

Birth Preparation (Things to bring to the Hospital)



Patient and Family Education

@ patienteducation@hmc.org.qa

☎ 4439 1494 / 5

© 2020 Hamad Medical Corporation

20-0336

Birth Preparation (Things to bring to the Hospital)

Items to bring on the day of your admission:

1. Health Card
2. QID
3. International passport – (for residents and visitors only)
4. A copy of your marriage certificate & QID or passport copy of your spouse

What to do on admission:

On arriving at WWRC, proceed to the Admitting Department located on the ground floor for registration and allocation of bed.

For Non-Qatari: After registration, go to the cashier to pay for bed space and then return to the Admitting Department with the receipt for your bed allocation.

Items to pack into your hospital bag:

- Toothbrush & paste, bath soap, comb, towel.
- A loose cotton dress (preferably with buttons in the front for easy access during breastfeeding).
- A pair of slippers. It should be flat and safe enough to be used in the bathroom.
- Sets of underwear and breastfeeding brassier.
- Additional items can be brought later if needed.

Note:

- Bring only essential items necessary for your length of stay.
- Before coming for admission, kindly be reminded:
- Remove nail polish and keep your nails short.
- Do not bring any valuables and limit jewelry use.
- Do not bring cooked food.
- Due to COVID-19, children visitors are not allowed.

Before visiting WWRC's Emergency Department, please call our hotline number – 40261091 to avoid COVID -19 exposure.

As the Pharmacy is closed due to COVID-19 , please call 16000 and follow the instructions on how to get your prescribed medications.

Due to the present situation with COVID-19, there have been some changes to our visiting guidelines as follows:

• Labor Room:

An escort is allowed inside Labor Room to stay with you for no longer than 15 minutes.

• Visitors:

Visitors must secure pass from the Admitting Department.

Visitors are limited to only first and second-degree relatives.

Duration of visit is limited to 15 minutes per visitor.

One escort is allowed to stay with first time mother in the postnatal ward.

Your Length of Stay after Delivery

• Your Discharge Procedures:

1. If your delivery is normal and you're in a stable condition, you will be discharged after 12 hours.
2. If you deliver through Caesarean Section and you're in a stable condition, you will be discharged after 48 hours.
3. Discharge time starts from 11 am.

• For Newborn:

1. Newborn metabolic screening appointment is usually given after 36 hours of delivery. Kindly bring your baby to WWRC's OPD Baby Clinic on appointment date booked for you.
2. On discharge, your nurse will provide you with the following additional information:
 - Payment slip
 - Home medication
 - Discharge Summary
 - Appointments/Follow-up
 - Issuance of Birth Certificate

Note: If your baby is admitted to the NICU or Nursery, you will be discharged home based on your clinical condition and you are able to visit your baby until their discharge.