

## 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 - Please do not bring valuables

- 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 breastfeeding
- soap, toothpaste, shampoo, brush or comb, tissues, other toiletries
- pen.

### 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 such as Lucozade, healthy food/snacks for partner/support person
- bathers and towel for partner/support person for shower/bath use during labour.

### For your baby (guide only)

- two packets of newborn nappies
- baby wipes
- four singlets
- two hats
- five night gowns or grow suits
- three wraps including one thicker wrap
- warm baby blanket
- two pairs of mittens, socks or booties
- baby wash
- 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
  - one tin of your chosen formula
  - microwave steriliser unit.

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

### For you and your baby on day of discharge

- Please have an approved car restraint fitted prior to the day of discharge.
- Medication may be obtained from the hospital pharmacy. You will need your Medicare card, concession card and Safety Net card if you have one.

#### Further Information

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

**Mercy Hospital for Women**  
Parent Education Department  
Phone: 03 8458 4152

#### Acknowledgements

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