



سدرة للطب
Sidra Medicine

Maternity Services



Your Journey with Sidra Medicine

Maternity Care at Sidra Medicine
An Empowering Journey To Motherhood **04**

Sidra Medicine's Approach
Personalized Care **06**

Dedicated Maternity Care
Why Choose Sidra Medicine? **08**

Why Choose Sidra Medicine?
Empowering Birth Experience **10**

Welcoming New Life
Your Family's Journey **12**

Healthy Start
Maternal and Fetal Medicine **14**

First Glimpse
Prenatal Ultrasound **16**

Nurturing Life
Prenatal Classes **18**

20 Expert Guidance
Your Birth, Your Choice

22 Supporting your Body's Journey
Physiotherapy

24 Nourishing your Health
Lactation and Diet Support

26 Your Stay with Us
Tranquility and Comfort

30 Family Centred Approach
Welcoming Your Baby Together

32 Finding Comfort and Confidence
One Mother's Birth Journey

34 In Safe Hands
Postpartum Care

38 Care in Every Detail
Key Information & Financial Counselling

40 Getting to Sidra Medicine
Visitor Directions





Maternity Care at
Sidra Medicine

An Empowering Journey to Motherhood

From personalized preconception counseling to expert care throughout your pregnancy, Sidra Medicine is here to support you every step of the way.

We are committed to providing exceptional care in a warm, welcoming environment, ensuring a positive and fulfilling experience as you embark on this new chapter of your life.



Sidra
Medicine's Approach

Personalized Care

Our comprehensive services are designed to meet your unique needs and expectations. We offer personalized care throughout your pregnancy, with tailored checkups and educational programs to guide you.

Our expert team of obstetricians, maternal-fetal medicine specialists, midwives, neonatologists, and other specialists is dedicated to providing the best care for you and your newborn.

From your first pregnancy visit to postpartum support, including breastfeeding assistance and newborn health services, we are here to ensure that you, your family, and your baby receive exceptional care and support.



Explore our facilities
with a virtual tour on our website



Book a personal tour or consultation
(+974) 4003 3333

Why Choose Sidra Medicine?

Consultant-Led Maternity Services

Sidra Medicine offers a premier consultant-led maternity service, enhanced by a team of highly qualified midwives. For low-risk pregnancies, you can choose to be delivered by a midwife under the supervision of a senior physician. This approach ensures a natural and personalized birthing experience, with our midwives prioritizing your comfort, well-being, and active involvement throughout the birthing process.

On-site Support

We have a senior consultant available on-site 24/7 to ensure expert care and immediate attention whenever you need it.

Multidisciplinary Care

We use a multidisciplinary approach for complex care, bringing together experts from various fields to provide comprehensive and coordinated treatment for your unique needs.

Comprehensive Neonatal Care

Our state-of-the-art Neonatal Intensive Care Unit (NICU) provides 24/7 expert care for complex medical or surgical conditions. We are equipped to care for premature babies born as early as 23–24 weeks and newborns with intricate medical needs, all while ensuring family-centered care around the clock. A selected family member has the option to stay overnight.

Emergency and Urgent Care

We provide 24/7 access to obstetric consultants and operate a dedicated obstetrics emergency and urgent care clinic. This ensures immediate expert care whenever needed.

Women's Health Physiotherapy

Our physiotherapists, specifically trained in women's health, are experts in managing continence, pelvic floor dysfunction, and back and pelvic pain. We will prepare you for pregnancy and birth and support your recovery. At our hospital, every woman who gives birth receives personalized physiotherapy care, setting us apart from other providers.

Baby-Friendly Hospital Initiative

We adhere to the Baby-Friendly Hospital Initiative principles, offering essential guidance, resources, and support to help you and your baby with a successful breastfeeding journey.

Mental Health Support

We offer mental health support for both pregnant and postnatal mothers, including counseling and resources to navigate the emotional aspects of pregnancy and early motherhood.

Cord Blood Banking

Our hospital has established Qatar's only cord blood bank, designed to help preserve your child's valuable stem cells for future use. Our experienced doctors and nurses will collect the cord blood at the time of your delivery. More parents are choosing to store cord blood to safeguard their child's stem cells, which may prove crucial for their own health or that of their siblings in the future. By banking cord blood today, you are making future medical treatments a possibility.



Explore our facilities
with a virtual tour on our website



Book a personal tour or consultation
(+974) 4003 3333

Why Choose
Sidra Medicine?

