



Your Pregnancy Journey

A Guide for
Expecting Mothers at
Al Wakra Hospital





Your Guide to a Healthy and Happy Pregnancy

This comprehensive guide provides essential information and practical tips to support you through every stage of pregnancy. From understanding your body's changes to preparing for labor and delivery, it's designed to help you feel confident and well-prepared.

Inside, you'll find valuable resources, expert advice, and guidance to make your pregnancy journey as smooth and fulfilling as possible.

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Introduction to Pregnancy

Pregnancy is a remarkable experience that signifies the start of motherhood. It brings profound physical and emotional changes, shaping a journey of growth, anticipation, and joy. As you embark on this incredible journey, embrace the excitement and the deep bond forming between you and your baby.

Your Pregnancy Guide

Embarking on Your Pregnancy Journey

Welcome to this comprehensive guide, designed to support you through every stage of pregnancy. Inside, you'll find valuable information, practical tips, and reassurance to help you navigate this special time with confidence—from the first moments of anticipation to the joy of welcoming your baby.

Empowering Your Choices

This guide equips you with the knowledge to make informed decisions for both your health and your baby's wellbeing. We'll explore key topics such as nutrition, prenatal care, labor and delivery, and postpartum recovery. It provides answers to common questions and valuable insights to help you confidently navigate this transformative journey.

Benefits of the Pregnancy Guide

This guide provides essential support for expectant mothers by offering:

- Comprehensive insights into every stage of pregnancy.
- Expert advice on nutrition, exercise, and managing common pregnancy discomforts.
- Emotional support and practical guidance to help you navigate the emotional rollercoaster of pregnancy.
- Practical tips to prepare for labor and delivery.
- Guidance on postpartum care and breastfeeding.

Designed to be a trusted companion, it empowers you with knowledge and reassurance throughout your pregnancy journey.

Nutrition and Prenatal Care

Healthy Eating

Maintaining a balanced diet is essential for your health and your baby's development. Focus on nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins. Stay hydrated by drinking 8 to 12 glasses of water daily. If you have any dietary concerns, consult your healthcare provider.

Prenatal Vitamins

It's crucial to ensure that both your body and your baby receive the necessary nutrients during pregnancy. Prenatal vitamins contain key nutrients like folic acid, iron, and other important minerals. Be sure to follow your healthcare provider's guidance on the appropriate prenatal vitamins for your needs.

Food Safety and Avoidance

Some foods may pose risks during pregnancy. Avoid unpasteurized dairy, raw or undercooked meat, and high-mercury fish. Always consult your healthcare provider for a comprehensive list of foods to avoid during pregnancy.

Your Body During Pregnancy

Pregnancy brings about remarkable changes as your body adjusts to support your growing baby. Hormonal shifts, weight gain, and other physical transformations are all part of the natural process, each essential for a healthy pregnancy. Your body is truly remarkable, and it will continue to amaze you as you navigate the journey of pregnancy.



Preparing for the Changes: Physical and Emotional

Pregnancy brings about profound physical and emotional transformations that affect your body, mind, and overall wellbeing. Embrace these changes as a natural part of your journey, understanding that they are all leading to the arrival of your baby. Your body is making remarkable adjustments to support your growing baby, while your emotions naturally evolve in response to these changes.

- **Embrace the Changes**
Be prepared for the physical and emotional changes ahead.
- **Listen to Your Body**
Your body will tell you what it needs—pay attention to its signals.
- **Seek Support**
Reach out to loved ones and healthcare professionals for guidance and encouragement.

These changes are a reflection of your incredible ability to create and nurture life. By embracing these transformations, you empower yourself to navigate this extraordinary journey with strength and grace.



Mental Health and Emotional Well-being

Pregnancy can bring a range of emotions, from excitement to anxiety, and everything in between. It's completely normal to experience these feelings as your body and life undergo significant changes.

