

# Women's Services

Innovating care.  
Transforming lives.





# Welcome to Sidra Medicine

A message from Professor Johnny Awwad,  
Executive Chair, Women's Services

At Sidra Medicine, we prioritize women's health  
as essential to strong families and communities.

Our mission is to provide compassionate,  
personalized and innovative care for women  
at every stage of life.



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# Holistic Care for Every Stage of Women's Health

We are committed to delivering exceptional, compassionate, and innovative healthcare tailored to women. Our state-of-the-art facility and team of highly skilled healthcare professionals ensure that women receive the highest standard of care at every stage of life.

## Personalized Care

Our comprehensive services are tailored to meet your individual needs and expectations. We provide personalized care throughout your entire journey, with customized checkups and educational programs designed to guide you every step of the way.

Our expert team—comprising obstetricians, gynecologists, reproductive medicine consultants, dietitians, physiotherapists, maternal-fetal medicine physicians, neonatologists, rheumatologists, plastic surgeons, internal medicine experts, cardiologists and other specialists—is committed to delivering the highest quality of care.



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# Why Choose Sidra Medicine?

We provide **comprehensive, multidisciplinary care** by bringing together experts from gynecology, fertility, oncology, mental health, and other specialties to deliver personalized and coordinated treatment plans.

Our senior consultants are **available on-site 24/7**, ensuring expert care and immediate attention whenever needed.

Our maternity services are led by **consultants** and supported by skilled obstetricians and **midwives**. For low-risk pregnancies, we offer midwife-led births under the supervision of senior physicians, ensuring a natural, personalized, and comfortable birthing experience.

We offer **specialized women's health services** including fertility preservation, menopause management, pelvic floor therapy, adolescent gynecology, and urogynecology, tailoring solutions to diverse needs.

Our **24/7 obstetrics emergency clinic** and urgent care services provide immediate access to expert care during critical moments.

Our **high-risk pregnancy services** are led by experienced consultants specializing in complex obstetric care, supported by a team of skilled obstetricians, neonatologists, and nurses.

Our **pregnancy planning services** are designed to support and guide you through every step of preparing for a healthy pregnancy.

We prioritize **holistic mental health support** with counseling and resources to help women navigate emotional challenges related to pregnancy, motherhood, menopause, and other life transitions.

Our focus on **preventative care** includes comprehensive cancer screenings, annual wellness exams, and osteoporosis assessments to support long-term health.

Women's health is at the forefront of our care philosophy. We offer a holistic approach to women's healthcare that encompasses every aspect of wellness, from maternity to mental health and beyond.

- Obstetrics
- Reproductive Medicine and IVF
- Gynecology
- Maternal, Fetal Medicine and Fetal Diagnostics
- Mental Health, including postpartum support, stress management, and anxiety counseling
- Aesthetics
- Weight Management and Nutrition Counseling
- Internal Medicine, Pulmonology and Endocrinology
- Cardiology
- Lactation Support
- Menopause Clinic
- Physiotherapy
- Urology
- Emergency Services
- Urgent Care and Obstetric Triage Services



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# Reproductive Medicine and IVF


At Sidra Medicine, we understand that the journey to parenthood is a deeply personal and transformative experience. Our dedicated team is here to support you with compassionate care, advanced treatments and solutions uniquely tailored just for you. Whether you are becoming a parent for the first time, overcoming challenges with conception, or expanding your family, our holistic approach ensures you are supported every step of the way.


## Did you know?

- Your **chosen fertility physician** will be with you throughout your journey, ensuring continuity and a tailored approach to meet your unique needs.
- We work closely with each patient **to craft individualized plans** that offer the best chance for success.
- Our **state-of-the-art IVF laboratory** is staffed by expert embryologists using cutting-edge technology, ensuring the highest standards in fertility care.
- Our **calming, stress-free environment** is designed to offer privacy and comfort during your treatment journey.
- We specialize in helping patients with a history of **recurrent unsuccessful IVF cycles**. Our experienced team conducts comprehensive evaluations and creates personalized plans to provide renewed hope and maximize your chances of success.
- Enjoy **quick access** to our specialists with minimal wait times, so you can start your fertility journey without delay and get the personalized care you deserve.


