

Fact Sheet

What to bring to hospital when you are having a baby

womensnewbornhealth.com.au

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 for your stay in hospital after the birth.

In your birth bag

This bag should have all the things that are going to help 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)
- if you were advised to hand express in pregnancy, a small amount of your frozen colostrum in a cool bag – please read our “Hand expressing of colostrum during pregnancy” factsheet by scanning the QR code below



- some mothers will have a breastfeeding/lactation plan to if you have one
- snacks and drinks for yourself and support people
- camera/video camera
- music player
- other things that will help you during the birth e.g. your pillows

- any medications you take regularly (these need to be taken home again once the staff have viewed them).
- mobile phone charger

In your postnatal stay bag:

For you

- clothes for day wear and sleepwear (suitable for having skin to skin contact and breastfeeding) i.e., full button-down shirts can be easier in hospital.
- comfortable underwear (full briefs), Crop tops, maternity singlets or maternity bras
- toiletries - soap, shampoo, toothpaste and toothbrush, hairbrush, deodorant
- maternity pads (at least 3 packets),
- a pen to write on ‘My baby’s feed chart’
- 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
- Snacks to nibble on
- Nursing pads

For your baby

- nappies 1-2 packets of newborn size and wipes
- clothing for the baby to wear in hospital (e.g. singlets and onesies)
- clothes and baby blanket to take your baby home

We do not provide clothing and blankets for you to take home. Ask your midwife if you have any further questions

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.

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

Please DO NOT bring hot water bottles and heat packs to the birthing unit

Caring for your mobile phone, camera, and other valuables

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

Please take your mobile phone and camera with you if you leave your room unattended. As in any public area, it is vital to ensure that the opportunity for these to be stolen is always 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. If this is the case, there will be information provided to you at this time on how best to support your continued breastfeeding.

NSW health policy ensures that your care providers "Promote, Protect and Support" your breastfeeding. Please ask for more information.

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:

<https://www.wslhd.health.nsw.gov.au/WNH/Additional-resources/Visitor-information>

The hospital's visiting hours must be 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.

References:

Australian Commission on Safety & Quality in Healthcare: Charter of Healthcare Rights
<https://www.wslhd.health.nsw.gov.au/ArticleDocuments/3944/Charter%20of%20Healthcare%20Rights%20A4%20poster%20ACCESSIBLE%20pdf.pdf.aspx>

NSW Health Information Privacy Leaflet for Patients

<https://www.wslhd.health.nsw.gov.au/ArticleDocuments/3944/privacy-leaflet-for-patients.pdf.aspx>

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

Send your feedback to:

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