- **Practice Self-Care:** Make time for activities you enjoy. Doing so can help reduce stress and improve your mood.
- **Connect with Others:** Share your feelings with your partner, friends, or a support group for expectant parents to feel more supported.
- **Seek Professional Help:** If you find yourself struggling with persistent negative emotions, don't hesitate to reach out to your healthcare provider for guidance and support.

Your Stages of Pregnancy by Trimester

Throughout your pregnancy, your baby will experience incredible growth and development. These changes are divided into three trimesters, each representing unique stages of growth and development for both you and your baby.



First Trimester (Conception to 12 Weeks)

- **Baby's Development:** The embryo starts developing into a fetus. Major organs like the heart, brain, and lungs begin to form. By the end of this trimester, your baby will have distinct features, including fingers, toes, and a heartbeat.
- **Changes in You:** You may experience symptoms such as fatigue, morning sickness, frequent urination, and hormonal shifts. You might notice changes in your breasts, such as tenderness and enlargement. Your body is adapting to support your growing baby.

Second Trimester (13 to 28 Weeks)

- **Baby's Development:** This is a period of rapid growth. The baby's bones begin to harden, and their muscles become more developed. You may start feeling your baby move as it becomes more active.
- **Changes in You:** Often called the "honeymoon phase," the second trimester brings relief from morning sickness and a boost in energy. Your belly will begin to show as your uterus expands. You may also experience changes in your skin, such as stretch marks or a "pregnancy glow."

Third Trimester (28 Weeks to Delivery)

- **Baby's Development:** The baby is gaining weight and preparing for birth. Their organs are fully developed, and they are practicing breathing movements. Your baby's eyes may open, and they will be moving into a head-down position in preparation for delivery.
- **Changes in You:** As your baby grows, you may experience weight gain, increased frequent urination, and more physical discomfort such as back pain, swelling, and difficulty sleeping. Your body is preparing for labor, and you may experience Braxton Hicks contractions, which are practice contractions.

Each stage brings its own set of milestones, and witnessing the development of your baby will strengthen the bond between you and your growing little one.

Managing Common Discomforts



Nausea and Vomiting

Morning sickness affects many pregnant women, especially during the first trimester. It can occur at any time of the day.

- Eat small, frequent meals every 2–3 hours to help stabilize blood sugar and reduce nausea.
- Stay hydrated by sipping water or ginger tea throughout the day, avoiding large quantities at once.
- Try ginger in the form of tea, candies, or supplements, as it has natural anti-nausea properties.

Heartburn

Heartburn may develop as your growing uterus puts pressure on your stomach.

- Drink plenty of water throughout the day.
- Eat fiber-rich foods to aid digestion.
- Engage in light exercise, such as walking, to promote better digestion.

Back Pain

Back pain is common as your body adjusts to carrying extra weight. Good posture and support can help alleviate discomfort.

- Practice good posture by standing and sitting straight. Use lumbar support to help strengthen your back muscles.

-
- Gentle exercises like prenatal yoga or swimming can help relieve discomfort.
 - Apply a heating pad or cold pack to sore areas for 15–20 minutes at a time.
 - Use a support pillow when sitting to maintain proper posture.

Swelling

Mild swelling in the ankles and feet is common, especially in the third trimester.

- Elevate your feet whenever possible and avoid standing for long periods.
- Stay hydrated throughout the day.
- Wear comfortable shoes to help reduce swelling.

Hemorrhoids

Hemorrhoids are common during pregnancy due to the expanding uterus putting pressure on the veins in the rectum. They usually improve after delivery.

- Stay hydrated to keep bowel movements soft.
- Eat fiber-rich foods like whole grains, leafy green vegetables, and fruits to promote regular bowel movements.
- Avoid straining during bowel movements, as it can worsen hemorrhoids.

If symptoms persist, worsen, or bleed, consult your healthcare provider for advice.

Fatigue

Fatigue is common, particularly in the first and third trimesters, as your body is working hard to support your growing baby.

- Stay hydrated throughout the day, sipping water or ginger tea in smaller amounts.
- Take short naps (20–30 minutes) to refresh yourself.
- Stay active with gentle exercises such as walking or prenatal yoga to boost energy levels.

