

What you need to bring to RVH

- + **Health Card**
- + **Midwives Binder**
- + **Pre-registration package from RVH**

For labour and birth you will want to include

- + Loose comfortable night gown or T-shirt (optional)
- + Non-slip slippers
- + Lip balm, hair ties for longer hair
- + Popsicles or sour lollipops or candy
- + Food for labour partner (Cafeteria hours and Café hours are limited to day time hours, vending machines are available around the clock)
- + Extra pillows and/or Body pillow (optional)
- + Favourite CDs or tapes
- + Camera
- + Pen or pencil
- + Bathing suit for labour partner (to assist you in the shower)

For your care following the birth

- + **Sanitary napkins** (large absorbent, avoid "dry-weave")
- + Extra underwear (large, comfortable) disposable underwear can be purchased in certain stores. A good idea is to cut off the legs of old panty hose, they make a pair of easy to wash underwear that can hold the large pads that are necessary for the first 24 hours after your baby is born.
- + Night gowns and dressing gowns
- + Nursing bras and breast pads
- + Personal toiletries

For your baby's care following the birth

- + **Disposable diapers**
- + 2-3 hats for baby
- + Sleepers
- + Vitamin D supplement

To prepare for discharge home

- + Clothes for you and your baby
- + Car seat for baby

Please bring enough of everything for your entire length of stay at RVH. Average hospital stay after a vaginal birth is 3-48 hours and a Caesarean section is 3-4 days.

Things you may want to have prepared at home

- + Frozen meals
- + Frozen pads (spray sanitary napkins lightly with water and/or Witch Hazel and freeze -makes nice "tucks" for a sore bottom) or small bag of frozen peas or corn.
- + List of things your visitors can help with on the fridge
- + Sign for "New Mom and Baby Sleeping - Please Do Not Disturb"
- + Answering Machine message with Vital statistics of you and baby so you don't have to answer phone
- + Arnica - a homeopathic remedy that is helpful for bruising and swelling