

## Your Hospital Stay



To help make your hospital stay comfortable, you will want to bring the following items with you:

### For Mom:

- Feminine pads\***, minimum of two packages (long with maximum absorbency for heavy flow)
- Underwear, three to six pair or mesh panties\* if desired
- Personal care products
  - toothbrush and toothpaste
  - mouthwash
  - soap
  - brush and comb
  - shampoo and conditioner
  - shower cap
  - body lotion
- Supportive or nursing bra
- Nursing pads
- Moisturizer for your lips
- Food for labour coach (drinking boxes, chocolate bars, fruit) and cooler
- Loose change for pay phone, vending machines, parking
- Nightgown or alternate clothing suitable for nursing
- Lightweight housecoat and slippers
- Rice pack, hot pack, or hot water bottle
- Pillows in bright pillowcases

### For Baby:

- Package of **newborn diapers\***
- Barrier Cream, i.e., Petroleum Jelly
- Clothing for pictures and the trip home
- Receiving blanket
- Car seat

### Optional

- Tennis balls in a sock or a rolling pin in a towel
- Paper, pen, address book, phone numbers
- Popsicles, freezies
- Camera and film
- Socks
- Focal point

\* Mesh panties can be purchased in the Retail Pharmacy on the 3<sup>rd</sup> floor. After delivery, additional diapers and feminine pads can be purchased in the Retail Pharmacy if necessary.