

# Things to Bring With You to Hospital

## Information for Women — Maternity Services

### For You

#### Day Wear

- Comfortable clothes (suitable for 21°C and for breastfeeding), which open at the front or separate at the waist, large underwear, trousers, t-shirt or shirt.
- Bras – maternity bra or soft bra (as breast size can vary significantly, breast-pads and underpants (suitable for wearing a sanitary pad).

#### Night Wear

- Nighties or pyjamas, dressing gown (remember convenience for breastfeeding), slippers.

#### Toiletries

- Soap (simple soap – low fragrance) and face cloth
- Tooth brush and toothpaste
- Shampoo and comb
- Maternity sanitary pads (not slimline or G-string)
- Any medications you take



#### Optional

- Biscuits / snacks, fruit
- Decaffeinated coffee or herbal tea
- Lip balm
- Headband/hair ties
- Pillow / pillow case
- Jandals for shower

### Also

- Birth plan/breastfeeding plan
- Maternity notes
- Nutritious snacks
- Phone card to make calls
- Camera
- Coins or credit card for parking (only required at Christchurch Hospital Campus)
- Pen (for completing baby's feed chart)
- Washing powder for personal washing (only available at Christchurch Women's Hospital Maternity )

**\*\* It is best to leave valuables at home \*\***

### For Baby in Hospital

- Booties/socks
- Baby clothes including singlets, gowns or 'all in ones'
- Something to wipe baby's bottom e.g. soft cloths



### To Take Baby Home

- Nappies, singlet (woollen and cotton)
- Gown or stretch 'n' grow
- Woollen cardigan
- Shawl or blanket
- Hat and booties (woollen)

### Car Seat

**Don't forget to organise to have a car seat ready for either transfer to another hospital or discharge. Please make sure you are familiar with how to put your seat into your car.**

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)