Our IVF success rates consistently match those of the top **10% of leading fertility centers in the US and UK**, delivering outstanding outcomes and high patient satisfaction.

Understanding your fertility is the first step toward achieving your dreams of parenthood. If you have questions about your reproductive health. Our experts are here to help guide you on your journey!

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# Maternity, Pregnancy, and Childbirth

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.


Maternity, Pregnancy  
and Childbirth


Did you  
know?

- Our delivery rooms are designed for **comfort and privacy**, ensuring a supportive and relaxed environment.
- **Husbands or designated family members are welcome** in the delivery room to offer support during this special moment.
- We work with you to create a **personalized birth plan** that reflects your preferences, a feature highly praised by our patients.
- Our **comprehensive prenatal testing services** are designed to identify potential chromosomal or genetic concerns early, allowing for informed decision-making and proactive care.
- Our **pregnancy and postpartum** bring about incredible changes, and our **Physiotherapy Team**, unique in Qatar, is dedicated to supporting you through every stage.
- 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.
- Our **Neonatal Intensive Care Unit** 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.
- Our **prenatal classes** are available in both Arabic and English, ensuring accessibility for all families.

Unique offerings at Sidra Medicine

- 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.

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## Gynecology

No matter your age or stage of life, your gynecological health plays a vital role in your overall well-being. At Sidra Medicine, we are passionate about providing expert, compassionate care that recognizes your unique needs and supports your health every step of the way. Our mission is to nurture the well-being of every chapter of a woman's life.

We offer a comprehensive range of services, easily accessible without a referral, designed to meet the diverse needs women throughout their lives. Whether you are seeking treatment for common gynecological concerns, planning for the joys of motherhood, or taking proactive steps to preserve your fertility for the future, we are here for you.

Gynecology

# Did you know?

- Sidra Medicine offers gynecological care to **women aged 14 and above**, without the need for a referral.
- Our services support women at **all stages of life**, with options for private consultations or family member presence.
- Our advanced treatments include **minimally invasive surgeries** for faster recovery and better outcomes.
- We **minimize wait times** and offer direct consultations, allowing you to embark on your care journey without delay.
- We provide a **supportive environment** that prioritizes your **privacy and personal choices**. You are always welcome to include a support person in your consultation, whether it's your spouse or a female guardian. Your comfort and safety are our top priorities.

Whether you are seeking preventive care or need support for a specific concern, our team is here for you.

## Full-Spectrum Gynecological Services

We provide expert care for a wide range of gynecological conditions, ensuring that your health is prioritized with compassion and precision. Experience cutting-edge technology and empathetic care at our gynecological clinic.


We are committed to offering a comprehensive suite of services for managing and alleviating all gynecological concerns, including:

- Menstrual Bleeding Disorders
- Fibroid Center
- Pelvic pain
- Endometriosis
- Minimally Invasive Procedures

- Gynecology Surgery
- Cervical Screening and Prevention
- Menopause Clinic
- Pediatric and Adolescent Gynecology
- Family Planning
- Continence Disorders
- Urgent Care
- Well Woman Assessment



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Enhancing Confidence  
Through Expertise

# Aesthetic Surgery and Medicine

## Enhancing Confidence Through Expertise

We offer a full suite of aesthetic surgery and treatments, including breast consultations, face surgeries, body sculpting, and mommy makeover procedures, all tailored to your individual needs.

### Why Choose Us?

- Discreet services designed to ensure the shortest recovery times
- Renowned aesthetic surgeons with years of expertise
- State-of-the-art technology and innovative techniques

### Available Services:

Breast Consultation Services, Face Surgery, Body Sculpting, Mommy Makeover Procedures, Aesthetic Medicine and Treatments



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# Mental Health and Well-Being

Our Mental Health Clinic offers a wide range of services, including specialized care for pregnant and postnatal women, adults with mental health conditions, and those in need of trauma recovery or relationship support.

