



THINGS TO BRING INTO HOSPITAL

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

For labour

- » Clothes for labour – old t-shirt, warm socks, old knickers and tracksuit for afterwards.
- » Own pillow (labelled) if desired.
- » Gel heat pack.
- » Oil, talc or lotion for massage.
- » Spray bottle (non aerosol) for cooling.
- » Tissues.
- » Toiletries – soap, shampoo, toothpaste, toothbrush.
- » Food such as barley sugar, jelly beans, fruit bars.
- » Thongs or slippers.
- » Lip cream for dry lips.
- » Camera.

Support person

- » Coins for phone/parking meter.
- » Food – snacks, juice, special teas, celebratory drinks, if desired.

Mother and baby

- » Comfortable clothing, shoes (for daytime).
- » Nightwear – dressing gown, slippers (footwear MUST be worn at all times).
- » Nursing bras and nursing pads.
- » Extra underwear.
- » Maternity pads (3 packets).
- » Baby clothes and blankets to take baby home in.
- » Infant car restraint (for day of discharge).
- » Cotton balls or baby wipes.
- » Disposable newborn nappies (packet of 32)

- » If you prefer, you can use your own baby clothes in hospital.
- » If you are planning to use artificial formula to feed your baby, please bring the formula of your choice, either a can or sachets.
- » Please leave jewellery, credit cards and other valuables at home.

Do not bring in large amounts of cash.

Visiting hours

Visiting hours are 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 all is going well with you and your baby, you will be able to go home after six to 48 hours from birth.

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.

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 <http://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

The Women's is a smoke free environment.