

Information for Patients

What should I pack for coming into hospital?

Please bring with you in a **small** suitcase:

For you:

- 2 x nighties/T shirts/pyjamas (for the labour and afterwards). You may wish to wear your day clothes on the ward.
- Clothes for going home.
- Slippers/socks – feet can get cold in labour!
- Toiletries: flannel, toothbrush, toothpaste, shower gel, soap, comb, hair bobbles and anything else you feel you may need.
- Feeding or good supportive bra. Avoid underwired bras.
- Towels - 1 bath and 1 hand recommended.
- Food (particularly snacks for partner).
- iPod or MP3 player (it is your responsibility to keep this safe).
- Water spray and lip balm.
- Breast pads – disposable.
- Disposable/comfortable large knickers - particularly if you have a caesarean section or stitches - to avoid rubbing on the wound.
- Maternity thickness sanitary pads - 1 pack.
- Plastic bag for dirty washing.
- Pen to complete feeding charts on the ward.
- Extra pillow.
- Bikini top/T-shirt if you wish to use the pool.
- Non fizzy isotonic drinks can be useful for women who are low risk to maintain energy levels.
- We can provide a TENS machine to support you with your contractions in labour; **please remember to bring you TENS pad with you.** We have a (Babycare ELLE TENS).

For your baby:

- Nappies – approximately 6-8 a day.
- Baby wipes (non-perfumed) and/or cotton wool balls.
- Clothes: 3 x vests, 3 x babygros, cotton scratch mitts and a hat (most babies will wear a hat for the first 24 hours until they can maintain their temperature).
- An outfit to take your baby home in (appropriate to weather conditions).
- Blanket to cover your baby in a car seat. Avoid blankets with large holes or fleece blankets as these are not safe for babies.
- If you choose to bottle feed – you will need to bring enough pre-packed bottles of a readymade newborn formula into hospital with you to last for your stay. We recommend that you purchase at least one **‘starter pack’** of **first infant milk** containing 6 bottles and 6 teats. These are disposable, sterile, single use bottles and provide the safest option when formula feeding your baby whilst in hospital. You can buy them from most local supermarkets. Please note that we are unable to store opened formula milk on the wards so please do not bring in large bottles of milk for your baby.

General information:

- The usual length of stay is around 24 hours.
- Cot bedding is supplied by the hospital.
- Please note that Saint Mary’s does not supply nappies or baby wipes.
- The ‘Mother’s Guide to Breastfeeding’ is yours to keep and is attached to your notes.
- You can use a mobile phone as long as it is left on vibrate and not charged up on hospital premises.
- No flowers are to be brought in to the hospital due to the risk of infection.
- Please do not bring valuables - you are responsible for all items you bring into hospital.
- We recommend you use a car seat for your baby when travelling by car. Ensure that you know how to fit your car seat correctly.

If you would like any other information please discuss this with your midwife.

