



## What To Bring To The Hospital

To help you prepare for your stay at Queensway Carleton Hospital's Childbirth Centre, here is a list of some of the more common things you should bring with you to help make you stay more comfortable.

### **Things You Will Need:**

- Comfortable clothing, sweater, housecoat, pajamas, slippers/socks
- Nursing bra and nursing friendly shirts (if breastfeeding)
- Breastfeeding pillow (optional)
- Breast pump, if breastfeeding and you own one, as this may be needed
- Reusable water bottle
- Hot/cold pack
- Nipple ointment
- Female personal hygiene products (super/absorbency) 2 dozen
- Phone and phone charger
- Toiletries: toothbrush, toothpaste, lip balm, shampoo, soap, etc.
- Personal electronics (iPad, Tablet, etc.) and earphones (optional)
- Snacks

### **Things Your Partner or Support Person Will Need:**

- Comfortable clothing, sweater
- Pillow and sleeping bag/blanket
- Toiletries
- Reusable water bottle
- Snacks

### **Things You Will Need for Your Baby:**

- Newborn diapers (2 dozen)
- Baby wipes
- Sleepers, undershirts, onesies, etc. (seasonally appropriate)
- Socks
- Receiving blankets
- Soother
- Pen to fill out forms
- CSA approved infant car seat with base installed in car. You do not need to bring this in until baby is being discharged (this is required to bring baby home).

\*In the event you need to use a breast pump, Medela breast pump kits are available at a cost on our unit with a pump to use while admitted.

If you are missing or forgot any items, many of these essentials can be purchased at our on-site Gift Shop, which is open Monday to Friday 9:00 am - 8:00 pm and Saturday & Sunday 9:00 am - 4:00 pm.