

What to Bring to Hospital

June 2023

Below is a list of suggestions of what to bring to hospital for the birth of your baby.

For the car

- 2 clean old towels
- Plastic container in case of vomiting

Please ensure you have an approved, fitted car restraint for your baby in your car prior to labour

For labour and birth

- Wear whatever you feel most comfortable in for labour and birth, ideally a large comfortable T-shirt. The birth suites offer a hospital gown if you prefer
- Also bring a set of clothes to change into following the birth
- Toiletries - soap, toothbrush, toothpaste, deodorant, shampoo, shower cap, brush, comb and face washer
- Tissues
- Lip balm
- Lollies to suck and water bottle with straw
- Aromatherapy oils – electric diffuser
- Music with Bluetooth speaker and charger
- Some women like to bring their own pillow.

For partners or support people

- Snacks and packaged drinks. Tea and coffee making facilities are available in the lounge
- Loose comfortable clothing and a jumper as the hospital is air-conditioned
- A pen and paper can be useful
- Swimming costume
- Enclosed shoes in case of transfer to the operating theatre
- Camera, mobile phone or video recorder.

For your post-natal stay

Pack these in a separate bag or in the bottom of your case.

- Comfortable casual clothes, nightwear, dressing gown and slippers. Front opening nightwear is more convenient for breastfeeding
- 2 bras or crop tops for comfort
- Breast pads
- 3 packets of maternity sanitary pads and comfortable high waisted underwear (dark colour best)
- Toiletries and hairdryer (for hair only)
- Pen and paper
- Snacks (for during the night). Microwave, tea and coffee making facilities are available
- Mobile phone charger.

PTO

Medications

- Please bring all your medications with you when you come into hospital.

For baby

- 1-2 packets disposable nappies, wipes and nappy bags
- If you are planning to formula feed your baby, you will need to bring your own formula and bottles. Please ensure 1-2 bottles are sterilised prior to labour.
- Baby clothes for baby to wear to go home.

Length of stay

- If you are well and your baby is feeding well, you may prefer to go home early. To be eligible for this 'Midwifery Support Program' (MSP) you choose to go home prior to 48 hrs after a vaginal birth, or 72 hrs after a caesarean. Please discuss with your midwife/ obstetrician, the timing and number of visits is dependent on what your needs are, approximately 3 in the first 10 days after birth.
- If you have been cared for by MAPS or MGP midwives and you are well and your baby is feeding well, you will be encouraged to go home soon after your baby's birth. You're MAPS or MGP midwife will visit you at home.
- Alternatively, you can expect to be discharged home by the time your baby is 3 days old, if you have a vaginal birth, or 5 days old if you have had a caesarean.

The hospital does not accept any responsibility for the loss of valuables, credit cards or money whilst in the hospital. It is better not to bring these with you.

Time of discharge home is 10am

Please Note: There may be a delay in your discharge if our medical team are held up elsewhere.

Updated and endorsed June 2023. Reviewed by clinicians and consumers in development stage July 2021.
Should you wish to discuss any aspect of this information please send an email to RHWfeedback@health.nsw.gov.au