

What to Bring to the Great Expectations Birthing Center

Hospital Will Provide for Mom

Sanitary pads
Disposable mesh underwear
Personal cleansing bottle
Breastfeeding gown
Mother and New Baby Care booklet

Mom May Choose to Bring

Camera and Charger
Phone Charger
Nursing Pillow
Pillow
Swimsuit Top (Optional for hydrotherapy tub)
Bath Robe and Slippers, Clean Socks
Nursing Bras (Regular bras if you choose NOT to breastfeed)
Nursing Tank Tops
Lanolin (Especially if breastfeeding)
Nursing Pads
Toothbrush, toothpaste, floss
Comb, brush
Bobby Pins, Ponytail Holders, Headbands
Shampoo, Conditioner, Body Soap
Body Lotion, Deodorant, Body Spray
Hair Styling Products
Curling or Flat iron, Hair Dryer
Cosmetics and Moisturizer
Glasses (Contact lenses will be removed during any surgery)
Books, Magazines, Laptop
Pad and pencil
Change for vending machines
Phone numbers of people to call after the delivery
Loose-fitting clothes and comfortable shoes to wear home
Zippered Sweatshirt (Good for layering)
Breast Pump (If you have questions)
Any prenatal reports or hospitalization papers
Prescription Drug Card (To pick up medications after discharge)

Patient Rooms each have a small refrigerator for personal food items. There is a small kitchen on the unit with coffee, cold soda, juice, ice machine, cereal, soup, granola bars and other refreshments - free of charge.

In addition, our kitchen offers gourmet Room Service from 6:00 a.m.-6:00 p.m. Patient meals are included, and guests may order a guest tray for \$6 (cash only), due at the time of delivery.

**Do not bring large sums of money or valuables with you to the hospital.
We cannot be responsible for lost or stolen items.**

Things to Consider for Baby

Guest Book or Baby Book
Special Outfit for Hospital Photos
Clothing for the day of discharge:
Undershirt
Layette gown, sleeper or stretch suit
Receiving blanket (year round)
Heavy blanket (cooler weather)
Swaddle Blanket/Sleep Sack
Car Seat

You MUST bring your car seat to the room the day of discharge so proper adjustments can be made. It is helpful to familiarize yourself with how the seat fits in your vehicle prior to discharge from the hospital. Snowsuits cannot be used with car seats; you may consider a car seat cover during the winter months.

Hospital Will Provide for Baby

Onesie or Shirt
Hat and Blanket
Pair of booties
Disposable diapers
Diaper wipes
Bulb syringe
Baby soap

Things to Consider for Birth Partner

Pillow and Blanket
Appropriate Pajamas
Change of Clothes
Sweatshirt/Pants (Many moms prefer the room be kept cool)
Snacks/Drinks
Gum