



# What to Bring for your Hospital Visit

Thank you for choosing to have your baby at Bluewater Health. Here is a list you may find helpful when preparing for your hospital stay.

We suggest bringing only what you will need during your visit for you and your partner/support person.

We hope you find this checklist useful as you prepare for your delivery.

## For Mom

	1-3 pairs of pajamas and a robe
	Comfortable Clothing
	Lip Balm
	Slippers &/OR Slip on shoes
	Toiletries you may need (ie. Brush, toothpaste, toothbrush, deodorant, etc.)
	Long, maxi, or super absorbent pads (20-30)
	4-5 pairs of comfortable underwear
	Supportive Bra or Nursing Bra
	Pillow
	Breast pads
	Nipple ointment/cream
	Blanket
	Hair elastics &/OR Headbands

## For Partner

	Pillow and blankets if staying overnight
	Pajamas and comfortable clothes. <b>Reminder:</b> Partners must be clothed at all times
	Snacks
	Small amount of money for vending machine and daily parking
	Toiletries

## For Baby

	1 package of newborn diapers
	Vaseline
	Wipes
	3-4 sleepers
	3-4 undershirts
	3-4 receiving blankets
	Outerwear to suit the weather
	Hats
	Socks, mittens, undershirt
	Approved car seat- <b>Reminder:</b> Please read the instructions for the child securing harness and proper car installation <b>BEFORE</b> coming to the hospital to bring baby home

## Paperwork

	Ontario Health Card
	Extended Hospital Insurance Information
	Photo ID
	Pen to fill out forms
	Pre Admit Anesthetic Questionnaire given to you by your Obstetrician or Midwife <b>if</b> you have not been to Pre Admit Clinic or you were a phone interview

## Miscellaneous

	Phone Chargers
	Camera
	Books
	Deck of cards
	Magazines
	Relaxation tools: Massage oil, music etc
	Camera and charger

**Questions:**

---

---

---

---

---

---

---

**Maternal, Infant, Child Program, Ext. 8440**  
**Bluewater Health, Sarnia**

89 Norman Street, Sarnia, Ontario N7T 6S3  
Telephone: 519-464-4400