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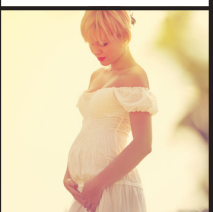
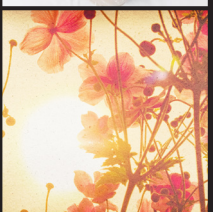
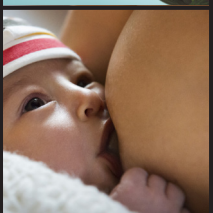
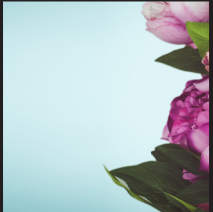
What to bring to the hospital



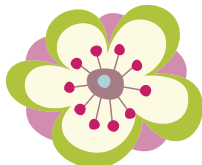

Baby Under Construction



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This is a list of some things that you may find useful in the hospital or at home. It is merely a guide and you do not need to buy or bring anything you may not find helpful.



ITEMS TO BRING TO THE HOSPITAL FOR **labour and delivery**

	Two pillows (one for you and one for your partner). Hospital pillows are plastic.
	Photo ID or Driver's license/MSP card.
	Covid facemasks for both of you. You don't have to wear the mask in the labor room but you should wear it when walking in the common areas of the hospital. These and hand sanitizer will be provided at your request. Just ask your nurse.
	A pair of old socks
	A small battery operated fan (pushing is "hot" work)
	Bottled water (tap water is available at the hospital)
	Energy drinks such as Gatorade, etc.
	Snacks including gum or some candies to suck on. Energy bars, fruit and trail mix etc.
	Spritzer bottle to spray water on your face to help freshen you up or cool you down during pushing.
	Massage oils and massage tools but avoid aromatherapy, as some nurses are sensitive to the smell.
	TENS machine for pain control in labor (optional).
	Battery operated candles to improve the ambiance in the labor room. Real candles are not allowed.
	Music playlists. Calm for labor and one upbeat for pushing. White noise APP to help you and baby get to sleep after delivery card).
	Cell phones and or tablets. Headphones or air pods. Charging cords.

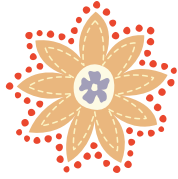


	Camera /video camera/GoPro, tripod. Remember to charge the camera and have a large memory card. You are not allowed to film the birth but photos are allowed.
	Birth plan or a list of requests for physicians and nursing staff (optional)
	List of contacts to notify after the delivery
	Sleeping bag, inflatable mattress for your partner. A foam mattress, pillow and blankets are provided by the hospital for your partner to use.
	Eye mask and ear plugs to cut out noise and light to help you take a nap in the day
	Other personal effects such as photos of other children, family or pets that you might want to have with you in the labor room
	Assorted reading material digital or hard copy i.e. prenatal books, baby name books, etc.
	My prenatal notes and your prenatal record that I gave you at 36 weeks

ADDITIONAL ITEMS you want to remember to bring

	Goodie Basket for the staff. This is always much appreciated by the staff looking after you. Some suggestions: lip balms, pens, candies, energy bars etc.





ITEMS TO BRING TO THE HOSPITAL FOR

after the delivery

YOU MAY WANT TO USE THE FOLLOWING IN HOSPITAL

	Housecoat, slippers and comfortable pajamas
	Toiletries (whatever you use on a daily basis) and dental care, mouth guards etc.
	Maxi pads. The hospital's ones are available but may not be as comfortable.
	Breastfeeding bra, breastfeeding pads, nipple cream, nipple shield, breast pump. The hospital has breast pumps for use on each ward
	Tucks' medicated pads after using the washroom
	Old pair of underwear. You are given one pair of disposable underwear. You can buy more pairs of disposable underwear at the gift shop
	Bellyband, see below

MEDICATIONS

	Bring your own medications just in case but these are usually supplied by the hospital during your stay. You do not need to bring your vitamins. Pain medication, stool softeners, laxatives, hemorrhoid cream and nipple creams are supplied by the hospital. You may bring your own if you prefer a certain brand.
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FOR BABY

	Baby outfits including hats, gloves and socks. The hospital does supply baby clothes but they are not that soft
	Receiving blankets
	Gloves or mittens to prevent baby from scratching their faces. They need to look good in the photo's
	Nail file or battery operated baby nail sander. Nail clippers do not work and you cannot bite the baby's nails as the books suggest you do



	Barrier cream/diaper cream. Olive oil or baby oil to apply to baby's bottom to help make cleaning easier
	Some newborn diapers (diapers will be provided by the hospital)
	Soothers (just in case). Formula and bottles will be supplied
	Car seat

SHOPPING LIST FOR WHEN YOU GET HOME

	Extra strength Tylenol and Extra strength Advil. Take one of each together every 4 to 6 hours for pain as needed
	Colace or Docusate. There are over the counter stool softeners. Take one or two daily as needed
	Restoralax. This is a gentle laxative. Use one sachet everyday or every other day to get things moving
	Tucks pads if you don't have them already. Great to wipe with
	Get a green cabbage, medium size, from the store and put it in the freezer. The frozen cabbage leaves are great to use if you get breast engorgement. See the section on breast-feeding
	Take some maxi pads, wet them, and put them in the freezer. They work great as ice packs for your sore, swollen bottom
	Get a bellyband. There are many different types on the market. You can get them from most maternity stores, medical supply stores or even at most of the larger pharmacies. The band goes around you belly and helps to pull it in. It gives support to your belly and back and also make you look slimmer. You can start to use this whenever it feels comfortable. You can use it after having a csection. It may also help repair separation of the abdominal muscles
	Baby thermometer, saline nose drops for stuffy nose

FOR THE NEW MOMMY

	Dad's - Push present, very, very, very important
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