

DR. POOJA MATHEW

Consultant - Obstetrician & Gynaecologist

Qualification

MBBS | D.G.O | DNB OBG

Overview

Dr. Pooja Mathew is an experienced OBG specialist in Bangalore, practising as an Consultant - Obstetrics & Gynaecology at Manipal Clinic Budigere Cross. Dr. Pooja brings a deep understanding of women’s health needs across all stages of life, from adolescence to menopause, combining clinical excellence with a personal touch. Her core areas of expertise include high-risk pregnancy management, laparoscopic surgery, hysterectomy, urogynecology care, and preventive women’s health. She is the best Obstetrician and Gynaecologist in Budigere. Dr. Pooja Mathew completed her MBBS from M.V.J. Medical College and pursued a Diploma in Obstetrics and Gynaecology, followed by a DNB in Obstetrics & Gynaecology. Further enhancing her skill set, she completed a Fellowship in Minimal Access Surgery (FMAS), keeping her at the forefront of minimally invasive surgical techniques. Dr. Pooja also holds membership with the World Association of Laparoscopic Surgeons (WALS), reflecting her active engagement with global standards in women's surgical care. Dr. Pooja’s obstetric care ensures safe and healthy pregnancies for both mother and child. She is proficient in conducting vaginal deliveries,

instrumental births, and caesarean sections, with a strong emphasis on evidence-based clinical protocols. She is particularly adept at managing high-risk pregnancies, including those complicated by gestational diabetes, preeclampsia, multiple gestation, and preterm labour. Her holistic, multidisciplinary approach ensures mothers receive personalised care from conception to delivery. In the field of gynaecology, Dr. Pooja specialises in both diagnostic and operative procedures. She routinely performs hysteroscopy and laparoscopic surgery for conditions like uterine fibroids, ovarian cysts, endometriosis, abnormal uterine bleeding, and infertility. Her minimally invasive techniques reduce recovery time, pain, and surgical risk, offering patients quicker healing with optimal outcomes. She also treats pelvic organ prolapse and urinary incontinence through urogynecological procedures, including suburethral sling surgeries like TVT and TOT. Dr. Pooja Mathew strongly advocates for preventive care, emphasising the importance of early screening for cervical cancer, breast health awareness, and hormonal balance. She counsels patients on contraception options, including IUCDS and hormonal devices like Mirena, and provides medical support for menstrual irregularities, PCOD, and menopausal transitions. Her clinical decisions always reflect the latest medical research, guidelines, and technologies. Dr. Pooja is also actively involved in academic growth through workshops and national-level conferences, ensuring that her practice aligns with evolving standards in women’s health. She also places high value on patient education, encouraging open communication and informed decision-making at every step of care. Dr. Pooja speaks Kannada, English, Hindi, Malayalam, and Tamil. Her multilingual fluency helps her connect with women from diverse cultural and linguistic backgrounds, fostering a supportive and inclusive healthcare environment.

Fellowship & Membership

- Indian Medical Association
- Member Of World Association Of Laproscopic Surgeons
- Member Of Fogsi

Field of Expertise

- High-risk pregnancy
- Instrumental deliveries
- VBAC
- Menstrual irregularities
- PCOD Management
- IUCD Insertion
- Mirena Insertion
- Colposcopic Biopsy
- Hysteroscopic Surgeries
- Hysterectomy
- Laparoscopic Surgeries

Languages Spoken

- Kannada
- English
- Hindi
- Malayalam
- Tamil

Talks & Publications

- Paper presentation at AICOG 2019
- Comparison of prophylactic ceftriaxone vs conventional drug

regime in prevention of infection in caesarean section

- Pregnant Through IVF? Doctors Warn Of A Rare But Dangerous Pregnancy Emergency Rising Among Indian Women. Click Here