

WHAT TO TAKE INTO HOSPITAL – A FEW SUGGESTIONS

THINGS YOU MIGHT NEED FOR LABOUR

Some essentials:

An old, baggy t-shirt, man's shirt or nightie – something you won't mind throwing away if it gets stained. The hospital will supply a gown, but as it has ties down the back, you may reveal more than you wish to!

Comfy dressing gown, but not too thick, as the wards tend to be hot.

Cool slippers, or slipper socks.

A flannel for cooling you down.

A hairband or similar if you have long hair – you'll definitely want it out of the way!

Some extras:

A water spray – you can buy aerosols, or you can make your own by filling a (new) plant spray with water.

A bottle of mineral water, as it may taste better than the hospital tap water.

A natural sponge to suck on when thirsty.

A Thermos flask of ice chips. You can either suck on them, or use them for cold compresses.

A battery operated fan, as you're not allowed to plug in an electric one!

A hot water bottle to press on areas of discomfort.

Eau de Cologne or similar to lift your spirits a little.

Camera (and films/batteries).

Food and drink for the birth partner.

Oil or talcum powder for massage.

For immediately after birth:

For you:

A front-opening nightie for breastfeeding.

A dressing gown with pockets for pads etc.

A pack of maternity or heavy flow sanitary towels.

NCT wonderknickers!

Breast pads.

A feeding bra.

Toiletries.

Bath towel.

For baby:

Newborn sized nappies.

Cotton wool.

Toiletries for your baby – ask your midwife for some advice.

A towel.

Three vests/bodysuits and babygros.

A shawl and a hat, as even in summer it takes babies a little while to learn how to regulate their body temperature, and so they need to be wrapped up for the first day or so.

Ask your midwife how warmly your baby should be wrapped.

WHAT YOU MIGHT NEED IN HOSPITAL POST NATALLY

For you:

Dressing gown, with deep pockets.

Maternity pads or heavy flow sanitary towels. You may need several changes per day, so it may be a good idea to have a couple of packets.

Breast pads.

NCT wonderknickers!

A couple of nighties, so you can have a fresh one if need be.

2 or 3 feeding bras, so you can have a fresh one when needed.

Toiletries.

Bath towel.

Your address book, cards and stamps so you can tell the world!!

Food and drink to supplement the hospital diet.

For your baby:

Lots of nappies – allow 8 per day.

Cotton wool.

Toiletries – ask your midwife for some advice.

Towel for bathtime.

Vests/bodysuits and babygros – allow 3 or 4 of each a day.

When thinking about what to wear when coming home from hospital, remember that although you feel slim and light having had the baby, it will still take some months to get your pre-pregnancy figure back. Maybe the clothes you wore a 4 – 5 months will be about the right size now.

Don't forget the car seat you will need to transport your new baby home!

