

What “Items to bring” to the Hospital:

For Labor:

❖ Mom

1. Please leave valuables at home. Cash, credit cards etc.
2. Lip balm

❖ Support Person

1. Snacks/drinks (Try not to eat foods that give off a lot of aroma)
2. Money for vending machine or cafeteria
3. Camera/phone (Charger!)
4. Phone numbers if needed to contact other family/friends
5. Your own Tylenol or tums if needed only for yourself not the laboring mom.

❖ For Post-Partum- (after delivery)

- Toiletries
- Makeup,
- Tooth brush,
- Shampoo/conditioner
- Brush/comb
- Lotion,
- Glasses/contact supplies
- Robe
- Clothes to wear home (hospital will supply gowns, pads and panties)

❖ Support Person

- Extra change of clothes
- Toiletries
- Night wear

❖ BABY

- Car seat * read all instruction and have it ready for use.
- Outfit to wear home
- May have an extra outfit to wear at the hospital
- Blanket to cover baby in car seat
- Booties/mittens/cap if wanted
- The hospital will provide diapers, wipes, blankets, bottles & formula if formula feeding.

When to Call the Doctor/ Go to Labor and Delivery

1. When you are **instructed** to go the hospital by your Doctor/midwife
2. For **BLEEDING** that is soaking a pad
3. When you **suspect your water has broken**
4. After contractions have been:

1st Baby

- 5 min. apart
- 40-60 seconds long
- For 1 hour

Subsequent Delivery

- 8-10 min. apart
- 40-60 seconds long
- for ½ hour

*For both, requiring total concentration and breathing

* NOTE: Use your own judgment. These are general guidelines.

5. For **Abdominal pain** that does not stop
6. **Fever** greater than 100 F that is not relieved by Tylenol ©.
7. **Headache** not relieved by Tylenol ©
8. **Pronounced swelling** of hands, feet, face, and ankles
9. **Urinary discomfort**: frequent, small amounts, and/or painful
10. **Decreased fetal movement**
11. Any other concerns you may have

Important: Prior to coming to the hospital please notify your doctor and hospital.