Warning Signs



- **Unexpected Bleeding**

Any bleeding during pregnancy should be reported to your healthcare provider immediately. Bleeding could indicate a potential complication that requires prompt medical attention. Stay calm and seek professional advice.

- **Severe Abdominal Pain**

Severe abdominal pain, especially if accompanied by symptoms such as fever, vomiting, or vaginal discharge, could be a sign of a serious condition. Seek immediate medical help in such cases.

- **Sudden Weight Gain or Loss**

Sudden weight gain or loss, particularly when accompanied by other symptoms, can indicate a problem. Monitor any significant fluctuations in your weight and discuss them with your healthcare provider.

- **Changes in Fetal Movement**

You should be familiar with your baby's usual movement patterns. If you notice a decrease or an increase in movement, or if the movements feel different, contact your healthcare provider. Changes in fetal movement can be a sign of potential complications.



Antenatal Care: Follow-up Visits

- Weeks 4–28: Visits every 4 weeks to monitor weight, blood pressure, and the baby's heartbeat.
- Weeks 28–36: Visits every 2–3 weeks, with additional tests for gestational diabetes.
- Weeks 36–Delivery: Weekly visits to check your baby's position and discuss labor signs.

Prenatal Ultrasound Examinations

- First Trimester Scan (Weeks 8–14): Confirms pregnancy and estimates the due date.
- Anatomy Scan (Week 20): Checks baby's organs and growth, and can often determine gender.
- Third Trimester Scan: May be done to check baby's position, growth, and amniotic fluid levels.

Kick Count Tracking

Monitoring your baby's movements is a simple way to check on their wellbeing. Start counting kicks around 28 weeks.

- **Timing:** Choose a time when your baby is active, often after a meal.
- **Goal:** Count movements until you reach 10. This should take less than 2 hours.
- **Action:** If you notice a significant decrease in movement, contact your healthcare provider.

Hospital Bag Checklist



Pack your hospital bag for around 35 weeks to be fully prepared for delivery day. Include essentials for both you and your baby.



For Mom:

- Health Card and Qatar ID
- Comfortable Nightgown or Pajamas: Choose loose and comfortable clothing for your stay.
- Toiletries and Personal Care Items: Don't forget essentials like toothbrush, toothpaste, hairbrush, shampoo, deodorant, and any other daily items.
- Nursing Bras and Pads: Bring a couple of supportive nursing bras and pads for breastfeeding comfort.
- Going-Home Outfit: Choose a comfy, loose-fitting outfit for the trip home.



For Baby:

- Diapers and Wipes: Pack enough newborn-sized diapers and gentle wipes.
- Onesies and Sleepers: Bring a few soft onesies and sleepers for your baby.
- Blankets and Hat: Keep your baby warm with a few soft blankets and a cozy hat.

Person-Centered Care at Al Wakra Hospital



At Al Wakra Hospital, Person Centered Care (PCC) is not just a concept, it's a commitment. Our care model places you and your family at the center of all decisions, recognizing your voice, values, and cultural preferences throughout your journey.

We promote a supportive and inclusive care environment by:

- Actively involving you in all care decisions
- Encouraging open communication between you, your care partner, and our healthcare team
- Respecting your values, beliefs, and choices

We believe that every mother's experience is unique. By partnering with you and your family, we aim to deliver compassionate, individualized, and respectful care at every stage of your pregnancy and beyond.

Nurse Bedside Shift Handover



“We welcome your voice in the shift report because your comfort, safety, and preferences are our priority.”

At Al Wakra Hospital, we believe that keeping you informed and involved in your care improves both safety and satisfaction. Our Nurse Bedside Shift Handover allows you to participate in the daily communication between your care team during shift changes.

What to Expect During Handover

- Both the outgoing and incoming nurses will introduce themselves to you.
- The incoming nurse will write their name on your OBGYN White Board to help you recognize your care team.
- You will hear a summary of your current care plan, medications, lab results, and any scheduled procedures.
- Nurses will check your safety, review your IV lines and wound sites, and confirm your care needs.

