

Essential Items for Hospital Birth

Hospital Birth Supplies

- *Disposable Bed Pads “blue pads” x 12 (for use at home in labour)
- Pillow for hospital (personal preference 1-2)
- Basin, pail or plastic bag for vomiting (for car ride if necessary)
- Food & drink for client and helpers e.g. granola bars, fruit and veggies, cheese, yogurt, sandwiches, trail mix, Gatorade, juice, soup etc.
- Small bottle of Olive oil (for perineum during 2nd stage of labour)
- Gravel (for rest at home in early labour, ask your midwife for dosage)
- Midwifery chart, OHIP card, Mount Sinai hospital card (if available)
- Infant car seat (please ensure it is installed properly and adjusted for a newborn)
- Overnight bag & Baby Bag

Overnight Bag:

- Comfortable change of clothes for trip home
- Pajamas
- Slippers (or slip on shoes e.g. flip flops)
- Extra Socks
- Toiletries (e.g. toothbrush, tooth paste, deodorant, hair brush, hair ties, lip balm)
- *Maternity Pads (cotton pads preferred, avoid “dryweave” or plastic lining, heavy flow or overnight pads recommended for first few days)

Baby Bag:

- Baby Hats x2-3, Undershirts x2, Sleepers x2
- Receiving Blankets x2 (and warm blanket if cold weather)
- Diapers
- Bunting bag or snowsuit (in winter months)

Optional Items:

- Camera
- Music
- Homeopathic remedies e.g. Arnica 30c

Items To Have At Home For Client in the Postpartum:

- Acetaminophen (Tylenol) & Ibuprofen (Advil) (for perineal pain and cramping)
- Epsom Salts (for soaking perineum)
- *Maternity Pads (cotton pads preferred, avoid “dryweave” or plastic lining, heavy flow or overnight pads recommended for first few days)
- *Squeeze bottle (for cleaning perineum e.g. sports drink bottle)

Items To Have At Home For Baby in the Postpartum:

- Diapers
- Vitamin D supplement e.g. “D-Drops”
- Calendula or Zinc cream (for diaper area)
- Oil for dry skin (e.g. olive oil, almond oil, linseed oil)
- Simple digital thermometer (for underarm, not an ear thermometer)
- Rubber tipped spoon or eyedropper (for supplementation if necessary)

* These items can be purchased at Starkman's Medical Supply - 1243 Bathurst at Davenport.
(416) 534-8411