

WHAT TO BRING TO THE HOSPITAL?

**Pack Two Bags - One for Labor Room and One for After Delivery*

Small Bag for Labor Room:

- ✓ Warm Socks
- ✓ Vaseline or Chapstick - to moisten your lips
- ✓ Small lotion to keep your abdomen smooth if you are using effleurage techniques or to use if your partner massages your back
- ✓ Lollipop - to suck on between contractions to help keep your mouth from drying out. A sour lollipop is best.
- ✓ Small paper bag - to breathe into if you hyperventilate
- ✓ Comb and brush
- ✓ Wash cloth
- ✓ Robe/slippers
- ✓ Snacks for Coach
- ✓ Focal point
- ✓ Watch with second hand
- ✓ Camera and film
- ✓ Can of tennis balls - for back labor; your labor partner can put two of the balls in a sock and use them to apply counter pressure on your back
- ✓ Labor Log - notebook or sheet to record labor progress
- ✓ Phone numbers of people to call after baby arrives
- ✓ DVD player - if music relaxes you

Bag for Stay in Hospital after Delivery:

- ✓ Toothbrush and toothpaste
- ✓ Makeup supplies
- ✓ 2 or 3 nursing bras, or regular bras, if you plan to bottle feed
- ✓ Reading and writing materials - birth announcements
- ✓ Several nightgowns, slippers and robe



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*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability.
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