## Our services include:

- Perinatal Mental Health Clinic
- General Adult Mental Health Clinic
- Specialist Attention Deficit Hyperactivity Disorder (ADHD) Clinic
- Specialist Dementia Prevention and Memory Clinic
- Cognitive Behavioral Therapy
- Interpersonal Therapy
- Hypno-relaxation Therapy
- Psychodynamic Therapy
- Infant and Maternal Attachment Work
- Couple and Relationship Therapy
- Eye Movement Desensitization and Reprocessing
- Group Therapy



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# Internal Medicine, Pulmonology and Acute Care

Our Internal Medicine and Pulmonology clinics provide comprehensive, personalized care for a wide range of respiratory and cardiovascular conditions, using advanced diagnostic tools and treatments. Our services include:

## Adult Pulmonology Services

- Allergy Testing
- Asthma
- Breathing Assessment
- Bronchoscopy Services
- Chronic Cough
- Chronic Obstructive Pulmonary Disease
- Early Lung Cancer Detection
- Fitness Assessment
- Investigations and Management of Hemoptysis
- Lung Fibrosis, Nodules, and Bronchiectasis
- Obesity Hypoventilation Syndrome Management
- Pleural Effusion
- Pneumothorax Management
- Respiratory Infections
- Sleep-Related Breathing Disorders
- Smoking Cessation Service



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# Adult Endocrinology, Diabetes and Weight Management

Our clinic provides comprehensive care for hormone-related health concerns, including support for thyroid conditions, metabolic syndromes, fertility, and diabetes, with a focus on improving your overall well-being and quality of life.

## Endocrinology Services

- Adrenal Gland Problems
- Comprehensive Care for Pituitary Gland Disorders
- Excessive Hair Growth in Women
- Fertility Support (Male and Female)
- High Prolactin Disorders
- Hyper and Hypocalcemia
- Hypercholesterolemia
- Insulin Resistance
- Osteoporosis and Bone Disorders
- Polycystic Ovarian Syndrome
- Secondary Hypertension
- Thyroid Conditions
- Internal Medicine, Pulmonology and Endocrinology

## Diabetes Care

- Advanced Technology in Glucose Monitoring and Insulin Delivery
- Blood Sugar Control and Complication Prevention
- Type 1 Diabetes and Insulin Pump Therapy
- Type 2 Diabetes and Gestational Diabetes

## Weight Management

- Heart and Diabetes Risk Reduction
- Metabolic Syndrome
- Post-Bariatric Surgery Care
- Weight Management Program



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# 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:** 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 (pain with intercourse) and other pelvic pain conditions
- Chronic constipation



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# Rheumatology

At our clinic, we offer expert care for a wide range of musculoskeletal conditions, providing both diagnosis and treatment to help improve your quality of life.

We treat the following conditions:

- Inflammatory Arthritis
- Osteoarthritis
- Other Autoimmune Conditions
- Tendinopathies

