

# Birth Preparation and Things to Bring to Hospital



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Patient and Family Education

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### Items to bring on the day of your admission:

1. Your valid health card
2. Copies of a valid QID and a passport for you and your spouse
3. A copy of your marriage certificate
4. Proof of Address
5. ATM card
6. Bring ONLY essential toiletries like a toothbrush & paste, bath soap, comb, and a mobile charger

### What to do on admission:

Upon arrival at WWRC, proceed to the Admitting Department on the ground floor for registration and bed allocation.

**For Non-Qataris:** After registration, go to the cashier for payment and then return to the Admitting Department with the receipt for your bed allocation.

**Note:** In case of any emergencies/unplanned admissions, report to the Emergency Department with all the required documents(mentioned above).

### Essentials for Maternity Bag

#### For mothers

- Bath soap, comb, and towel
- 2–3 pairs of 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 for use in the bathroom
- Sets of underwear, breastfeeding bras and sanitary pads
- Additional items can be brought later if needed

#### For Newborn

- 2–3 sets of soft baby clothes (onesies, bodysuits)
- Baby blanket and swaddle
- Pair of mittens (to prevent scratching)
- Socks or booties
- Hat or cap (for warmth)
- Diapers (newborn size)
- Soft towel /cotton balls



### Note:

- Bring only essential items necessary for your length of stay
- A maternity bag is mainly needed ONLY after delivery

### Before coming to hospital for admission, kindly be reminded:

- Take a shower and wear a clean dress
- To remove nail polish from your fingers and toes and keep your nails short
- Do not bring any valuables
- Remove jewelry and any ornamental piercings
- Do not remove hair in the lower abdominal area (bikini line)
- For safety reasons, please do not bring items that pose a fire hazard, such as kettles, or other electrical equipment

### Visiting guidelines

#### Labor Room:

One designated care partner (either your husband or any adult female support person) is allowed to stay with you throughout the labor and delivery process in the labor room.

#### Inpatient units

Visiting hours are kept flexible and patient-directed in the antenatal and postnatal units for your convenience. However, limiting visitors will help you rest and care for your baby comfortably.

### Your length of stay after delivery

1. If your delivery is normal and you're in stable condition, you will be discharged within 12 to 24 hours
2. If you deliver by Cesarean Section and you're in stable condition, you will be discharged after 48 hours

### Upon discharge, your nurse will provide you with the following additional information about:

- Payment slip
- Medication, which should be collected from pharmacy before discharge as instructed.
- Discharge summary
- Appointments/Follow-up, if required
- Applying for Birth Certificate

