

MATERNITY PLACE

What to Bring to the Hospital *Checklist*



- Make sure you pre-register with the hospital before arrival
- Photo ID, insurance info, pediatrician name, hospital forms and birth plan
- Hair ties
- Sugar-free hard candy to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Non-perishable snacks
- Flat shoes/slippers or sandals for walking in halls
- Comfortable going-home clothes for mom and baby
- Cell phone and charger
- A supportive nursing bra
- Car seat installed
- A robe that allows for easy access to skin-to-skin with baby
- Nail file for baby
- Remove jewelry and leave valuables at home
- Any photo props you want for initial baby photos
- Glasses or contacts, if needed
- Ambiance and birthing extras you'd like in your room such as birthing ball, aromatherapy, electric candles
- Toiletries: hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion and lip balm



Broward Health[®]
CORAL SPRINGS

The Maternity Place