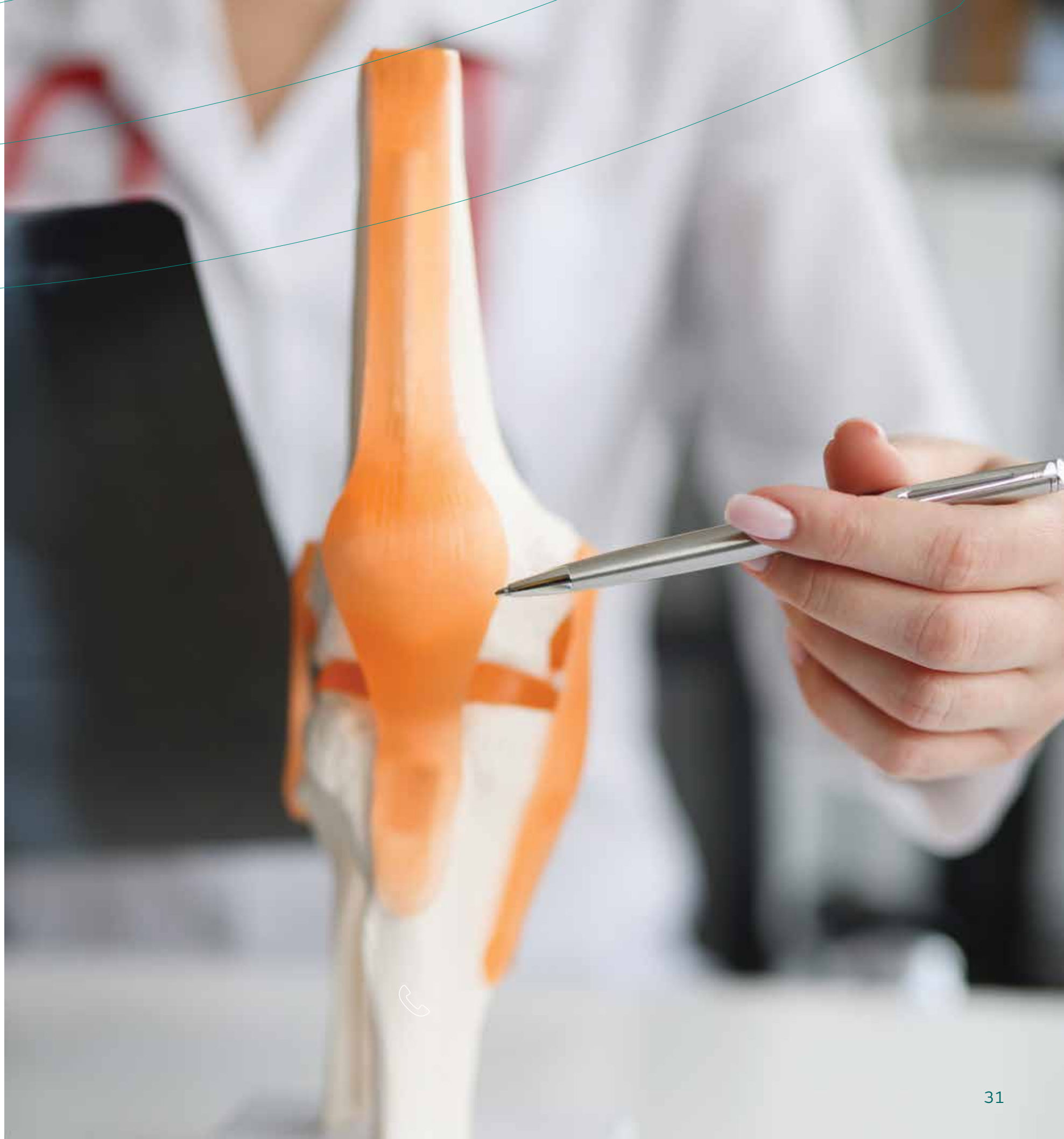
We also offer specialized treatments to manage symptoms and promote healing, including Ultrasound-Guided Steroid Injections.



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# Your Stay with Us

We prioritize your comfort and well-being throughout your 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. Bellboys are available to help with luggage, personal items, and other needs, alleviating stress during your stay.

For a comfortable and tranquil stay, our 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.

For an unparalleled 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.

## For inquiries about our photography services:



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# Key Information

**Financial Counseling:** We understand that healthcare costs can be financially overwhelming. Our goal is to ensure every woman can access the high-quality care they need in a safe and comfortable environment. To this end, we have partnered with a network of insurance providers.

Whether you are insured or self-paid, we provide flexible 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 or email [financialcounseling@sidra.org](mailto: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. Contact us on (+974) 4003 3333 to book a personal tour.

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

**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.



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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.





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