

Preparing for the Hospital

Packing for the hospital can be an exciting moment. It is best to get some things ready before your due date just in case you go into labor a little earlier. This is a guide about things that many moms have found useful during their labor and deliveries.

Essentials (and a few non-essentials) for Mom

- Nightgown and robe – Make sure they open in the front if you are planning to breastfeed.
- Sanitary pads – The hospital may provide you with these, but many women feel more comfortable when they bring their favorite brand with them. Remember you will need a pad designed for heavy flow.
- Nursing bras/Bras/Sports bra – Remember to bring your nursing bra if you are planning on breastfeeding. Many women find sports bras extremely useful for suppressing lactation if they are not planning on breast feeding.
- Breast Pads – You will need these whether you are breastfeeding or not because they help stop leaks by absorbing the milk
- Going home outfit – Clothing that fit you when you were around six months
- Underwear
- Toiletries – to be more comfortable, take a toothbrush, toothpaste, deodorant, lip balm, makeup, hairbrush, shampoo, shower cap, soap, lotion, etc.
- Slippers – During early labor, it is always recommended to walk around
- Money – For vending machine snacks and magazines
- Memory book and camera, cell phone and cell phone charger, if desired

Other things for Moms to remember

- Your signed copy of Bilateral Tubal Ligation papers if you want your tubes tied
- Let your doctor or delivery staff know if you have been diagnosed with an STD, HIV, Group B Strep or Hepatitis B
- Arrange with a support person to keep other children when you go to the hospital for delivery
- Keep phone numbers posted around the house of the doctor, hospital and local ambulance so if someone needs to call on your behalf
- If the hospital allows, pre-admit yourself to the hospital

Essentials for the Baby

- Going home outfit appropriate for the weather
- Receiving blanket
- Newborn diapers
- Cap
- Booties or socks
- Infant car seat
- Crib or pack-n-play ready for the baby at your home

Do not wait for your next appointment! Call and announce your baby has arrived.

- PHRM/ISS Case Manager's Name: _____
- PHRM/ISS Case Manager's Number: _____