

NORTH PARK PRIVATE HOSPITAL

Maternity Unit

We hope this list will assist you in deciding what items to bring with you for your stay:

- Pregnancy Information Record
- Blood Group Card
- Medicare Card
- Private Insurance Details



Requirements for Mother:

- Nightgowns and light dressing gown.
- Slippers or comfortable footwear
- Briefs and maternity bras
- Casual clothes for day wear (eg tracksuits, t-shirts)
- 3 packets of super sanitary pads
- Old nightgown or t-shirt for labour
- Toiletries
- Pen
- Hairdryer
- Clock if desired
- Radio if desired
- Back heat pack if desired (Blue gel type is the only one which can be heated in hospital)
- Box of Tissues

Requirements for Father (if staying)

- Change of clothes
- Pyjamas
- Toiletries

Requirements for Baby:

- 5 nightgowns or gownsuits
- 5 singlets
- 6 bunny rugs
- Nappy change lotion, bath lotion or pure soap may be used if desired
- Mittens and booties (optional)
- 6 bibs
- 2 bags cotton balls (large)
- Baby capsule

You will receive a pack of 18 disposable Huggies nappies for your stay. Should you require more we ask you to supply the extra requirement.

For your baby's safety, please have your car fitted with a baby capsule prior to taking baby home.

THIS IS REQUIRED BY LAW

Please do not hesitate to contact the Midwifery Unit on 9467 6022 if you have any further queries.

Please note list effective from October 2004