



Preparing for Your Hospital Stay

Listed are suggestions for what to bring with you to the hospital for your baby's birth. We recommend that you start packing several weeks before your baby's due date. Your comfort is important to us at Mercy, so we provide many things to help make your hospital stay relaxing and enjoyable.

mercy.net/nwamaternity



Your life is our life's work.

Labor and Birth Suite

Bring for expectant mom:

Paperwork:

- Photo ID and medical insurance card (required)
- Baby book for footprints (optional)

Labor support bag:

- Headphones
- Your favorite music
- Lip balm or moisturizer
- Rolling pin or tennis ball for backache
- Massage tools
- Lotion for massage by partner
- Aromatherapy scents
- Focal point, such as an ultrasound picture of your baby or a vacation photo

Clothing and personal items:

- Eyeglasses, contact lens case and solutions (if you need them)
- Loose, comfortable clothes
- Toothbrush, toothpaste and mouthwash
- Bathrobe
- Socks & slippers
- Flip flops
- Hair bands, ties or barrettes
- In addition to the bedding provided in your room, you may want to bring your favorite pillows or a blanket from home

Our Labor and Birth Suite will provide:

- Hospital gowns if you prefer not to wear your own clothing
- Birth ball
- Baby footprint sheet
- TV with DVD player and auxiliary jack
- Ice packs for cold therapy
- Clear liquids, including ice chips, juice, jello, broth and popsicles

Mother-Baby Unit

Bring for expectant mom:

Clothing and personal items:

- Nightgowns or other comfortable, loose clothing
- Nursing bra
- Hair-care products and hairbrush
- Comfortable, loose going-home outfit and shoes
- Flip flops

Bring for baby:

- Car safety seat properly installed in your car
- Going-home outfit (a one-piece sleeper is easiest)
- Receiving blankets
- Pair of socks or booties
- Knitted cap

Our Mother-Baby Unit will provide:

- Personal hygiene supplies, including underpants, sanitary pads, peri-bottle and ice packs
- Breast pump and breast-care supplies when medically necessary
- Newborn feeding supplies, including infant formula
- Diapers, diaper wipes, skin care products, blankets, sleepsacks, and t-shirts for baby
- Bulb syringe for suctioning baby's mucus

Suggestions for your partner:

Having your own bag of things will help to make you comfortable during labor and an overnight stay.

- Electronic devices for taking pictures and videos
- Cell phone, laptop (Wi-Fi available) and chargers
- Non-perishable snacks and drinks
- Change of clothes
- Basic toiletries, including toothbrush, toothpaste, mouthwash, shampoo and soap
- Bathing suit and flip flops if assisting mom with labor support in the shower or tub
- Medications you might need, including prescriptions or over-the-counter