



### SUGGESTIONS OF WHAT TO TAKE TO HOSPITAL

#### **For your journey to hospital:**

- \* Plastic sheet and/or towels to protect your car
- \* Bucket in case you feel sick
- \* Baby car seat in case of 6 hour discharge

#### **For labour:**

- \* Old T-shirt or nightdress
- \* Bikini top and swimsuit for supporter (for a labouring in water)
- \* Thick socks (feet may become cold)
- \* Dressing gown and slippers (for pacing corridors in early labour)
- \* Partners should wear light clothing as labour wards can be very hot
- \* Maternity notes and birth plan
- \* Camera, film and batteries/digital camera
- \* Camcorder and film
- \* Books/magazines
- \* Personal stereo, tapes and batteries/MP3/iPOD
- \* Bean bag/pezzi ball
- \* Pillows
- \* Food and drink (for mum and dad)
- \* Glucose sweets or lollies to suck (extra Energy)
- \* Aromatherapy oils

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## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

- \* Face spray
- \* Flannel
- \* Hairbrush, grips and combs to keep hair off your face
- \* Tissues/wipes
- \* Natural sponge to moisten mouth
- \* Lip Balm ( for dry lips)
- \* Tennis balls for back massage
- \* Bendy straws
- \* Hot water bottle/ice pack (for backache)
- \* TENS machine and batteries
- \* Mirror (to see baby's head appearing)
- \* Pillows
- \* Shower cap ( to keep hair dry under shower)
- \* Hand held fan

### **For after the birth:**

- For you:
- \* Front opening nightdresses (2 or 3)
  - \* Sanitary towels (super absorbent)
  - \* Address book, coins for the phone
  - \* Phone number of Valley Cushion agent
  - \* Camera/camcorder, spare films, batteries
  - \* Underwear (disposables)
  - \* Nursing bras (2 or 3)

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## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

- \* Breast pads
- \* Toiletries (towel,shampoo,soap etc)
- \*Dettox/j-cloths
- \* Slippers
- \* Dressing gown (lightweight)
- \* Make up
- \* Arnica tablets (for bruising)
- \* Hypercal tincture
- \* Rubber flip flops
- \* Outfit to go home in (not too tight fitting)
- \* 1 Litre water bottle with sports cap  
(the bottle can be used when you go to the loo, fill the bottle with warm water and gently spray water over perineum while urinating.)
- \* High fibre food and plenty of Drinks
- \* Bottle of Champagne (your deserve it!)

- For baby:
- \* Nappies
  - \* Cotton wool
  - \*Towel
  - \* Vests/bodysuits (5 or 6)
  - \* Sleepsuits (5 or 6)
  - \*Cardigan (1 or 2)
  - \*Scratch mitts
  - \* Hat

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LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

\* Blanket/shawl

\*Car seat