



How to Find the Best High-Risk Pregnancy Doctors in Mumbai?



High-risk pregnancy requires specialized care from experienced professionals to ensure the best possible outcome for both mother and baby. In Mumbai, there are several expert high-risk pregnancy doctors known for their advanced medical training and comprehensive approach to managing complex pregnancies. These doctors specialize in identifying and addressing factors that might affect pregnancy, such as age, pre-existing health conditions, multiple pregnancies, or complications that arise during gestation.

[High-risk pregnancy doctors in Mumbai](#) are equipped with the latest diagnostic tools, medical technology, and treatment strategies to provide personalized care, monitor fetal development, and manage any complications effectively. They work alongside a

multidisciplinary team, including fetal medicine specialists, neonatologists, and obstetricians, to support high-risk cases throughout the pregnancy journey.

Mumbai's high-risk pregnancy doctors often practice at renowned hospitals and clinics, offering services like genetic counseling, specialized ultrasounds, and prenatal testing. Their expertise in high-risk pregnancy management ensures that patients receive the highest quality care, aiming to maximize health outcomes and alleviate concerns. For anyone dealing with a high-risk pregnancy, consulting these specialists in Mumbai can be a crucial step towards a safe and healthy pregnancy experience.

In high-risk pregnancy care in Mumbai, there are generally five key stages managed by specialized doctors to ensure mother and baby's safety. Here's a brief overview:

- 1. Preconception Counseling** For those with known risk factors (e.g., age, medical conditions), doctors recommend preconception counseling to evaluate and manage any potential complications before pregnancy begins.
- 2. Early Pregnancy Assessment** In the first trimester, doctors conduct detailed screenings, including blood tests and early ultrasounds, to detect any initial signs of complications and to evaluate the mother's health condition.
- 3. Monitoring and Screening** During the second trimester, high-risk pregnancy doctors provide regular ultrasounds, screenings, and genetic testing as needed. These tests help monitor fetal development and identify any potential issues.
- 4. Specialized Treatment** In cases of complications (e.g., gestational diabetes, preeclampsia), doctors administer treatments, modify diet, and adjust medications. This stage includes regular checkups to prevent complications from worsening.
- 5. Delivery Planning and Postnatal Care** As delivery nears, doctors develop a tailored birth plan, considering the safest mode of delivery. Postnatal care is also emphasized to ensure recovery and manage any remaining risk factors for both mother and baby.

Each stage requires specialized attention, making Mumbai's high-risk pregnancy doctors essential for comprehensive care.

Dr. Deepika Doshi, a specialist in high-risk pregnancies, emphasizes several key precautions to ensure safer outcomes for mothers and babies:

- 1. Early Screening and Regular Checkups:** She advises expecting mothers to begin care early and attend regular checkups to monitor both maternal and fetal health.
- 2. Personalized Nutrition and Lifestyle Changes:** Dr. Doshi often recommends a customized diet plan, emphasizing balanced nutrients, hydration, and adequate rest to support health throughout pregnancy.
- 3. Avoidance of Physical and Emotional Stress:** She suggests managing physical activity levels and minimizing stress to avoid unnecessary strain, which is especially critical in high-risk cases.

4. **Prompt Management of Pre-existing Conditions:** Women with conditions like hypertension or diabetes should closely follow their treatment plans, adjusting medications as per Dr. Doshi's guidance.
5. **Delivery and Postnatal Care Planning:** Dr. Doshi highlights the importance of planning the delivery method and postnatal care well in advance, ensuring that any necessary specialist care is prepared for both mother and child.

These tailored precautions, along with consistent communication with the healthcare team, contribute to reducing potential risks.

For more information on [high-risk pregnancy doctor in Mumbai](#), Dr. Deepika Doshi's insights are valuable. You can explore her approach to high-risk pregnancy care, which includes specialized monitoring, lifestyle adjustments, and targeted interventions designed to enhance maternal and fetal outcomes. Dr. Doshi, a well-regarded obstetrician and gynecologist in Mumbai, addresses complex pregnancy challenges and offers tailored care for her patients, ensuring thorough support throughout the prenatal journey.

While there are currently no specific YouTube videos directly featuring Dr. Doshi on this topic, her official website and local directories like DoIndia can provide detailed insights into her services and patient care philosophy. You can view Dr. Doshi's profile and contact details for direct consultation and guidance or check her clinic's listings on her [official website](#).

Dr. Deepika Doshi's clinic is located at:

Dhanvantari Hospital Dhaval Apartments, Factory Lane, Near Railway Station, Borivali West, Mumbai – 400092 [Google Maps Link](#)

Directions:

For Patients Traveling by Western Line:

- **Nearest Station:** Borivali Station From Borivali Station (West), the clinic is about a 5-10 minute walk or a short auto-rickshaw ride away. Exit on the western side and head towards Factory Lane.

For Patients Traveling by Central Line:

- **Transfer at Dadar:** Take a local train on the Central Line to Dadar Station. From there, switch to the Western Line and take a northbound train toward Borivali. Once at Borivali Station, follow the directions above.

For Patients Coming from Outside Mumbai:

- **By Train:** Arrive at Mumbai Central or Bandra Terminus. Transfer to the Western Line and proceed to Borivali Station.
- **By Air:** From Chhatrapati Shivaji Maharaj International Airport, Borivali is about a 30-45 minute taxi or cab ride, depending on traffic.

[#maternity_hospital_in_borivali#gynecologist_in_borivali#pediatric_surgeon_in_mumbai#dr.bhavesh_doshi#gynecologist_in_mumbai#gynecologist_in_mira_road#abortion_clinic_in_mumbai#dhanvantari_hospital#best_gynecologist_in_borivali#pediatric_surgeon_in_mumbai.](#)