Empowering Birth Experience



Precious First Glimpse

Family Presence

Husbands or a family member are welcome in the delivery room to offer support during this special moment.

Spacious Delivery Rooms

Our delivery rooms are designed for comfort and privacy, ensuring a supportive and relaxing environment.



First Loving Gaze



Welcoming Baby's Touch

Birth Plan

We work with you to create a personalized birth plan that reflects your preferences.



Tiny Toes, Big Moments

Support for Vaginal Birth After Cesarean

Sidra Medicine supports mothers who wish to pursue a vaginal delivery following a previous cesarean section. Our team provides personalized care to help you achieve your desired birth experience.



Joyful Beginnings



First Family Snuggles

Twin Pregnancy

Twins can be delivered vaginally if clinically appropriate, with careful monitoring and expert guidance.

Safety and Security

Your safety and peace of mind are our top priorities. Our secure environment includes controlled access points, ensuring that only authorized personnel and registered visitors can enter maternity areas. We use advanced technology, such as baby security bracelets electronically linked to their parents, providing extra protection throughout your stay. Our visible security personnel are available to assist you and your family, offering both safety and support.

Welcoming
New Life

Your Family's Journey

Our experienced team understands the wide range of emotions parents may experience as they prepare for the birth of their child. That is why we have designed our services to ease your concerns and help alleviate stress. We are committed to your family's well-being and dedicated to ensuring a positive birthing experience.

 **Get in touch**
(+974) 4003 3333



Healthy
Start

Maternal and Fetal Medicine

We recognize the importance of a healthy start for both mother and baby. Our comprehensive prenatal testing services are designed to identify potential chromosomal or genetic concerns early, allowing for informed decision-making and proactive care.

Our Prenatal Testing options are:

Non-Invasive Prenatal Testing (NIPT)

This safe and non-invasive blood test screens for chromosomal abnormalities, such as Down syndrome. NIPT helps identify high-risk pregnancies, allowing for further diagnostic testing and personalized care plans.

Diagnostic Testing

When a higher risk is indicated, we offer confirmatory tests like Chorionic Villus Sampling and Amniocentesis. These procedures involve sampling placental tissue or amniotic fluid for a more comprehensive analysis of the baby’s genetic makeup. While carrying a slightly higher risk than NIPT, they provide definitive answers to guide informed pregnancy management decisions.

Access and Support

We strive to make prenatal testing accessible to all patients. Referrals can be made by primary healthcare providers and patients may self-refer to our Maternal and Fetal Medicine department.

By choosing Sidra Medicine, you gain access to the latest advancements in prenatal testing ensuring unparalleled care for you and your baby’s well-being.



First
Glimpse


Prenatal Ultrasound

Synonymous with maternal-fetal health and vital for monitoring fetal development, a prenatal ultrasound provides a window into the womb, allowing parents to witness their baby’s growth firsthand. From the very first glimpse of a tiny heartbeat to detailed anatomical surveys, these scans offer reassurance and crucial information throughout your pregnancy.

In addition to routine scans, we offer specialized services, including:

- **Nuchal Translucency Scan (10-13 weeks)**
Helps predict the risk of chromosomal conditions like Down syndrome.
- **4D Ultrasound Imaging (24-32 weeks)**
Provides a stunning glimpse of your baby and creates a treasured keepsake.

Our comprehensive approach includes a structured scan calendar, beginning with an early pregnancy scan and progressing to detailed anatomical assessments and fetal growth monitoring. This ensures potential concerns are identified early, allowing for timely intervention and optimal care for both mother and baby.

 **Schedule your ultrasound appointment (+974) 4003 3333**





Nurturing
Life

Prenatal Classes

Preparing for parenthood is an exciting journey, and our team is here to guide you every step of the way.

Join our interactive prenatal classes, led by experienced healthcare professionals, and gain valuable knowledge to embrace this transformative experience with confidence

The following classes cover a wide range of topics essential for expectant parents, including:

- Healthy lifestyle during pregnancy
- Changes during pregnancy
- Stages of labor
- Types of delivery
- Car seat safety
- Pain control options during labor
- Breastfeeding
- First aid classes
- Birth Plan

Discover classes in both Arabic and English, ensuring accessibility for all families. Connect with other expectant parents, have your questions answered by experts, and feel empowered as you prepare to welcome your little one.



