Nurturing the Gift of Life

Sidra Medicine
Pregnancy Care

sidra.org
Thank you for your interest in Sidra Medicine’s pregnancy care services.

At Sidra Medicine, we value that family is at the heart of Qatari culture. We have based our patient and family focused care on this very concept, to ensure that you, your family and your baby are in safe and experienced hands with us.

We aim to support you and your partner throughout your pregnancy journey, offering full choice and control of your birthing care and delivery. We offer services where you can benefit from the expertise that our consultant physicians provide as well as the nursing and midwifery teams who support them.

We have the highest level of neonatal care services in Qatar and our pregnancy care services provide you with choice of how you are cared for by our consultant physicians and midwives. Our range of services include pregnancy scans, physiotherapy, antenatal and postnatal classes.

To help personalize your care with us, we are pleased to offer our new introductory “Meet the Team” sessions that are designed to help you and your partner plan your pregnancy journey.
Why Choose Sidra Medicine

At Sidra Medicine we are dedicated to the safety and wellbeing of women and their babies. Our experienced consultant physicians work alongside a dedicated team of midwives, sonographers and specialist nurses to support and advise you throughout your pregnancy and beyond.

We can provide personalized antenatal care as your baby develops and help you make key decisions about how you would like to give birth. Your pregnancy care is centered around you.

Our maternity service is complemented by the expertise our pediatric teams offer as we are one of the main providers of specialist pediatric care in Qatar. We also have a range of antenatal and postnatal classes for parents, as well as exercise classes to help you maintain general fitness and prepare your body for having a baby.
Our Pregnancy Services Include:

- Antenatal care led by western trained consultant physicians and supported by a team of nurses and midwives
- Ultrasound scans performed by experienced obstetric sonographers and reviewed by specialized fetal medicine consultant physicians on site.
- Link your medical records to our free Arabic and English pregnancy app 10 Moons to keep track of your pregnancy journey including receiving your ultrasound scans directly to your phone
- 24/7 Obstetrics triage center
- 24/7 consultant physician presence in the labor ward supervising labor progress
- One to one midwife care in labor
- Option of delivery by consultant physician or midwife
- Emergency Operating rooms located on the labor ward
- 24/7 resident consultant anesthetist
- Adult High Dependency Unit on site
- Neonatal Intensive Care Units on site to address any newborn emergencies
- Support for you following the birth of your baby including lactation services
- Private Ensuite rooms with bed for partner
- Newborn baby checks after delivery
- Perinatal mental health care support services

For details, please contact our Women's Care Coordination team on 4003 7113 or email WCCT@sidra.org
Your Choice of Pregnancy Care

At Sidra Medicine, we believe it’s important to offer you choice when it comes to your care and delivery. Our consultant physicians and midwives work in small teams so that they can provide continuity of care for you and your family.

All women will have a named consultant physician responsible for their care and whom they will see throughout the duration of their antenatal visits.

If your pregnancy is low-risk, and you wish to see a midwife at most of your visits, this option is also available.

When it is time for you to give birth, one of our team will be there to support you and arrangements can be made for your named consultant physician to be present and deliver your baby supported by the midwifery team.
Join our Maternity Tours

Our Maternity tours will provide you and your partner the opportunity to learn more about our services and world-class facilities.

You’ll meet members of the team, who will be able to answer any questions you may have related to your care with us.

Tours are organized in both Arabic and English.

Book your tour now by visiting the events section on www.sidra.org.

Free Introductory Appointment

To help you personalize your pregnancy journey with us, we offer a free introductory appointment with members of our Clinical Team. The appointment includes a 30 minute private consultation where one of the team explain what pathway of care we can offer, tailored to your personal and clinical needs.

For clinic appointments and general enquiries, please contact: 40037113 - 40033333
Antenatal Classes

Sidra Medicine Women’s Services provide a range of antenatal classes including topics such as Healthy lifestyle during pregnancy; Changes during pregnancy; Stages of labor; Types of delivery; Pain control options during labor; breastfeeding and emotional wellbeing during pregnancy and after having a baby. Fathers are welcome to join the antenatal classes.

Lactation Services

We are very proud of our team of International Board Certified Lactation Consultants (IBCLC) who offer individualized breastfeeding consultation and care in a family centered inpatient setting.

We support and promote exclusive breastfeeding by encouraging immediate skin to skin with the baby at delivery and the initiation of the baby’s first breastfeed as soon as possible. Promoting “Rooming in” meaning keeping the Mother and baby safely together in their own private room, with the support person (Husband or family member) being able to stay and participate in your new journey as a family.

We specialize in lactation challenges but are happy to assist with any questions during pregnancy and once your baby is born including concerns with your milk supply or returning to the workplace.
Clinic Visits

At Sidra Medicine, we recommend that you start your pregnancy care with us from the beginning. However, if you have been followed in a private clinic and wish to come to us later during your pregnancy or to just deliver your baby, this is also possible. The frequency of visits range from every four weeks during the early pregnancy stages to every week at the end of the pregnancy.

