



## Your important health information

# What to Bring to Hospital

Listed below are suggestions of what you can bring to hospital. You may want to bring other items to make your stay more comfortable.

### For you

- Medicare Card and Health Care Card
- casual, comfortable clothes
- dressing gown and slippers or shoes
- two maternity bras and nursing pads
- three packets of thick maternity pads
- pyjamas or nightgowns – front opening for breast feeding
- soap, toothpaste, shampoo, brush or comb, tissues etc
- pen.

### Please Do Not Bring Valuables

### Suggested items for labour

- loose fitting nightgown or t-shirt
- camera, music
- massage oil
- gel heat pack- NO hot water bottles
- lip balm or Vaseline
- high energy foods and drinks eg Lucozade, lemonade for partner or support person
- bathers and towel for partners if using bath.

### For your baby (guide only)

- packet of newborn nappies
- four singlets
- two hats
- five night gowns or grow suits
- three wraps including one thicker wrap
- two pairs of mittens, socks or booties
- baby wipes or bag of cotton balls
- If planning to formula feed you will need to bring the following equipment with you for your hospital stay:
  - 6 sterilised bottles, teats and lids
  - 1 tin of your chosen formula
  - Steriliser - a Microwave Steam Steriliser is recommended.

### For your baby on day of discharge

- please have an approved car restraint fitted prior to the day of discharge
- two nappies, baby clothes and baby blanket.

### For you on day of discharge

Any medication you are prescribed on discharge may be obtained from the hospital pharmacy. Your medication will cost the same (or less) as it would at your local pharmacy. Please bring your Medicare card, concession card and safety net card if you have one.

Electrical items will need to be tested by our Engineering Department a few weeks before your admission. The testing can be arranged by contacting Parent Education on 8458 4152.

#### Further Information

If you have any questions regarding this information, please contact:

Outpatients Department

Phone 8458 4204

#### Acknowledgements

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