



Annandale OBGYN
703-642-7522
annandaleobgyn.com

Packing your Hospital Bag for Delivery

Congratulations! We are so excited for you and can't wait for you to bring your new baby home! Before this happens though, you will need to pack your bag for the hospital. Most necessities will be provided for mom and baby by the hospital

What to bring for mom?

- Driver's license or ID and insurance card
- Clothing: The hospital will supply a hospital gown, disposable underwear and socks, but if you prefer to use your own we suggest comfortable pajamas, sweat pants or bathrobes. The nurses do frequent checks to assess vaginal bleeding after delivery for both vaginal deliveries and c-sections, so it is better to wear something that is easy to pull up or down. If you would like to wear your own underwear, it should be full bottom cotton underwear that you do not care if becomes soiled. If you plan to breastfeed, nursing bras can be useful. We suggest an outfit to go home in and an additional one if you'd like to have professional photos done. We also suggest flip flops for the shower and if you like, slippers to walk around in
- Toiletries: The hospital will supply shampoo, soap, body lotion, toothbrush and toothpaste, but if you prefer to use your own products you can bring these items plus conditioner, deodorant, face creams, make up, chap stick, brush, and hair ties etc.
- Glasses or contact lenses and solution if you wear them
- Phone charger
- After delivery care: The hospital will supply maxi pads for vaginal bleeding. They will also supply witch hazel, tucks and dermoplast spray to help soothe pain after vaginal delivery. You will be given a peri bottle to clean yourself with after using the restroom
- Food: After delivery, you will be provided 3 meals per day by the hospital. Snacks, such as saltines and juice are available for between meals. If you'd like any additional snacks, such as granola bars or nuts, we suggest bringing this from home. Additionally, chewing gum after c-section can help expedite bowel function and improve gas pain and bloating

What to bring for baby?

- Car seat: The car seat base *must* be installed by you prior to discharge. The hospital cannot help with this. You will bring the actual car seat itself into the hospital to take baby out of the hospital in. Some babies, if on the smaller side, may need to pass a "car seat test" to be able to go home safely
- Clothing: The hospital will supply onesies for the baby, but you can bring a special outfit or two for photographs and for baby to go home in. The hospital will supply baby blankets and hats, but you can bring your own if you'd like
- Care items: The hospital will supply diapers, wipes, comb, diaper cream, and formula and bottles if not breastfeeding for the duration of your hospital stay. It is helpful to bring wipes and a few extra diapers for the trip home in case baby needs to be changed



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What to bring for dad?

Dad will not be provided any items or food by the hospital, so please bring everything he will need

- Driver's license or ID and insurance card
- Clothing: Multiple changes of comfortable clothes and pajamas. It is hard to anticipate how many days you will be in the hospital as every labor and delivery course is different. Flip flops or sandals to walk around the halls
- Toiletries: toothbrush, toothpaste, deodorant, hair care, medications etc.
- Glasses or contact lenses and solution if you wear them
- Phone charger
- Food: You will be responsible for your own food. You will not be fed by the hospital. You can pack snacks, such as chips, nuts and granola bars to tide you over between meals and over night. It not a bad idea to bring some cash for the vending machines
- You can accumulate a lot of items in the hospital, so bringing an extra bag for gifts can be helpful when being discharged