How You Can Participate

- Feel free to ask questions or raise concerns about your care.
- Share updates or preferences with your nurses.
- If you choose, a friend or family member may join you during handover with your permission.

PCC AWH OBGYNE Whiteboard

This is our AWH OBGYNE PCC White board, wherein we are encouraging our patient to write their preferences from their admission till their discharge.

ما يهمك يهمنا What matters to you is what matters to us

اليوم هو:
Today is

الجنس:
Gender

الأحد الإثنين الثلاثاء الأربعاء الخميس الجمعة السبت
Sun Mon Tue Wed Thu Fri Sat

رقم الغرفة:
My Room No.

اسمي المفضل هو:
I would like to be called

اسم الطفل:
Baby's name

مراقبي هو:
My Care Partner

انتبه من:
Watch out for

مستشفى الوكرة
Al Wakra Hospital

مقر: طريق ساحة فندق المارينا، شارع المارينا، مدينة المارينا، دولة قطر
A Member of Hamad Medical Corporation

SHARED GOALS OR PLANS FOR TODAY الاهداف او الخطط المشتركة لهذا اليوم

PATIENT / FAMILY QUESTIONS / CONCERNS أسئلة المريض أو العائلة أو الاستفسارات

WE ARE HAVING A: نحن نأكل:

Boys ☐ ولد

Girl ☐ بنت

FEEDING METHOD / TIME طريقة التغذية / الوقت

MY CARE TEAM فريق الرعاية الصحية الخاص بي

طبيبي
My Doctor

ممرضة/ممرض
My Nurse

تاريخ دخولي
My Admission Date

التاريخ المتوقع للخروج من المستشفى
My Expected Date of Discharge

اللغة المفضلة لدي
My Preferred Language

ساعات الزيارة المفضلة
My Preferred Visiting Hours

وقت النوم المفضل
My Preferred Sleeping Time

وقت تناول الطعام المفضل
My Preferred Mealtime

الطعام الذي لا يمكنني تناوله
What Food I can eat

MY PAIN LEVEL مستوى الألم لدي										
10	9	8	7	6	5	4	3	2	1	0
ألم حاد			ألم متوسطة			ألم بسيطة			لا ألم	
Severe Pain			Moderate Pain			Mild Pain			No Pain	

Creating Your Birth Plan



Expressing Your Preferences

A birth plan allows you to express your preferences for labor and delivery. It helps communicate your wishes to your healthcare providers, creating a more personalized experience.

Shared Decision-Making

Creating a birth plan is a collaborative process involving you, your partner, and your healthcare provider. It can be revised as your pregnancy progresses and new information arises.

Partner Support During Labor



Emotional Support

Your partner can provide essential emotional support during labor, providing encouragement, comfort, and a sense of security as you navigate physical and emotional challenges.

Physical Support

Your partner can assist with pain management by offering massages, applying pressure, or helping with positioning. They can also ensure you stay hydrated and nourished throughout the process.

Advocating for You

Your partner can act as your advocate during labor, communicating your needs and preferences to healthcare providers to ensure your wishes are respected.

Practical Support

In addition to emotional and physical support, your partner can handle practical tasks like packing your hospital bag, managing logistics, and assisting with childcare if needed.

Signs That Labor is Near



As your due date approaches, your body begins preparing for labor. You may notice pre-labor signs, such as the “show,” which is the mucus plug that has been protecting your cervix during pregnancy. You might also feel a burst of energy, known as “nesting,” as your body encourages you to get ready for your baby’s arrival.

Other early signs of labor include the “bloody show” and your “water breaking,” both indicating that labor is about to begin.

Induction of Labor



Induction of labor is a medical procedure used to start labor when it doesn't begin naturally. It is typically recommended when continuing the pregnancy could pose a health risk to you or your baby. The process often involves medications to ripen the cervix or stimulate contractions.

Your healthcare provider will decide if labor induction is necessary, considering factors such as your due date, the health of your baby, and any complications you may have. Different methods of induction exist, and your healthcare provider will discuss the best option for your situation.