Emotional Wellbeing and Mental Health Support

Pregnancy and having a baby can be associated with a range of emotions, including stress, anxiety and sadness, especially if a woman is having pregnancy complications, other life stresses or a history of previous mental health difficulties. Sidra Medicine’s perinatal mental health services is a free national service available to all women whose obstetric condition is having an impact on their mental health and emotional wellbeing, or whose pre-existing mental health issues may be affecting their pregnancy and postnatal period.

We accept referrals from Hamad Medical Corporation (HMC), Primary Health Care Corporation (PHCC) and the private sector. Women can also directly call us. To request for an appointment or details please call 4003 7197 or email womenmh@sidra.org.
10 Moons App

We are one of the few hospitals in the world, to have conceptualized, designed and built our own maternity app – 10 MOONS. The app is based on the lunar calendar duration of a pregnancy and helps expectant mothers track their pregnancy journey and provides step by step guidance about fetal development, nutrition advice as well as information related to their care at Sidra Medicine.

10 Moons has content in English and Arabic and can be downloaded for free on both Android and Apple platforms.

Second Opinion Ultrasound Scans:

If you have questions regarding your pregnancy ultrasound scans or simply want reassurance, Sidra Medicine offers second opinion ultrasound exams, even if you do not receive your prenatal care with us.

Our Obstetrics diagnostics Department is staffed with expert, western trained and board certified fetal medicine consultants. Their expertise in fetal imaging and ultrasound goes beyond what is offered by other hospitals. You can schedule the exam by calling our Women’s Care Coordination team. After the second opinion, you may continue to follow up with the obstetrician of your choice, whether with us or in the community.

Specialist Women’s Health Physiotherapy Services

The Women’s Health Physiotherapy team at Sidra Medine provide specialised care for women throughout their pregnancy and beyond. Our focus is provision of comprehensive physiotherapy assessments and treatments to women who are pregnant, post-delivery and peri menopausal.

We work in collaboration with obstetricians and gynecologists to provide specialist services aimed at empowering women to be involved in their healthcare through provision of self-care techniques, manual therapy, exercises and education.
Routine Antenatal Tests

The routine antenatal tests recommended are summarized below.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>First visit antenatal blood tests</td>
<td>Blood count (CBC), Hepatitis B surface antigen, Hepatitis C screen, HIV antigen and antibodies, Rubella IgG antibody, Syphilis antibody screen, HbA1C, RBC, Blood typing ABO and Blood typing serologic Rh (D)</td>
</tr>
<tr>
<td>Routine antenatal blood tests throughout pregnancy</td>
<td>1 Blood count (CBC) and Profile during each trimester 1 Glucose Tolerance Test</td>
</tr>
<tr>
<td>Routine antenatal urine tests</td>
<td>Urinalysis by dipstick at each antenatal visit 1 MSU (Culture, bacterial, quantitative colony count, urine)</td>
</tr>
<tr>
<td>Routine antenatal screening tests</td>
<td>1 GBS culture (swab) (Group B Step)</td>
</tr>
<tr>
<td>Pre Admission Testing (Scheduled C-section only)</td>
<td>CBC, Blood Type and antibody screen MRSA culture (swabs x 3)</td>
</tr>
</tbody>
</table>

Routine Ultrasounds

The routine ultrasounds recommended are summarized below

<table>
<thead>
<tr>
<th>Gestation</th>
<th>Ultrasound Type</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>13 weeks and 6 days</td>
<td>1st Trimester</td>
<td>Check your baby's size and establish a due date if possible</td>
</tr>
<tr>
<td>18-22 weeks</td>
<td>2nd Trimester/Anatomy</td>
<td>Full anatomy ultrasound to check for structural abnormalities</td>
</tr>
<tr>
<td>From 28 weeks*</td>
<td>3rd Trimester/Growth</td>
<td>Ultrasound to assess the baby's growth</td>
</tr>
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Specialized Tests and Ultrasound Exams

As part of your treatment and care with us, in addition to routine ultrasound exams, your maternity care team might recommend obstetric ultrasound and fetal medicine services. This includes a full range of tests such as non-invasive prenatal testing, fetal echocardiography, amniocentesis and chorionic villi sampling (CVS).

Our Maternal Fetal Medicine team have introduced a specialized test known as NIPT (Non Invasive Prenatal Testing) which is undertaken to predict the risk of whether or not a baby is affected by chromosomal conditions such as Down syndrome. The test is performed on a sample of the mother’s blood. This is an optional paid service. Please speak to your Obstetrician at Sidra Medicine if you are interested in undergoing NIPT.

To discuss our prenatal screening services, please contact our Women’s Care Coordination Team on: 4003 7113 or email WCCT@sidra.org