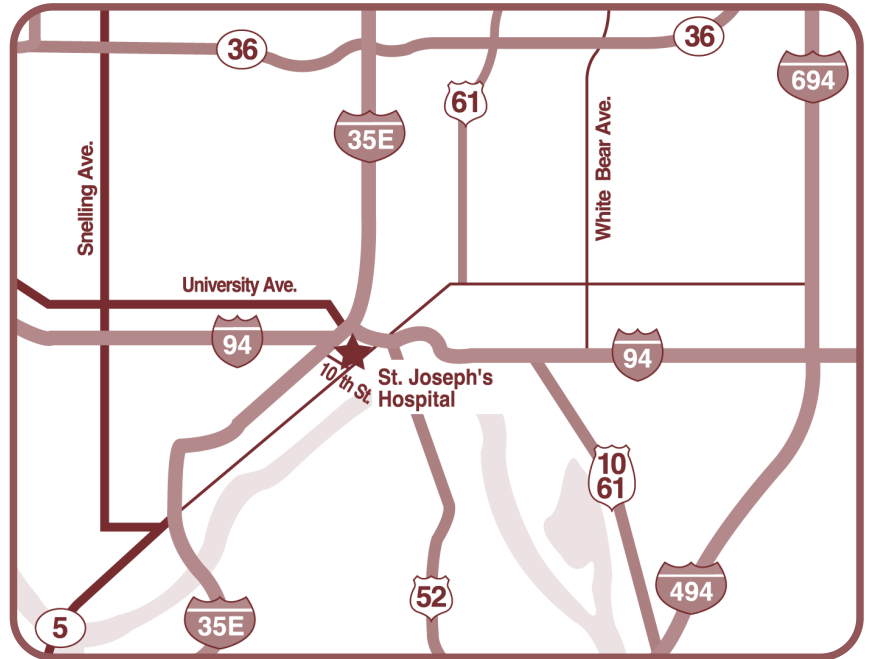


WHERE TO GO AND WHAT TO BRING

WHERE TO GO

When the time comes to give birth to your baby, please use the Emergency Care Center entrance. You will be greeted by a member of our staff and escorted to your room in the Maternity Care Center.

Maternity Care Center
651.232.3022



WHAT TO BRING

While preparing for your trip to the Maternity Care Center, use this sheet as a check list of things to bring.

Labor Bag (for you)

- Anything that will help you feel more comfortable.
- Focal point to aid concentration (a picture, plant, stuffed toy)
- Lip gloss, balm or petroleum jelly
- Sour suckers for dry mouth and throat
- Cards, games or books
- Cassette or CD player and music
- Robe, socks and slippers
- A favorite pillow (optional)
- Toothbrush, toothpaste and other personal grooming items

For Labor Support

- Lotion for back rubs and massage
- Paint roller, rolling pin or tennis ball for applying back pressure
- Notebook with pen to record observations
- Camera, video and/or tape recorder
- List of phone numbers to call with the news!

Suitcase (for you)

- Nightgowns (if breastfeeding, nursing gowns)
- If not breastfeeding, a good support bra
- Hair dryer
- Comb, brush, shampoo, toilet articles
- Going-home clothes that fit when you were about five months pregnant

If Breastfeeding

- Two nursing bras
- Breast shells, if you used them during pregnancy to correct inverted nipples

For Labor Support Person

- Pajamas, robe and toilet articles for long labor and/or staying overnight after the birth
- Money for meals in the cafeteria
- Food and beverages from home (store in Maternity Care Center refrigerator)
- Toothbrush and toothpaste

For baby

- Baby book
- Car seat (know how to install in your car)
- Going home clothes: undershirt, sleeper, cap, sweater, blanket and in the winter, snowsuit