Things to Bring to the Hospital

We want to make your stay in the hospital as enjoyable as possible. Here are a few things to bring when you are admitted. You can check them off as you pack your bag(s). NOTE: None of these items are provided by the hospital.

### CARE CONCERNS
- Insurance provider card
- Obstetrical office history, if your healthcare provider has given you a copy
- Notes on past medical history and surgical history, including any allergies you have
- A list of any medications or supplements that you take at home *(name, dose or strength, and instructions for taking)*
- Pharmacy name and phone number where you get prescriptions filled
- Advance Directives and/or Living Will, as desired
- Name, location and phone number of your new baby’s doctor *(pediatrician or family practitioner)*

### COMFORT CONCERNS
- Lotion or oil for massage
- Lip balm, lipstick or petroleum jelly to moisten lips
- One or more items for back massage *(tennis balls, back pillow, small rolling pin, cold pack)*
- Brush and comb; or a band for long hair
- Socks
- Mouthwash, toothpaste and toothbrush
- Sour lollipops or flavored candy sticks
- Pillows or other personal items that may be comforting *(we suggest items that are disposable or easily washed)*
- Pad, pencils and pens
- Contact lenses and case, lens solutions, eye glass case
- Favorite tapes or CDs
- Robe and slippers to walk during labor
- Focal point, as desired

### SUPPORT CONCERNS
- Nutritional snacks for your partner *(avoid snacks with strong aroma)*
- Any medications your partner needs to take *(including over-the-counter medications)*
- Watch with a second hand
- Camera with film or a video camera
- Cards, books and travel games
- Change for vending machines
- Birth Plan, as desired *(see tear-off sheet: “Personalizing My Birth Experience”)*

### FOR THE POSTPARTUM PERIOD
- Robe and/or nightgown and slippers
- Bras and underwear
- Toiletries: Shampoo, toothbrush and toothpaste, soap, deodorant, brush, makeup, etc. *(hair dryers are available on request)*
- A going-home outfit for you *(loose clothing may be more comfortable)*
- Phone numbers of family and friends

### WHAT TO BRING FOR BABY
- Car seat: Keep the car seat in the car unless your caregiver asks you to bring it inside. *(Information about car seats and car seat safety are discussed in detail in Month 4 of this calendar, or call 1-800-227-2358 for more car seat information.)*
- An outfit for baby to wear home. Consider a T-shirt, sleeper, booties, blanket and hat *(avoid ruffles, nylon and stiff materials)*
- An outfit for the baby picture and/or video, if you choose
- Sweater and/or bunting or warm blanket *(in very cold weather)*