

SUGGESTED CHECKLIST FOR WHAT TO BRING FOR A HOSPITAL BIRTH

LABOUR

Handheld Maternity notes

Something loose and comfortable to wear

Food and drink for you and your partner, including Isotonic drinks

Music

Towels

Toiletries

Lip balm/Vaseline

AFTER THE BIRTH

For you:

Clothes (night clothes, dressing gown, comfy clothes)

Slippers or suitable footwear

Maternity sanitary pads

Underwear – old or paper knickers

Bras (well supporting)

Breast pads

Tissues

Something to read, a pen

For baby:

Clothes (sleepees X3, vests X3, cardigan, hat, blankets)

Towel

Nappies

Roll/bag of cotton wool

Valuables: please do not bring in large sums of money, jewellery or electronic equipment eg Ipad, as the UHB cannot be held responsible for any loss or damage. Please do not bring in bulky items, such as the car seat/buggy, until you are going home.

BIRTH COMPANIONS – MAX 2

VISITING INFORMATION

Strict visiting hours will be observed.

Visitors will not be allowed into the Unit outside these times.

Partner and own children	9am-9pm
All other visitors	2pm – 3pm, 6pm – 8pm

Partners are welcome to stay overnight if they wish. Please refer to the Partner/Companion Staying Information on the App