



Providing
Best of care,
with
compassion.

Welcome to GRANDE CITY HOSPITAL





Welcome to the Best of Care, at Grande City.

A world-class healthcare facility, located in the heart of Kathmandu – at Jyoti Bhawan, Kantipath – Grande City Hospital provides excellent medical care to all.

The pioneering services we provide through state-of-the-art equipment and an expert team of qualified professionals, are complemented by the compassionate care and individual attention with which we serve the patients.

From a variety of standard in-patient care as well as outpatient departments, to our well-known facilities of Preventicum (for health screening) , Invigorum (for physiotherapy) and Hope n' Joy (for fertility treatment and IVF), our services range across the spectrum. Together with a 24-hour emergency center, a round-the-clock pharmacy and other on-site advance equipment, we aim to provide the *Best of Care, with compassion.*



Welcome to Best of Health Screening, at Preventicum.

Open from 7 am to 6 pm, Sunday to Friday

Preventicum

HEALTH SCREENING CENTER

Prevention is better than cure is probably one of the oldest proverbs. And rightly so. Numerous studies suggest that a lot of detrimental illnesses can be cured and cared if detected at an early stage.

At Preventicum, our Health Screening Centre, we help you do just that.

With the latest in medical technology.
With revolutionary real-time reporting software
And with customised health check-up plans.

We provide accurate, reliable and timely diagnoses that assist in early detection, and therefore – better treatment of diseases.

Our range of health screening facilities, include:

- 4D Live Ultrasound (Abdomen, Liver, Kidney, Pancreas, Prostate)
- Digital X-Ray (Chest and other parts of body)
- Body Composition Analysis (Weight, Mass, Fat, Muscles, BMI)
- Echocardiography (Heart)
- Body Plethysmography - PFT (Lungs and Respiratory Measurement)
- TMT Stress Testing (Heart)
- Mammography (Breast Cancer Detection)
- BMD (Bone Mineral Density Analysis)
- High Definition Videoscopy (Bronchoscopy, Endoscopy, Colonoscopy, Cystoscopy)
- ECG

Customized Health Check-Up Plans:

Basic Health Care Plan	Corporate Plan
Bronze (General) Plan	Diabetes Plan
Men Health Plan	Women Health Plan
Hale & Hearty (Cardiac Care) Plan	Silver (Young at Heart) Plan
Gold (Complete) Plan	And many more

We also prepare customized packages for groups consisting of more than 10 members at special discounts: **10-24 members within 1 week – 15% discount; 25-49 members within 2 weeks – 20% discount; 50 or more members, please contact the Administration department.**



Welcome to Best of
Physiotherapy, at Invigorium.

Open from 7 am to 7 pm, Sunday to Friday



The road to recovery from many illnesses is often a long and tricky one. Without the right care and expert guidance, recovery might be unnecessarily prolonged and complete healing delayed.

Which precisely is why, at Invigorum, our Physiotherapy and Rehabilitation Centre, we believe in Smart Healing.

With state-of-the-art equipment.

With an experienced team of physiotherapists.

With world-class services.

We identify and treat disorders of the bone, muscle, and parts of the circulatory and nervous systems, in addition to offering extensive rehabilitation programs.

Our range of treatment modalities include:

Duolith: The first and only Extracorporeal Shock Wave (ESW) therapy system in Nepal, it is highly effective for treating tendon pains, myofascial pain, back pain, tennis elbow, etc.

Traction: Our fully digital Advance Traction machine from the USA applies a precise amount of traction force over joints to provide customized solutions.

T.E.N.S.: Our Transcutaneous Electric Nerve Stimulator (T.E.N.S.) uses the most advanced medical technology to treat multiple forms of physical pain.

IFT: With Inter Ferential Therapy, alternating medium-frequency electric currents are applied to the patient for therapeutic purposes. It is a technique that stimulates circulation, reduces muscle spasms, inflammation, and swellings, and helps in relief of acute as well as chronic pains.

Ultrasound: Our latest Ultrasound technology from the USA enables precise delivering of sound waves to heal painful or inflamed areas as well as for faster regeneration of injured tissue.

EMS: The Electrical Muscle Stimulation technique uses electric current to stimulate nerves and thereby treat paralysis, disuse atrophy, facial palsy, etc.

