

PREPARATION FOR YOUR HOSPITAL STAY

GETTING READY FOR BIRTH

Discuss your birth plans with your community midwife  
Decide in advance who will take you to hospital and how. Ambulances are for EMERGENCIES only.  
Plan your arrangements for care of your other children, if you have them.

Please ensure that you have a supply of paracetamol at home as this will not be provided as take home medicines following the birth of your baby.

Below are some things that you will need to bring with you for your stay in hospital;

**For mum:**

- Very importantly – your hand held antenatal notes
- Something comfortable for you to wear during labour
- If considering a water labour/birth – bikini/tankini
- Lip balm/ Vaseline
- Face cloth and basic toiletries and a large towel
- Hair band for keeping hair tied up if required
- Snacks for yourself and your birth partner
- Suggest sports/isotonic drinks to help energy levels during labour
- Bra's which provide good support and are non wired to prevent blocked milk ducts
- Clothing that you feel comfortable in whilst on the ward
- Night wear for sleeping
- Several pairs of large underpants – disposable pants will not be provided by the wards
- Slippers or equivalent
- Maternity (Sanitary) towel – these will not be provided by the wards
- Breast pads

**For Baby:**

- If you choose not to breast feed your baby, or wish to complement feed your baby, you will need to bring baby formula milk with you in ready made cartons (NOT powdered) - this will not be provided by the wards
- Approximately 3 baby blankets – These are no longer available on the wards
- Baby clothes – vests, baby grows, hats, cardigans, scratch mittens and socks
- Nappies – 1 pack – these will not be provided by the wards
- Cotton wool – this will not be provided by the wards
- Baby wipes are not recommended for use in the first 6 months

Your community midwife will be able to advise you if you have any questions.

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