

What to bring to the hospital

Essential Items and Documents

<input type="checkbox"/>	Health card (OHIP)
<input type="checkbox"/>	Insurance coverage information (if applicable)
<input type="checkbox"/>	Cell phone and charger
<input type="checkbox"/>	Car seat (please leave in your vehicle until time of discharge)
<input type="checkbox"/>	Cord blood kit (if applicable)

Packing List

<input type="checkbox"/>	Anything that may help make your environment comfortable and calming during labour
<input type="checkbox"/>	Snacks/drinks (adult patients are provided with meals postpartum but not support people)
<input type="checkbox"/>	Indoor non-slip slippers, socks or flip flops
<input type="checkbox"/>	Comfortable clothes for your post-partum stay that allows for easy access for skin-to-skin
<input type="checkbox"/>	Housecoat/sleepwear
<input type="checkbox"/>	Extra underwear and socks
<input type="checkbox"/>	Comfortable clothes for your support person if they are rooming in
<input type="checkbox"/>	Toiletries
<input type="checkbox"/>	Toothbrush, hairbrush, deodorant, etc.
<input type="checkbox"/>	Wet baby wipes
<input type="checkbox"/>	Newborn sleepers and hats
<input type="checkbox"/>	Soother

Hospital Provides

<input type="checkbox"/>	Patient gowns
<input type="checkbox"/>	Disposable mesh underwear
<input type="checkbox"/>	Peri bottle(s)
<input type="checkbox"/>	Maternal pads
<input type="checkbox"/>	Newborn diapers
<input type="checkbox"/>	Baby wipes
<input type="checkbox"/>	Baby blankets
<input type="checkbox"/>	Sterile nipples and bottles
<input type="checkbox"/>	Formula
<input type="checkbox"/>	Birth balls and peanut balls
<input type="checkbox"/>	Pillows and linen

One team, here when you need us most.

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