Our physiotherapy services treat:

Musculoskeletal disorders	Lower Back Pain
Neurological Problems	Exertion from Climbing, Trekking, Strenuous Walking
Arthritis and Rheumatologic Problems	Tired Muscles and Joint Pain
Balance Disorders	Tennis Elbow
Sports Injuries	Foot Pain
Stiffness and Weakness	Neck, Shoulder, and Arm Pain

A young family of three is shown in a warm, intimate embrace. The mother, with long dark hair, is smiling broadly as she holds a baby wrapped in a white and blue striped blanket. The father, wearing glasses and a white t-shirt, leans in from behind, smiling at the baby. The scene is set against a background of light-colored vertical blinds, creating a soft, natural light. The overall mood is joyful and affectionate.

Welcome to Best of
IVF, at Hope n' Joy.

Open from 9 am to 4 pm, Sunday to Friday



Hope n' Joy
IVF CLINIC

It is said that there is no greater joy than that of becoming a parent.

At Hope n' Joy, our In Vitro Fertilization (IVF) clinic, we help couples with fertility problems so that they can experience the happiness that parenthood promises.

In IVF, mature eggs retrieved from the female patient's ovaries are fertilized by the male patient's sperm in a laboratory before implanting the fertilized and cultured embryo into the female patient's uterus.

The world-class techniques and equipment used for IVF at Grande City are:

Intracytoplasmic Sperm Injection (ICSI)

This highly effective procedure involves the use of specialized equipment, such as an inverted microscope, by embryologists to pick individual sperm with best the motility and morphology to increase the success in fertilizing of the eggs.

Laser Assisted Hatching

Performed mostly on embryos before being transferred back to the patient's womb, this procedure assists the embryo in breaking out of the shell to facilitate its implantation in the womb.

Embryo Freezing

During the IVF procedures, a number of eggs are fertilized and frozen so that should the first cycle not result in a successful pregnancy, frozen embryos can be retrieved for future treatment cycles. Frozen embryos can also be donated for others' treatment, research, or training purposes.

Chances of successful pregnancy by thawing a frozen embryo are not affected by the duration for which the embryo has been stored.

Egg Vitrification and Sperm Freezing

Egg vitrification, a new method for egg storage, improves the chances of eggs surviving the freeze-thaw process. Sperm freezing, a technique where sperm cells are frozen for later use, has been used in successful treatments for many years.

Freezing facilities have been offered in Nepal for the first time at Grande City. Continuous and uninterrupted freezing has become possible due to an in-house liquid nitrogen factory.



Welcome to Best of
Day-care, at Out-patient
Departments.

Open from 7 am to 8 pm, Sunday to Friday

Out-patient Departments

An apple a day may keep the doctor away, but a timely doctor consultation keeps the illnesses away!


Our outpatient departments range across a variety of medical disciplines, with well-qualified physicians providing expert consultation with the help of top-of-the-line diagnostic equipment.

Our outpatient departments include:

1. ENT (Ear, Nose, Throat)
2. Ophthalmology (Eye)
3. Dermatology (Skin)
4. Urology (Kidney & Urinary tract)
5. Cardiology (Heart)
6. Gynecology & Obstetrics (Reproductive System)
7. IVF Clinic (Fertility)
8. Orthopedics (Bone & Joints)
9. Gastroenterology (Digestive System)
10. General Surgery
11. Pediatrics (Children)
12. Pulmonology (Lungs)
13. Internal medicine
14. Neurology (Nervous System)
15. Psychiatry
16. Endocrinology (Hormones, Diabetics)
17. Oncology (Cancer)

Facilities available in our Outpatient Departments:

- Telephonic inquiry
- Easy appointment, admission, and follow-up process
- Immediate consultation with doctors
- Prompt diagnosis and reporting
- Easily accessible interdepartmental services



Welcome to Best of
Stay-care, at In-patient
Department.

In-patient Departments

When you come here to stay, we try our best to make your day!

With our IPD counseling service, we guide patients and families through the process of admission, treatment, and follow-up for a hassle-free stay at Grande City Hospital.

Our dedicated staff and IPD counselor are always at your service and can be contacted if any assistance is required during treatment at the hospital- from payment process to location of the canteen.