Book your class
(+974) 4003 3333

Expert
Guidance

Your Birth, Your Choice

Our team understands the profound individuality of pregnancy and childbirth. We are dedicated to empowering expectant mothers with choices throughout their journey.

Physician-Led Service

For expectant mothers who prefer the comprehensive guidance of a physician throughout their pregnancy, we offer a physician-led care approach. Our team of highly qualified consultant obstetricians, each with extensive experience and a rigorous credentialing process, provides personalized care for both low-risk and high-risk pregnancies.


Your chosen obstetrician will be your trusted partner, addressing all your concerns, offering evidence-based recommendations, and guiding you through every stage of your pregnancy. We believe in empowering you to make informed decisions, ensuring a birth experience tailored to your needs and preferences.

Our skilled obstetricians offer a range of delivery options, from natural birth with pain management to elective or necessary cesarean sections. Sidra Medicine’s physician-led care also integrates the expertise of our skilled midwives, who provide personalized support during delivery.

Midwifery Care

We understand that some expectant mothers prefer a more natural approach to their pregnancy and birth. Our midwives are available to support and empower women seeking a natural birth experience. Our team of midwives provides personalized care and support throughout your journey. They will guide you in creating and adhering to your birth plan, whether you envision a natural birth with or without pain relief.

During labor and birth, and based on your choice, your midwife will be your primary caregiver, providing continuous support and guidance. Upon delivery, you and your child will be cared for by a team of midwives and nurses in one of our private postnatal rooms. They will offer invaluable assistance, advice, and lactation support to ease your transition into motherhood.

 **Book your appointment**
(+974) 4003 3333



Supporting your
Body's Journey

Physiotherapy

Pregnancy and postpartum bring about incredible changes, and our Women's Health Physiotherapy Team is dedicated to supporting you through every stage.

As the leading hospital in Qatar offering comprehensive women's health physiotherapy services, we are committed to providing the highest standard of care.

Our facility is equipped with the latest technology, including:

Real-Time Ultrasound

Providing live feedback of your pelvic floor muscles in action, enabling targeted and effective exercises.

Low-Level Light Therapy

Used to address breastfeeding challenges, promote wound healing, and minimize scar tissue.

Biofeedback and Muscle Stimulation Therapy

Numerous research studies have shown that biofeedback is effective in treating urinary incontinence by helping women control and strengthen their pelvic floor muscles.

We collaborate closely with obstetricians and gynecologists to offer comprehensive and personalized treatment plans. Our aim is to empower you to take control of your health through education, self-care techniques, and targeted exercises.

Common conditions we treat include:

- Pregnancy-related pelvic girdle pain
- Pregnancy-related carpal tunnel syndrome (pain, numbness, or tingling in the hand)
- Urinary/fecal incontinence
- Pelvic organ prolapse
- Dyspareunia and other pelvic pain conditions
- Chronic constipation

Your Personalized Care Plan

During your initial consultation, our physiotherapist will conduct a thorough assessment, including a discussion of your symptoms and specific physical tests. This allows us to create a tailored treatment plan that addresses your individual needs.

Your plan may include:

- Hands-on therapy sessions
- Personalized exercise programs to perform at home
- Education and advice on managing your condition

We believe in a holistic approach to women's health. Our compassionate team is here to provide the support and guidance you need to navigate the physical changes of pregnancy, postpartum, and beyond.



Nourishing
your Health

Lactation and Diet Support



Lactation Support

Our team of International Board Certified Lactation Consultants offers specialized guidance throughout your pregnancy, during your stay, and as you transition to life at home with your newborn. We provide a supportive environment to navigate breastfeeding challenges and ensure a successful breastfeeding experience.

Diet Support

In our specialized approach to women's health, we provide comprehensive assessments and management for various conditions impacting women's well-being. This includes meticulous monitoring and dietary assessments for gestational diabetes mellitus (GDM) and thorough pre-pregnancy evaluations to address underlying health issues such as hypertension and iron deficiency. We also support the management of pregnancy-related conditions like hyperemesis gravidarum and other complications.

Post-delivery, we focus on diabetes, postpartum weight management and continued nutritional support, ensuring a holistic approach to women's health.

 **Book your lactation consultation
appointment (+974) 4003 3333**



Your Stay
with Us

Tranquility and Comfort

We prioritize your comfort and well-being throughout your maternity journey. All our rooms are private and thoughtfully designed to offer a relaxing and supportive environment, ensuring a memorable experience for you and your family.

