



Suggested Supplies FOR A HOSPITAL BIRTH

Please gather the following together at least one month before your due date (except for food and drink):

- ⌘ Sanitary pads, diapers (PRHC provides a starter pack)
- ⌘ Soap, shampoo, and other personal items – pajamas, slippers, bath robe (if you wish)
- ⌘ Food for mother, partner and supporters for labour and after birth
- ⌘ Clear fruit juice, herb tea with honey, mineral water or ice cubes made with fruit juice (*in a thermos*)
- ⌘ Moisturizer for your lips
- ⌘ Extra pillows (*with distinctly patterned pillowcases to differentiate these from the hospital ones*)
- ⌘ Clothes for mother and baby - (*large T-shirt for mother to labour in, a few pairs of large comfortable underwear, clothes & blanket for baby to come home in, cotton hat for baby at birth*)
- ⌘ Infant car seat for traveling home
- ⌘ Cell phones permitted in birthing suite or credit card to activate phone in room.
- ⌘ Payment for parking if delivering at PRHC – cash, credit card, debit card
- ⌘ PLEASE try to leave valuables at home.

Optional

- ⌘ Camera (*non-flashing if possible, consider black & white photos last longer and are generally beautiful*)
- ⌘ Batteries
- ⌘ Music you enjoy hearing and laptop/ MP3 player

FOR HOME USE

Digital Celsius thermometer
Acetaminophen (Tylenol) and Ibuprofen (Advil)
Dimenhydrinate (Gravol)- not time release

PRHC Visitation Hours: **visiting hours are 24 hours**

In case of a Caesarean section, only 1 support person may come in the OR room.