Fitted with central supply of oxygen & vacuum suction & bedside monitors, our fully-equipped in-patient department consists of:

- **General ward**
- **Cabin (Private wards)**
- **Intensive Care Unit (ICU)**
 - Our ICUs are very well equipped to treat patients requiring intensive medical care, the ceiling pendants installed ensure uncluttered floor space for free movement of doctors and nurses. A separate isolation room for sensitive patients.
- **High Care Unit (HCU)**
 - For patients who require extra medical attention.
- **Post-Operative Ward**
 - Next to the Operation Theatres, to help facilitate quick recovery after surgery.
- **Neonatal Intensive Care Unit (NICU)**
 - Equipped with incubators, warmers, phototherapy units and nursery cots to provide specialized care to newborn infants. Pediatric ventilators available for babies if required for treatment.

Infusion pumps, syringe pumps, portable X-Ray machines, and portable USG machine are available to all our departments as and when they are needed – also ventilators & ABG testing machine.



Welcome to Best of
all-round-care, with
24-hour Services.

All-round-care

24 hours a day, 365 days a year, the world does not sleep.
And neither do we.

At Grande City Hospital, all-round care does not just refer to the variety of expert services we offer.

It also refers to round-the-clock access to emergency medical care that we provide.

With our emergency services.
With our well trained medical officers and nursing staff.
And with our well-stocked Pharmacy.

24-hour Services

Emergency Department

Our fully-equipped round-the-clock emergency department provides a host of emergency care facilities including Resuscitation, Portable Ventilator, Defibrillator, Portable x-ray and USG Machines. A separate procedure room, too.

Pathology Laboratory

Our pathology laboratory is equipped with automated equipment and a barcode driven software to provide prompt, error-free and accurate results for a range of tests and test combinations- from routine screening tests to highly specialized tests.

Pharmacy

And finally, our 24-hour pharmacy is easily accessible and carefully stocked to ensure that our patients always get the medicines that they need, whenever they need it.

Other Distinctive Aspects

Operation Theatres

Our two modular operation theatres are equipped with the latest in medical technology for providing our patients with the best surgical treatment available in Nepal. The sterilized environment maintained with a laminar air-flow system, low-energy halogen OT lamps with easy focus, efficient anesthesia machines and C-arm x-ray from GE USA and highly maneuverable Barfab OT tables, help our surgeons to perform the surgeries with precision in a contamination free environment for excellent outcomes for the patients.

Lithotripter

Grande City Hospital proudly possesses a state-of-the-art Lithotripter from Storz Medical, Switzerland – the best and the only one in all of Nepal and among a few in whole of south Asia. This MODULITH SLX-F2 has achieved 95% single treatment success rate in treating kidney and Common Bile Duct (CBD) stones, without the need for surgery. The MODULITH SLX-F2 Lithotripter locates and blasts stones with great precision using ESW technology.

Doctors and Surgeons

The state-of-the-art diagnostic equipment, advanced surgical systems, instruments and monitoring equipment support all of our doctors and surgeons to provide excellent medical treatment to patients coming to Grande City Hospital. Each medical professional at Grande City has impressive educational background and vast practical experience to ensure that all the patients receive best of medical care.



Welcome to Best of
Convenience, with
Supplementary Facilities.

Supplementary Facilities

The boom in technology has made life very convenient in the 21st century. We at Grande City Hospital believe in making life convenient for you, too.

With our cashless payment system.

With round-the-clock housekeeping services & security

And with our affordable canteen.

M Card

Enjoy hassle-free, cashless payments using M Card for any service throughout the hospital in just three easy steps:

- Enroll
- Deposit money
- Use the M card at your convenience and get discounts, too

Conference Hall

Located on the fifth floor of the hospital, our conference hall can accommodate over 200 persons at one time. Fitted with three large TV screens, a projector & white screen, and a noiseless ceiling mounted sound system, the hall hosts several meetings, seminars and conferences throughout the year.

Canteen

The canteen at Grande City Hospital is located on the fifth floor. The professionally managed canteen provides a variety of hygienic meals and snacks to patients, families and visitors in a clean and pleasant environment.