The rooms are equipped with a comfortable sofa bed that easily converts for guests' overnight stays. Internet access and a smart TV keep you connected, while an en-suite bathroom with a shower and amenities ensures privacy and convenience.

Exceptional Services During Your Stay:

- **Housekeeping and Laundry:** We maintain a pristine environment with rigorous housekeeping protocols, ensuring clean and fresh linens and a tidy room to enhance your comfort.
- **Patient Meals:** We offer nutritious, balanced meals tailored to support your recovery and overall health. In-room dining options for family members are also available to enhance the comfort of your stay.
- **Patient Transporters and Porters:** Our patient transporters assist with mobility needs, ensuring safe and comfortable transitions throughout the hospital. Porters are available to help with luggage, personal items, and other needs, alleviating stress during your stay.

For a comfortable and tranquil stay, our maternity rooms offer easy access to an indoor healing garden. If you wish to opt for one of our suites, you will benefit from additional space, a majlis/family room, and a kitchenette with storage.





Your Stay
with Us

Tranquility and Comfort

For an unparalleled maternity experience, our newly furnished maternity ward boasts a set of premium suites. These premium suites are fully customized with top-tier amenities and services to ensure your comfort and care.

These luxury suites provide the following:

- 24-hour in-room dining, tailored to your specific nutritional needs
- A bespoke gift on discharge
- A majlis featuring a family room with a guest bathroom
- A kitchen with a stove, full-size fridge, coffee machine, and pantry
- An equipped dressing area
- Stay intimately connected with your newborn through a private camera in the nursery

To make this milestone memorable, these additional services are available upon request:

- Enhanced dining experience for the family
- Afternoon tea
- Concierge services
- Access to hair and beauty specialists

• Photography:
We have partnered with a professional photographer to help you capture those precious maternity moments and first memories. Whether you prefer a hospital setting, a studio session, or the comfort of your own home, we have a package that will suit your needs. Scan the QR code for more information.

For inquiries
about our maternity
photography services:



Explore our birth center
with a virtual tour on our website



Book your personalized tour
(+974) 4003 3333

Family Centred Approach

Welcoming Your Baby Together

Birth is a precious and intimate family experience. Our family-centered approach is woven into every aspect of your care. Husbands or a family member can support you in the delivery room, providing invaluable support and creating a shared experience. We encourage skin-to-skin contact immediately after birth and offer access to lactation consultations to assist you with all aspects of breastfeeding, if you choose to do so.

After delivery, relax and bond as a family in our private postpartum rooms, where a loved one is welcome to stay overnight.

We do encourage you to have your baby with you at all times but our dedicated newborn nursery provides expert care for your little one, allowing you time to rest and recuperate while knowing your baby is in safe hands. We encourage family and friends to visit and share in the joy of your new arrival.

We are committed to family-centered care which extends beyond just welcoming visitors; we also provide a supportive and inclusive environment where you and your loved ones feel comfortable, informed, and empowered throughout your birthing journey.



Finding Comfort
and Confidence

One Mother's Birth Journey




Susanna's journey to motherhood was marked by hope and heartache. After enduring the pain of two miscarriages, her dream of starting a family felt out of reach. But at Sidra Medicine, she found a source of hope and the support she needed to embark on a new chapter towards a healthy, joyous future with her baby.

Despite her challenging history, our multidisciplinary team offered the support Susanna needed. The detailed explanations and personalized care from her senior consultants provided the expertise to ease her worries and reassured her that she was making the right choice for a happy and healthy baby. Opting for midwife care was a crucial factor in her overall positive experience.

"During my labor, I felt a mix of nervousness and excitement, but I was relieved to have been guided by an expert team who saw me through a smooth delivery. It also helped that my husband was with me in the delivery room. It made the birthing experience all the more special, as we welcomed our first child together. Holding my baby for the first time was a moment of immense joy and relief. After the challenges I had faced in the past, it felt surreal to finally meet our little boy."

Postpartum, Sidra Medicine continued to support Susanna with regular check-ins and care for her physical and emotional well-being. Prenatal classes and lactation support made her transition to breastfeeding seamless. With access to resources and personalized advice, Susanna felt well-prepared and confident in her new role as a mother.

 **Explore our facilities**
with a virtual tour on our website

 **Book a personal tour or consultation**
(+974) 4003 3333



In Safe
Hands

Postpartum Care

Following delivery, you and your baby will be admitted to our state-of-the-art postpartum unit. During your stay, both will be cared for by a team of midwives, nurses, obstetricians, and pediatricians. Additionally, an internal medicine team and endocrinology specialists are available for those with additional medical issues. If needed, the pain management team will assist with managing discomfort.

