

# Preparing for your Hospital Stay

Listed below are suggestions for what to bring with you to the hospital for your baby's birth. We recommend that you start packing several weeks before your baby's due date. Your comfort is important to us at Mercy so we provide many things to help make your hospital stay relaxing and enjoyable.

## Labor and Birth Suites

### Bring For Expectant Mom:

- Photo ID and medical insurance card (required)
- Birth plan (if you have completed one)
- Baby book for footprints (optional)

### Clothing and personal items

- Eyeglasses, contact lens case and solutions (if you need them)
- Loose, comfortable clothes
- Toothbrush, toothpaste and mouthwash
- Bathrobe
- Socks & slippers
- Flip flops
- Hair bands, ties, or barrettes
- Your favorite pillows or a blanket from home

### Labor support bag

- Portable audio and video players (i.e. iPod) and headphones
- Your favorite music CDs
- Lip balm or moisturizer
- Rolling pin or tennis ball for backache
- Massage tools
- Vibrating massager
- Lotion for massage by partner
- Aromatherapy scents
- Focal point, such as an ultrasound picture of your baby or a vacation photo

### For distraction:

- Books, magazines, or cards for early labor
- Your favorite movies (DVDs)

## Our Labor and Birth Suites provide:

- Hospital gowns if you prefer not to wear your own clothing
- Birth ball
- Baby footprint sheet
- TV with DVD player and auxiliary jack for MP3 players
- Newborn Channel® #25 for mom and baby care education (also available on the Mother-Baby Unit)
- Ice packs for cold therapy
- Clear liquids including ice chips, juice, jello, broth and popsicles

## Mother-Baby Unit

### Bring For Expectant Mom:

- Nightgowns or other comfortable, loose clothing
- Nursing bra
- Hair care products, hairbrush and make-up
- Comfortable, loose going-home outfit and shoes
- Flip flops

### Bring for Baby:

- Car safety seat properly installed in your car
- Going-home outfit (a one-piece sleeper is easiest)
- Receiving blankets
- Pair of socks or booties
- Knitted cap

## Our Mother-Baby Unit will provide:

- Hair dryer
- Personal hygiene supplies including underpants, sanitary pads, peri-bottle and ice packs
- Breast pump and breast care supplies when medically necessary
- Newborn feeding supplies including infant formula
- Diapers, diaper wipes, skin care products, blankets, sleepsacks, and t-shirts for baby
- Bulb syringe for suctioning baby's mucous

## Suggestions for your Partner:

Having your own bag of things will help to make you comfortable during labor and an overnight stay.

- Electronic devices for taking pictures and videos
- Cell phone, Laptop (Wi-Fi available) and chargers
- Non-perishable snacks and energy drinks
- Cash for vending machines and guest trays (leave credit cards, or other valuables at home)
- Mints or chewing gum for fresh breath
- Change of clothes
- Basic toiletries including toothbrush, toothpaste, mouthwash, shampoo, and soap
- Bathing suit and flip flops if assisting mom with labor support in the shower or tub
- Comforter and pillows from home if partner plans to spend the night
- Medications you might need including prescriptions or over-the-counter