Lithotripter



Body Plethysmography (PFT)



Echo Cardiography



Ultrasound



Mammography



Bone Mineral Densitometer



Endoscopy Colonoscopy



Operation Theatre



Post Operative Ward



Cabin



HCU



General Ward



IVF Minor OT



IVF Lab



Nursery



NICU



Physiotherapy



Physiotherapy



Path Lab



Path Lab



Emergency



Emergency Ward



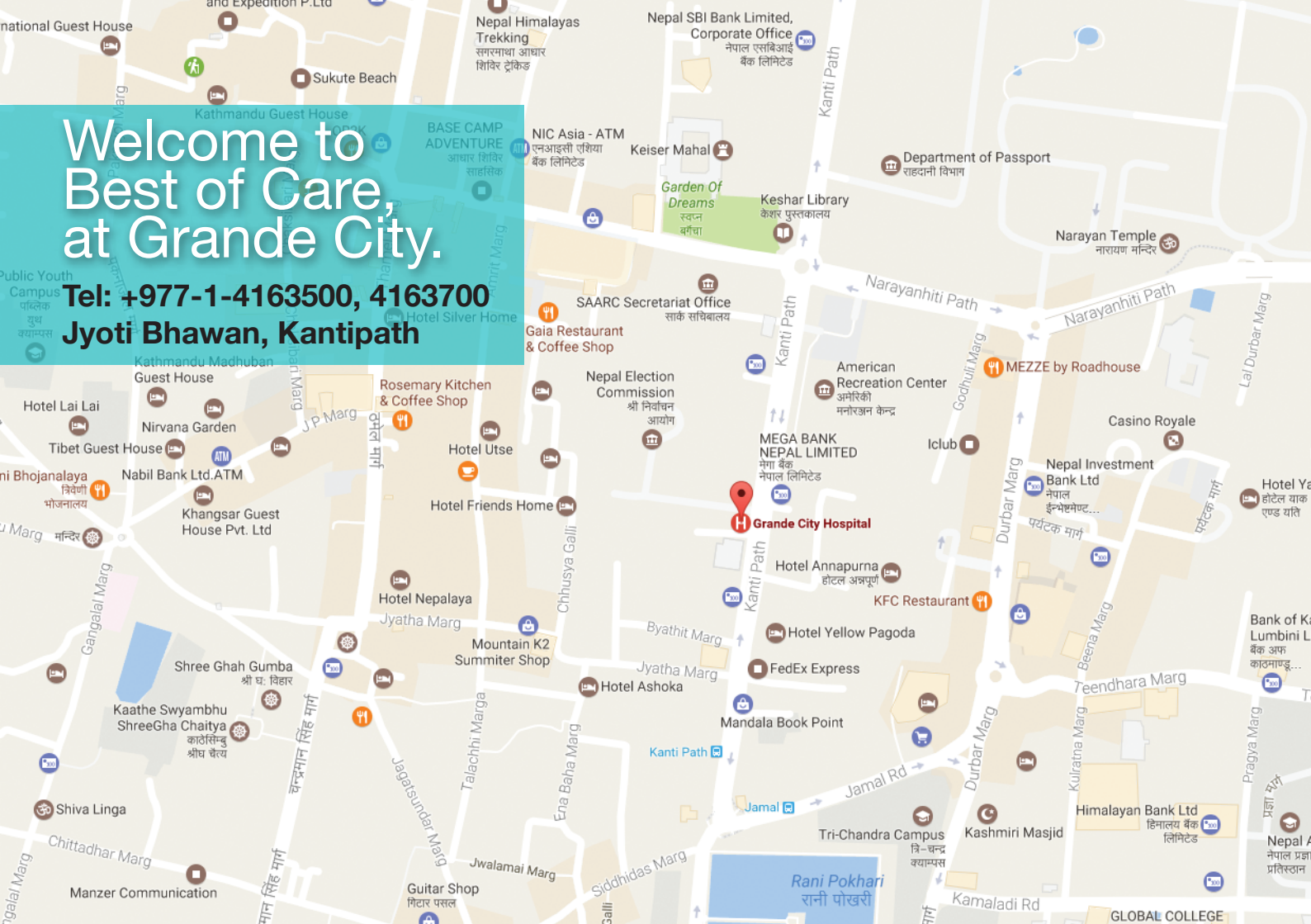
ICU



Pharmacy

Welcome to Best of Care, at Grande City.

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Jyoti Bhawan, Kantipath







GRANDE CITY HOSPITAL

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