Physiotherapists will see all patients regularly to support pelvic floor exercises and provide essential recovery advice. A professional team of lactation consultants is also on hand to help with all aspects of breastfeeding and lactation.

Initial routine testing and assessments of your infant will be performed on the ward throughout your stay (24-hour screening and 36-hour newborn metabolic screening). Our specialized team of neonatologists will conduct daily rounds on our postnatal ward to ensure the highest level of care at all times.

We provide an in-house male baby circumcision service for parents who request this service after delivery. This is usually performed within the first few days of birth following clearance from the pediatric doctors.

Before you go home, we will offer you a follow-up appointment in our outpatient clinic with your doctor for a postpartum visit, usually 2–6 weeks after your delivery. Post-discharge you will also be offered phone support by our midwives for your transition to parenthood. This will include connecting you with the lactation consultant if you require it. You will also be provided with a dedicated phone number to call if you require additional support.

Neonatal Intensive Care Unit (NICU)

Our NICU is dedicated to caring for the tiniest and most vulnerable newborns. Our team of experienced neonatologists, neonatal nurses, and specialized therapists provide round-the-clock care for premature and critically ill babies.

We offer advanced support for various medical needs, including respiratory care, nutrition management, and treatment for heart, kidney, digestive, and neurological conditions. Our family-centered approach means you are an important part of your baby's care journey, with support and education provided every step of the way.

In Safe Hands

Postpartum Care

Trust us to support your child’s health and well-being every step of the way.



Explore our facilities
with a virtual tour on our website



Book a personal tour or consultation
(+974) 4003 3333

What you need to know about our NICU:

Neonatal Intensive Care Unit
This is designed to provide the highest level of care available in Qatar. We can handle the most complex and serious neonatal emergencies, and we are equipped to respond quickly to any unforeseen circumstances and provide the highest level of care.

Special Care Baby Unit
Our Special Care Baby Unit is for babies who need a short stay for less complex neonatal care. Located next to the maternity ward, provides comprehensive and safe care for all newborns.

Our goal is to provide the best medical care for you and your baby, tailored to your medical needs.

Pediatric Wellness Clinic
At our Pediatric Wellness Clinic, we provide comprehensive care for babies and toddlers. Our services include ‘well-baby services’ such as monitoring growth and development, feeding habits, height, and weight. We also track BMI to identify potential weight issues, conduct oral health checks, and provide screenings for excessive weight gain.

For newborns, we offer essential services including bloodwork for anemia and congenital defects, physical examinations, and developmental surveillance. We ensure your baby’s vaccinations are up to date, including MOPH-approved vaccines like HPV and Meningitis B, while monitoring growth milestones and overall development.



Care in
Every Detail

Key Information

Financial Counseling

We understand that planning for childbirth can be financially overwhelming. Our goal is to ensure every expecting parent can access the high-quality care they need for a safe and comfortable delivery. To this end, we have partnered with a network of insurance providers.

Whether you are insured or self-paid, we provide flexible maternity packages to suit your needs. We offer personalized sessions with our Financial Counselors before and during your stay to address any financial questions. You can reach us on [\(+974\) 4003 0899](tel:+97440030899) or email financialcounseling@sidra.org.

Tours

Explore our state-of-the-art facilities with a personalized tour. Get comfortable with our environment and amenities, ensuring you feel confident and at ease when delivery day arrives. Contact us on [\(+974\) 4003 3333](tel:+97440033333) to book a personal tour.

Birth Certificates

Once your baby is born, we will provide you with a Declaration of Birth. Using this document, along with any other documents required by the Ministry of Public Health, you can complete the birth registration online or while you are onsite. The birth certificate will be available for you to collect at the Ministry's office conveniently located at Sidra Medicine before you are discharged. You can also opt to have it delivered to a location of your choice.

Health Records

For assistance with your medical records, please call [\(+974\) 4003 3333](tel:+97440033333). Alternatively, you can visit our Medical Records office, located next to the Pediatric Information Desk on Plaza Level, Tower A.

Car Seat

New parents have a lot on their minds, and ensuring their baby's safety on the road shouldn't add to the stress. Our patient education team provides expert guidance on choosing and installing the right car seat for your baby. We will answer your questions, address your concerns to make sure your little one is riding safely from their very first trip home.

