

Preparing for delivery

What to do before your due date

- I have pre-registered at Holy Cross Hospital
- I know how to get to labor and delivery
- I have chosen a pediatrician
- I have a car seat and it is installed in my car
- My hospital bag is packed
- I have a plan for the care of my other children or pets during my stay

What to bring to the Hospital

- Extra pillows (do not use white pillowcases)
- Any tank tops, sports bras, robes or clothing you would like to wear during labor (a hospital gown is provided)
- Any pajamas, nursing bras/clothing, slippers you would like to wear postpartum (a hospital gown is provided)
- Toiletries': toothbrush, toothpaste, shampoo, conditioner, hairbrush, ponytail holders, lip balm, lotion
- Outfit for baby to go home in
- Car seat, please have it installed already
- Optional:* Cord blood collection kit

Suggested supplies for home after birth

- Nursing bra and comfortable underwear
- Sanitary pads (Overnight with wings recommended), or Depends
- Breast pads or cooling pads
- Nipple cream
- Breast pump
- Diapers
- Baby Blankets
- Tucks pads
- Dermoplast or lidocaine spray for stitches
- Peribottle
- Sitz bath
- Sanitized bottles if bottle feeding
- Formula if bottle feeding
- Haakaa Pump