare you for a blissful birthing experience.

OUR TWIN AND MORE CLINIC IS OPEN ON

- **Mondays, 8 AM to 4 PM** at Fernandez Clinic, Miyapur

- **Tuesdays, 8 AM to 4 PM** at Fernandez Stork Home, Banjara Hills

- **Fridays, 8 AM to 4 PM** at Fernandez Clinic, Necklace Road

- **Tuesdays, 12 Noon to 8 PM** at Fernandez Hospital, Hyderguda

We are ready to welcome you and your little ones with open arms!

BOOK YOUR APPOINTMENT TODAY!

Call our toll-free helpline 📞 **1800 419 1397**

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