

Maternity Hospital Bag Checklist

You will soon be coming into hospital; the checklist below has essential items to ensure you are prepared and comfortable.

For you

- Your maternity notes
- Several nightdresses or large t-shirts
- Socks to keep your feet warm during labour
- Lip balm
- Snacks and isotonic drink e.g. Lucozade sport – **not fizzy drinks**
- Something loose and comfortable to wear after your baby is born (something front-opening is useful if you're planning to breastfeed)
- Comfortable and supportive non-wired bras, including nursing bras if you're planning to breastfeed
- Maternity pads – several packets
- Washbag with toothbrush, toothpaste, hairbrush, hairbands and other toiletries
- Towels for after showering – choose dark colours
- At least six pairs of comfortable underwear – choose dark colours or disposable knickers
- Dressing gown and slippers
- Plastic bags to put any dirty clothes into for baby and you
- Ibuprofen and paracetamol for after the birth (if you are able to take them)
- Peppermint tea/cordial if you are having a caesarean section to aid digestion

For your baby

- Vests (bodysuits) and front-opening sleepsuits – newborn/ first size – at least six of each
- Warm hats and cardigans – woollen / knitted are ideal
- Muslin squares or soft bibs
- Nappies and cotton wool pads
- Baby blanket
- Baby car seat
- Suitable clothing for travelling home
- At least one starter pack of baby formula if you are planning to formula feed – formula is not provided at the hospital and there are no facilities to sterilise/make up bottles

Please note

Meals and drinks are provided for you. Your birthing partners may access the restaurant which is open 24 hours.

One named birthing partner is welcome to stay overnight on the postnatal ward however reclining chairs are not guaranteed and we ask that they are appropriately clothed at all times.

If you have any further queries you can contact us on
0191 607 2318.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

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