Practical preparations

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While you are in the hospital maternity department, you will be given most of what you need for you and your baby. But here is a list of things that you can bring with you to the hospital.

On the labour ward:	
Pregnancy Health Card	○
Blood type printout and ultrasound printout	○
Results of other blood tests / examinations	○
Birth plan (what you would like to happen during labour and after birth)	○
Any medication you take regularly	○
Toiletries	○
Soothing music (make a playlist)	○
Magazines/books	○
Mobile phone and charger	○
Snacks (food you like best when you don’t have much of an appetite)	○
Food and drink for your partner or the person who will support you through labour	○

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Practical preparations

You will also be given most of what you need on the post-natal ward. Clothes and what you need to wash and change your baby are available on the ward. But here is a list of things that you should bring with you to the hospital.

On the post-natal ward:	
Toiletries	○
You will often be given mesh panties to wear, but you can also bring your own (remember you will be using large sanitary pads)	○
Slippers / indoor shoes	○
Lightweight clothing for your stay in hospital	○
Nursing bra / sports bra	○
Change of clothes to go home in	○
When you take your baby home, you will need a set of baby clothes (body, romper suit, soft hat and outdoor clothes suitable for the season. Blanket, duvet or similar)	○
Car seat suitable for the baby	○
If your partner is staying with you, they must bring what they need. It will often be possible to buy something to eat.	○

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Practical preparations

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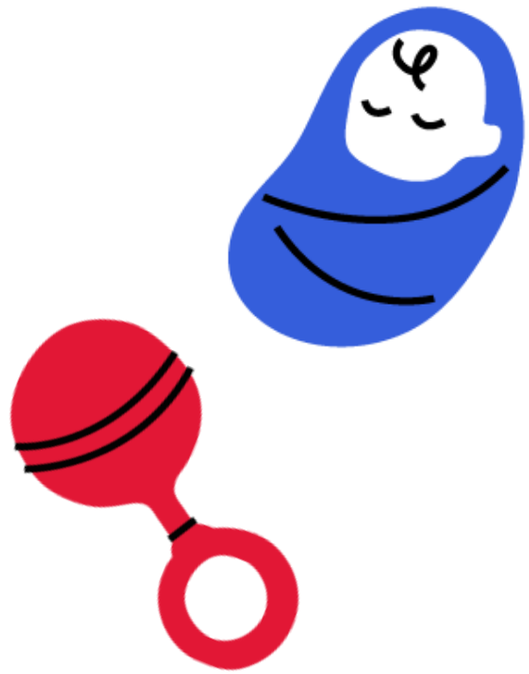
Can you think of anything else you would like to bring with you?

Other things?

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Other questions?

- How are you going to get to the hospital? (Make sure you have enough money for a taxi, if necessary.)
- Who will drive?
- Where can you park?
- Will you have to pay for parking?
- Which hospital entrance should you use?
- What is your Plan B if no one is available to drive you?



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