Safety & Security

Our secure environment features controlled access points, ensuring only authorized personnel and registered visitors can enter maternity areas. We utilize advanced technology, including baby security bracelets electronically linked to their mothers, providing an extra layer of protection and reassurance throughout your stay.

Cleanliness

Maintaining a pristine environment is our priority. We uphold rigorous infection control standards and require all staff, partners, and visitors to practice hand hygiene upon entering and leaving patient areas.



Getting to
Sidra Medicine

Visitor Directions

We are conveniently located in Al Gharraffa, across from Education City, next to the Qatar Science & Technology Park, and in front of the National Convention Center.

Accessing Our Facilities

You can easily access our Outpatient Center and the Hospital Building from:

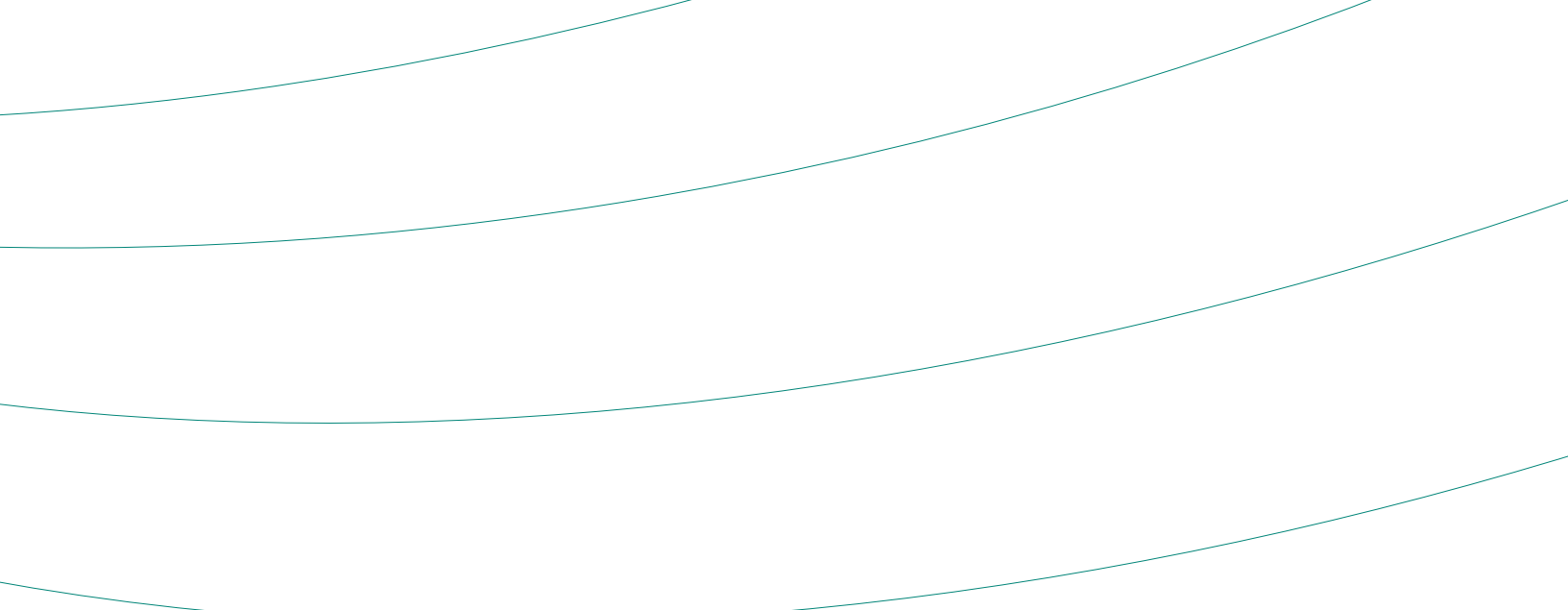
- **Al Luqta Street:** Heading west towards the Dukhan Highway.
- **Qatar Science and Technology Park Entrance:** Off Al Gharrafa Street, heading south towards Al Rayyan Road.

Valet Parking

for your convenience, we offer valet parking at the following locations:

- **Outpatient Clinic:** Main Entrance
- **Hospital:** Women's Entrance (Tower D)
- **Hospital:** Main Entrance (Between Tower B & C)

We wish you all the best on this journey and look forward to supporting you at Sidra Medicine as your trusted healthcare partner.



For more information:
(+974) 4003 3333 | Sidra.org