

What to bring to hospital when having a baby

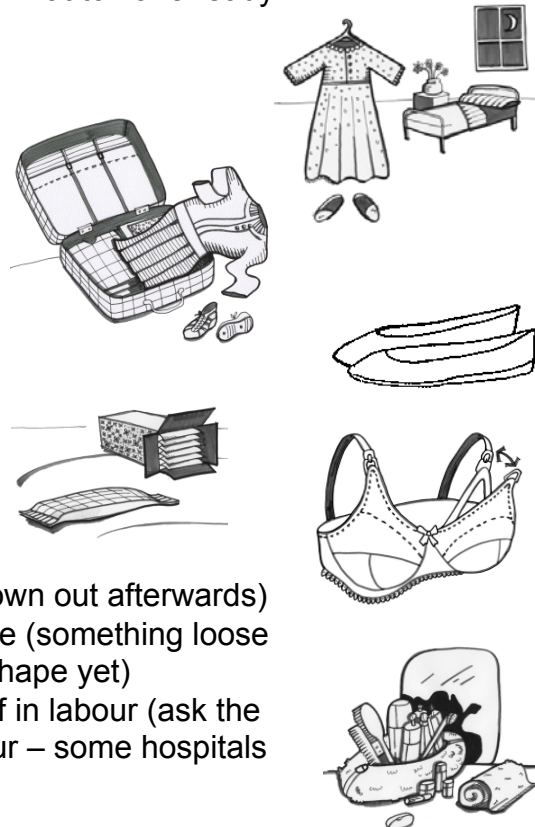
The following article is produced by NSW Department of Health.

Plan what you'll need to take to hospital

Here's a basic list. Your hospital may suggest a few extra things. If you're having the baby at home, your midwife will tell you what to have ready

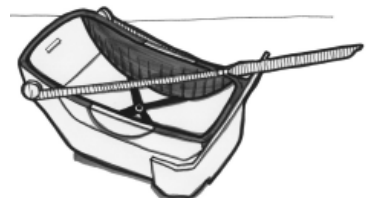
You'll need:

- nightdresses and a dressing gown
- some loose, comfortable day clothes, if you like
- comfortable footwear
- underwear, including nursing bras - some women use disposable briefs
- nursing pads
- toiletries, including a shower cap
- sanitary pads - either 'super' size or maternity size (you can buy maternity pads in supermarkets)
- something to wear while you're in labour – a big T-shirt or an old nightdress (they may need to be thrown out afterwards)
- clothes for you to wear to come home (something loose - you won't be back to your normal shape yet)
- wheat pack or hot pack for pain relief in labour (ask the hospital if you can use these in labour – some hospitals don't allow them in case of burns)
- anything you want with you in labour



Things for the baby:

- disposable nappies, if you plan to use them, as some hospitals only supply cloth nappies (check with your midwife or doctor about your hospital's policy)
- nappy, clothes and hat for the baby to wear to come home
- baby blanket.
- An approved baby capsule fitted into the car (if taking your baby home in a car)



Things for your partner:

Your partner or birth support person may also need to have a bag ready. Think about:

- food and drinks for them during labour, as well as for you. This may include juices or other drinks, soup, and food that's easy to heat or ready to eat so they don't have to leave you for long.

If you need help making phone calls in English, ring the Translating and Interpreting Service (TIS) on 131 450.

You can find more health information in your language on the Multicultural Communication website at <http://www.mhcs.health.nsw.gov.au>

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.