



PACIFIC MIDWIFERY PRACTICE **Birth Supplies and Preparation for Hospital Birth**

Regardless of where you plan to have your baby, it is recommended that you assemble a few supplies after the 36th week of your pregnancy. Have fun and please ask if you have any questions. For planned hospital births, most women find their home the most comfortable place to be in early labour, until you are ready to go to the hospital.

During early labour the following items are suggested

- Several towels and maxi pads handy in case your water breaks
- A thermometer
- Hot water bottle or hot pack
- Gravol & Tylenol

Hospital Birth Kit

- Change of clothes and nightie or t-shirt for labour
- Bathrobe, slippers/flip flops and nursing bra
- Bathing suit for partner
- 3 pairs of sleepers, hats, undershirts, and baby blankets
- 2 pillows in bright pillowcases
- Toiletries for both parents
- Music/bluetooth speaker
- Camera, phone chargers
- Nutritious snacks + electrolyte drinks such as Ener-C, coconut water, Gatorade
- Lactation tea (bring brew ball or tea mug to make loose tea)
- 1 Vial Homeopathic Arnica pills for bruising (Finlandia/Health Food Store)
- Aromatherapy and massage oil
- Champagne (optional)
- Car Seat

Optional for hospital

Tens Machine
 Bathing Suit Top/Sports Bra
 Blow-Up pillow for the bathtub
 Latex-free hot water bottle/heat pad

For Home

Package of Perineal Wash Herbs
 Epsom salts
 Tylenol (500 mg) /Advil (200mg)
 Thermometer for Baby

Labour-aid Recipe

1/3 cup fresh lemon juice

1/3 cup honey

1/4 to 1/2 tsp. sea salt and 1/4 tsp baking soda

1-2 calcium magnesium tablets (crushed)

(up to 1000 mg. cal./500 mg. mag.)

Mix in enough water to make 1 litre, you can also freeze into ice cubes, add more water or juice to dilute. Drink often throughout labour.