



THINGS TO BRING INTO HOSPITAL

This list is for women who are having their baby at the Women's.

For labour

- Comfortable clothes such as an old t-shirt, warm socks, old knickers (several pairs - you may need to change them often once your waters break)
- Own pillow (labelled) if desired
- Gel heat pack
- Oil, talc or lotion for massage
- Spray bottle (non-aerosol) for spraying cooling water
- Toiletries – soap, shampoo, toothpaste, toothbrush etc.
- Snacks: barley sugar, jelly beans, fruit bars etc.
- Thongs or slippers, non-slip socks
- Camera
- Phone charger
- Your favourite essential oil (oil diffusers are available)
- Your favourite music on MP3 player or phone (we have speakers available)

Support person(s)

- Their favourite snacks including juice, special teas, celebratory drinks, if desired.

Mother and baby

- Comfortable clothing, shoes, slippers or non-slip socks (footwear **MUST** be worn at all times).
- Nightwear: a nightie or night shirt rather than pyjamas and a dressing gown
- Nursing bras or a wire-free bra top (like those used for exercising) and nursing/breast pads
- Underpants: waist-high, full brief (rather than bikinis) and lots of them!
- Maternity pads (3 packets)
- Cotton balls and disposable wash cloths for baby's nappy (not commercial baby wipes). For more advice see the factsheet *Skin care for your baby*.
- Muslin wraps - for bathing and taking baby home
- Newborn nappies (packet of 32)
- Baby clothes: singlets and long-sleeved onesies are best
- If you plan to use artificial formula to feed your baby, please bring the formula of your choice, either a can or sachets.

- Infant car restraint (for day of discharge)
- Baby blanket/shawl for going home.
- Please leave jewellery, credit cards and other valuables at home.

Do not bring in large amounts of cash.

Visiting hours

Visiting hours are strictly between 2.30pm and 8.00pm. Partners can visit between 8.00am and 8.30pm.

Your stay

Soon after your baby is born you will be transferred to the postnatal ward for observations and care. Your midwife will speak with you about your discharge plans. If your birth is uncomplicated and you and baby are well, you will be discharged within 24 hours of the birth. If you are on the 24 hour discharge pathway your partner can usually stay overnight to help you and learn how to care for your baby with you.

If you have had a caesarean birth and all is going well for you and your baby, your stay in hospital is up to 72 hours after the birth. Women who have more complicated births or babies who are unwell will stay longer.

Ward Discharge time is 9.30am.

Please make arrangements as near as possible to this time for pick up.

Remember if you are going home in your own car, you will need to have an appropriate child restraint fitted before you your baby's birth. (Visit the VicRoads website www.vicroads.vic.gov.au or ask your midwife for the VicRoads Child Restraints brochure).

For more information

Visit the Patients and Visitors section on our website – www.thewomens.org.au/PatientsandVisitors

Related factsheet

- Skin care for your baby