Different Types of Delivery



Vaginal Delivery

Vaginal delivery is the most common type of birth. The baby is delivered through the vaginal labor. While most women opt for a vaginal delivery, it may not be the best option for everyone.

Cesarean Delivery

A cesarean delivery, or C-section, is a surgical procedure where the baby is delivered through an incision made in the abdomen. It is usually performed when there are complications that prevent a safe vaginal birth.

Vaginal Birth After Cesarean (VBAC)

If you've had a cesarean delivery before, it's possible to have a vaginal birth in future pregnancies, known as a VBAC. Your doctor will evaluate your situation and help you decide if a VBAC is a safe choice for you.

Skin to Skin Contact

The first moments after birth are crucial for bonding with your baby. Skin-to-skin contact, also known as kangaroo care, is the practice of holding your naked baby directly against your bare skin.



This immediate, uninterrupted closeness provides numerous benefits for both you and your baby. It helps regulate your baby's body temperature, heart rate, and breathing. It also stimulates your baby's brain development and promotes breastfeeding.

Postpartum Recovery

As your body heals after giving birth and you start the process of taking care of your newborn, the postpartum period is a time of adjustment. During this time, it's critical to prioritize your physical and mental health.



Physical Recovery

It will take time for your body to heal after labor and pregnancy. Rest and put self-care first, which includes drinking enough of water, eating a healthy diet, and getting enough sleep. It takes time for your body to recover, adapt, and regain its strength.

Emotional Wellbeing

Taking care of your emotional health is equally as important as your physical healing during the postpartum period. Maintaining your mental well being throughout this period is equally as crucial as your physical recovery.

As you adjust to parenthood, it's common to feel a variety of emotions, including happiness, worry, exhaustion, and even despair. If you're feeling overwhelmed, talk to your partner, family, friends, or a medical professional.

Rooming In

Bonding Time

Rooming in allows you and your baby to stay together in the same hospital room, providing continuous skin-to-skin contact and promoting bonding. This close proximity enables you to learn how to care for your baby in a familiar, comforting environment.



Close Monitoring

With rooming in, healthcare staff can monitor your baby's health more closely, addressing any concerns promptly. You'll receive guidance on essential care tasks such as feeding, diapering, and other aspects of baby care.

Skin-to-Skin

The first moments after birth are essential for bonding with your baby. Skin-to-skin contact, also known as Kangaroo Care, involves holding your naked baby against your bare skin.

This immediate and uninterrupted closeness offers numerous benefits for both you and your baby. It helps regulate your baby's body temperature, heart rate, and breathing, while also stimulating brain development. Skin-to-skin contact also promotes breastfeeding and strengthens the emotional connection between you and your newborn.

Breastfeeding Guide

Colostrum

Colostrum, the first milk, is rich in antibodies and nutrients, providing your baby with essential protection from infections and aiding digestion. It is the perfect first food for your newborn, and it's produced in small amounts during the first few days after birth.

Latch and Positioning

Proper latch and positioning are essential for successful breastfeeding. Here's how you can ensure a good latch:

- **Support your breast:** Hold your breast with four fingers below and your thumb above, keeping your fingers behind the darkened area (areola) so they don't touch the baby's mouth.
- **Encourage the baby to latch:** Gently touch your baby's lower lip with your nipple. Your baby will naturally turn her head and open her mouth wide.
- **Latch:** Once your baby opens her mouth wide, quickly pull her toward you, ensuring that she grasps both your nipple and as much of the underside of the areola as possible.

If you encounter any difficulties with latch or positioning, seek help from a lactation consultant to ensure breastfeeding is comfortable for both you and your baby.

Frequency and Duration

Breastfeed your baby on demand. Pay attention to your baby's hunger cues, such as sucking on their hands, making rooting motions, or being fussy. Feed them as often as they need, as this helps establish a strong milk supply and ensures your baby is well-nourished. Each breastfeeding session can last anywhere from 10 to 30 minutes on each side, depending on the baby's needs and efficiency.

