

Vaginal birth hospital stay checklist

A list of items that may help you pack your hospital bag as you get close to your due date. Most women spend 1-2 nights at the hospital after a vaginal birth.



For the patient and family

<input type="checkbox"/>	Pillows/breastfeeding pillows
<input type="checkbox"/>	Snacks
<input type="checkbox"/>	Water bottle
<input type="checkbox"/>	Breastfeeding-friendly tops/bras
<input type="checkbox"/>	Slippers/robe
<input type="checkbox"/>	Ear plugs and eye masks
<input type="checkbox"/>	Several pairs of underwear or disposable underwear
<input type="checkbox"/>	Large sanitary pads
<input type="checkbox"/>	Bathroom bag
<input type="checkbox"/>	Headbands and hair elastics
<input type="checkbox"/>	Glasses
<input type="checkbox"/>	List of medications
<input type="checkbox"/>	Chargers for phones/devices



For the baby

<input type="checkbox"/>	Diapers
<input type="checkbox"/>	Baby wipes
<input type="checkbox"/>	Baby outfit to take baby home in
<input type="checkbox"/>	Baby hat
<input type="checkbox"/>	Vaseline or diaper cream
<input type="checkbox"/>	Baby car seat

**A baby car seat may be left in your car or at home if you are not driving*



For the hospital visit

<input type="checkbox"/>	Health card
<input type="checkbox"/>	Hospital card
<input type="checkbox"/>	Supplemental health information you may have

For more information, visit us at <http://tvasurg.ca/pe-vb>

**Please remove and leave all jewellery at home*