

# WHAT TO BRING TO THE HOSPITAL



## **Mother**

- OHIP card
- Personal Hygiene items (Tooth Brush, soap, shampoo etc.)
- Comfortable Clothing to wear
- Package of Overnight or Heavy Flow Sanitary Pads
- Extra pair of underwear (5-6, only one pair of Hospital underwear is provided for after delivery and they are not the most comfortable)
- Comfortable slip-on shoes (sandals or slippers)
- Breast Pads and nursing bra if breast feeding
- Pen to fill out forms



## **Baby**

- Diapers
- Baby Wipes
- Vaseline
- Baby wash/soap
- Baby Blanket
- Baby clothing
- Baby Lotion

## **Extras**

- Pillow and blanket for Dad or support person
- Refillable water bottle
- Soft Kleenex
- Extra snacks and drinks for Mother and Dad or Support Person. There is a fridge available for Patients, please ensure you label your items
- Extra snacks
- Camera (Photography and videotaping are prohibited in some areas, please check with your nurse)
- Warm sweater
- A leak-proof storage container if you wish to be discharged with your placenta

# SOME THINGS TO REMEMBER ABOUT HAVING YOUR BABY AT QHC

- Your OB or Midwife will have a registration form in their office to fill out prior to coming to the hospital to have your baby. This form is to be dropped off to Patient Registration, at the main doors of BGH. ENSURE that your address and phone number is up to date
- IF you have appointments booked on Quinte 7, the Maternity floor; when you arrive at the hospital just take the elevators to the 7<sup>th</sup> floor and stop at the desk. Please remember if you need Rhogam, to book an appointment at ext. 2345 after completing your blood work.
- While you are labouring we ask that your company/family sit in the waiting room and not stand in the hallway in case of a floor emergency.
- If your baby is sent to the Special Care Nursery only Mom and Dad/Support person are able to visit in the Nursery. This is to protect your baby and other Nursery babies requiring care.
- We have open visitation at BGH but there are some considerations when you are having friends and family visiting; If you are sharing a room with another Mom, we ask that you have no more than 2 visitors at a time to be respectful to your roommate (This is the QHC Policy). Your company are more than welcome to sit in the waiting room. Also only Dad or your Support Person is permitted to stay the night with you and baby.
- Prior to going home there are some discharge teaching with Mom and testing on Baby that the nurse will need to complete. If you are looking to go home let your nurse know, realize that sometimes this process can take time based on patient needs and the availability of doctors.
- If you do not have a family doctor please contact Health Care Connect at 1-800-445-1822 as soon as possible as wait lists sometimes are weeks long. Baby will require a first week checkup and if you do not have a Family Doctor you will need to go to a walk-in clinic for this.
- Please visit <http://www.qhc.on.ca/having-a-baby-at-qhc-p69.php> to find more information

