

WHAT TO TAKE TO THE HOSPITAL

We want your hospital stay to be as comfortable as possible during your labor and birth as well as your recovery period. This list includes items that you may wish to pack to increase comfort for both you and your labor partner. Prepare for the possibility of early labor by assembling most of your hospital bag 3-4 weeks before your due date. Never pack items that are irreplaceable such as jewelry or a great deal of money. Once you have delivered you may want to send unnecessary items from your purse home with a family member or significant other (i.e. credit/debit cards, insurance cards, etc.). If you need to complete a voluntary paternity affidavit you will need to have a government-issued personal identification to show the notary after you deliver.

FOR MOM:

- If nursing, pack a couple of nursing bras and a supply of nursing pads. Even if you are not planning on breastfeeding, your breasts will initially produce milk regardless and you may need these when your breast begins leaking milk.
- You may bring changes of comfortable clothing or pajamas, slippers, a robe, etc. Myrtue Birthing Center will provide a Pretty Pusher soft knit labor gown while our guests. Do bring at least one change of clothes to wear home from the hospital. Choose something roomy and comfortable, you will still probably wear your maternity clothes for a while.
- Several nonperishable snacks/beverages. If you have lengthy labor or labor during mealtime, your support person can have something there to snack on so they won't have to leave you at any time to get something to eat or drink. You can also snack on these items after you have delivered your baby. Our Birthing Center has a stocked snack station next to the OB waiting room. Each patient room has a small refrigerator for your use.
- Breath mints for your support person. There is nothing like having a labor coach breathing in your face with bad breath. You may also want something to suck on if you get a dry mouth.
- A good phone or video camera to capture your important event. Make sure that you and your labor coach are familiar with how to use the camera.
- Your eyeglasses &/or contact. If you wear contacts be sure to bring solution and your container even if you usually leave them in. In case of a cesarean section, contacts must be removed and you will then need your solution. Your support person can carry your glasses to the operating room and hold them until after your baby is born if you need these to see your newborn. Piercings also need to be removed before any surgery.
- Your basic toiletries: toothbrush, toothpaste, shampoo, conditioner, deodorant, makeup, and hairbrush. You may want to pack something to hold your hair out of your face during labor. Myrtue Birthing Center will provide you with sanitary pads and disposable underwear and so you do not have to bring these items unless you wish. We will also provide you with a peri bottle, dermoplast spray, and tuck pads as needed.
- Lip balm or chapstick will most likely be needed during labor, especially if you are using your breathing techniques.
- Any comfort tools you feel you may use while in labor: i.e. massage oils/lotions, a favorite music playlist, your pillow from home, massage tools, objects for a focal point, and any "cheat sheets" from childbirth preparation classes. Myrtue Birthing Center has affirmation labor cards, peanut and labor balls, and oil diffusers to use if requested.

- If you have a birth plan bring a copy. Go over your plan with your labor nurse: she will be the key to making sure your wishes are followed. Unforeseen things may happen throughout your labor and birth that may not follow your original plan. Make sure that you are flexible with your birth plan.

FOR BABY:

- Car seat. This does not need to be at the hospital until after your baby is born, but be aware that you will have to bring it in. The hospital staff will need to fit it into your newborn and make sure that it meets regulations. Plan an appointment before delivery to have your car seat checked by a certified car seat safety technician.
- A favorite outfit and blanket for taking baby's hospital pictures in. You may also use this same outfit for the baby's take-home outfit. The hospital will provide simple clothing and diapers/wipes while you are a patient, but if you choose to, you can bring outfits from home to dress your baby in. We supply you with diapers, wipes, baby soap, and shampoo while you are here. Myrtue's Auxiliary donates a Sleepsack for every newborn delivered in our Birthing Center.
- Baby book if you have one. This is a great opportunity to start filling this out and you can also get the nursing staff to do the baby's footprints, etc. while you are here.
- If you are planning on breastfeeding, you may wish to use one of our boppy nursing pillows. You may also wish to bring your breast pump if you have one so that the nursing staff can show you how to use this. We give you a cooler bag to use to store pumped breast milk when away from your baby along with lanolin breast cream.
- If you are bottle feeding you may wish to bring the brand of bottle and nipple that you plan on using at home so your newborn can become used to this type. The hospital does carry different types of both Similac and Enfamil formulas, and a couple of types of nipples so you do not have to bring them.