

## Fact Sheet

# What to bring to hospital when you are having a baby

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### Preparing for the birth

It is a good idea to have your bag packed at least a month before your baby is due.

We suggest that you have two bags. One with all the things you need for the labour and birth of your baby, and another in case you stay in hospital after the birth.

### In your birth bag

This bag should have all the things that are going to aid you throughout labour and birth. Your support person can take this bag home after the birth if you and your baby are staying in hospital.

**Keep your antenatal card (yellow card) with you at all times.**

### Important things to include:

- birth preferences (plan)
- what you want to wear in labour
- snacks and drinks for yourself and support people
- camera/video camera
- music player
- other things that will help you during the birth e.g. pillows
- any medications you take regularly (these need to be taken home again once the staff have viewed them).

### In your postnatal stay bag:

#### For you

- clothes for day wear (suitable for breastfeeding) and sleepwear
- comfortable underwear (full briefs) & maternity bras
- toiletries - soap, shampoo, toothpaste and tooth brush, hairbrush, deodorant
- maternity pads (at least 3 packets),

- mobile phones - there are areas in the hospital where you will not be able to use a mobile phone
- mobile phone charger
- phone cards for the hospital phones are available for purchase.

### For your baby

- nappies 1-2 packets of newborn size and wipes
- baby bath solution or baby soap
- clothing for the baby to wear in hospital (e.g. singlets and onesies)
- clothes and baby blanket to take the baby home
- if you plan to bottle feed - bring your own supply of formula powder and a 24 hour supply of sterilised bottles and teats ready to use. (labelled with your name)
- Place the sterilised bottles and teats in the refrigerator in your hospital room or store them in a small insulated bag with an ice-brick.
- There are no facilities to re-sterilise used bottles and teats, these will need to be sent home to be re-sterilised.

*The hospital does not provide clothing and blankets for you to take home.*

### Phone Enquiries

Allocate someone to take calls about your progress in labour and the details you wish family and friends to know about the baby.

Please do not give the Birth Unit phone number for general enquiries as staff are not allowed to release information about you and your baby due to privacy reasons.

### Caring for your mobile phone, camera, and other valuables

While the majority of people visiting a hospital are honest, we encourage you to leave your valuables at home.

Also if you leave your room, please take your mobile phone and camera with you.

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As in any public area, it is vital to ensure that the opportunity for these to be stolen is minimised so please keep them safe and with you at all times. The hospital is not responsible for any lost valuables.

**Please clearly label your bag and other items.**

### How long do I stay?

From the Birth Unit-  
Most women who have a baby do not need to stay in hospital very long and may go home within hours of birth. A midwife will visit you at home to assess you and the baby and provide support.

If you are required to remain in hospital after a vaginal birth you can expect to stay about 1-2 nights and 2-3 nights following a Caesarean birth. If your baby needs to remain in hospital, you will still be discharged.

**The planned time of discharge from the Postnatal Ward is 11am.**

### Child Restraint

To take your baby home you will need a child restraint as required by law. It is vital that your child restraint is fitted prior to the birth of your baby. It is recommended that you have this fitted by an RTA approved fitting station.

### Women Children & Youth Health visiting hours

Please check with your midwife or the Westmead Women's and Newborn Health Website:  
<http://www.wslhd.health.nsw.gov.au/WNH/Home/home>.  
The hospital's visiting hours are strictly adhered to.

It may help your visitors to plan when they are coming to see you if they know when the ward will be open to visitors. This will include your partner. Street parking is available near the hospital or within the hospital grounds for a fee.

**We welcome further feedback on this brochure as a way of continually improving our service.**

**Send your feedback to:**  
WSLHD-Get\_Involved@health.nsw.gov.au