Milk Supply

Your body will naturally regulate milk production according to your baby's needs. Nursing regularly and properly will help build a healthy milk supply. If you ever feel your baby isn't getting enough, don't stress—just keep feeding on demand.

Home Care Visits



AWH Home Care

Home care visits are a valuable opportunity to receive personalized care and support from a healthcare professional. These visits allow you to discuss your progress, address any concerns, and receive guidance as you transition from hospital care to home life. They can be scheduled by your doctor, midwife, or nurse and provide essential support during the early days after delivery.

What to Expect?

Home care visits typically occur on the 5th and 14th days after delivery, with a possible third visit if necessary. During these visits, the healthcare professional will check on both your wellbeing and the baby's health. They will monitor vital signs, assess wound healing, and offer guidance on key aspects of newborn care, including breastfeeding, bathing, and more. These visits also provide a great opportunity to ask questions and receive reassurance.

Empowered Wellness

At Al Wakra Hospital, we believe that true wellness in pregnancy goes beyond physical health—it includes your emotional strength, mental clarity, and self-confidence as you prepare for motherhood.



Empowered Wellness means:

- Practicing self-care without guilt — resting, journaling, or enjoying calming routines
- Seeking emotional support when needed — through family, partners, or professionals
- Staying active with light physical movement that nurtures both body and mind
- Making informed choices about your care, birth plan, and parenting journey
- Embracing your evolving identity as a mother, with compassion and pride
- We are here to walk beside you through each step. When you feel empowered in wellness, you're more resilient, connected, and prepared for the beautiful journey ahead.

Access To Your Own Medical Records

Who Has Access to Health Information?

A friend or family member with your consent may view your medical records.



Release of Information (ROI) for Medical Information

You can request the release of medical information relating to treatment at one of Hamad Medical Corporation's facilities. You can request this for yourself or on behalf of a family member or other person, subject to authorization. For your convenience, the request can be made online.

Who can apply Medical Report/ Copy of File online?

- Patients themselves (above 18 years old)
- Parents (Father/Mother)
- Child (Son/Daughter)
- Sibling (Brother/Sister)
- Spouse (Husband/Wife)
- Grandparent
- Grandchild
- Anyone 18 years old and above need to provide authority for request and release of information
- Guardians can also apply with the relevant paperwork



Dear visitors,
If you do not have a Qatar mobile phone number please [click here](#) to request for release of medical information.

To help you in your request to obtain a medical report online, Please read all the frequently asked questions and answers (FAQs) before you submit your request for a medical report. For further inquiries, please send an email to: ReleaseofInformation@hamad.qa ; or call + (974) 40251563 / + (974) 40251564 / + (974) 40251566 during office hours.

Check your Request Status

Enter your Request ID:

[Check Status](#)

[Apply for Medical Report](#)



Contact us

+ (974) 4025-1566

+ (974) 4025-1563 / 4025-1564

ReleaseofInformation@hamad.qa

How Can I Obtain a Copy of My Medical Records?

Patients undergoing treatment at HMC can use the HMC Medical release of information website to get copies of their medical records.



Please visit **HMC's Medical Release of Information** page by using this QR code.

Renewing your Health Card

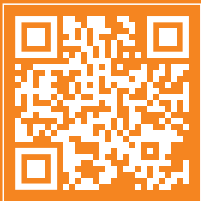
Renewing your health card online is a convenient and efficient way to ensure your access to essential healthcare services remains uninterrupted.



Please visit **Hukoomi** by using this QR code to renew your health card.

Accessing the Patient Portal

Patient Portal provides a secure and convenient online platform for you to view your medical records, appointments, and manage your health information— all in one place. By logging in to the Patient Portal, you can easily access essential services and stay informed about your health, making it easier to engage in your care journey.



Please visit **Primary Health Care Corporation's (PHCC) My Health Portal** page by using this QR code.

Online Birth Registration

After 48 hours of your child's birth, you can register your baby's birth online by using the QR code below:



Please visit **Ministry of Public Health's (MoPH) Birth Registration System** site to request birth certificates.

