

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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