



Birthcare
MATERNITY HOSPITAL



Preparing for Postnatal Care at Birthcare

Expecting a stay at Birthcare Auckland? Here's your essential checklist to ensure comfort and readiness for both mum and baby. Remember, Birthcare provides medical and general baby supplies (pain relief, sanitary pads (Initial Pack), disposable nappies, and wipes) as part of our service.

For Mum:

- ☐ Nightwear & Day Clothes: Comfortable, loose-fitting attire for lounging and going home
- ☐ Toiletries: Shampoo, conditioner, deodorant, toothbrush, toothpaste, and any personal items
- ☐ Maternity Pads
- ☐ Hairdryer: Especially useful in twin-share rooms
- ☐ Pillows if you have favourite
- ☐ Breastfeeding Essentials: Breastfeeding-friendly tops, maternity bras, reusable breast pads, nipple balm, and hydrogel discs
- ☐ Comfort Items: Lip balm, snacks, and a water bottle
- ☐ Snacks
- ☐ Pen

For Baby:

- ☐ Clothing: 3–5 singlets, bodysuits, cardigans, socks, mittens, and a woollen hat
- ☐ Wraps & Blankets: Muslin wraps and breathable blankets (avoid polar fleece if possible)
- ☐ Nappies & Wipes: The hospital provides disposable nappies and wipes, but you may bring your own if preferred
- ☐ Car Seat: Ensure it's installed and ready for the journey home

Please do not bring:

Electrical Equipment (e.g. Ricecooker, Jug, Fan)

Have a question?

If you have any questions about any of the following please phone us prior to your admission:

- Room preference – Shared, Ensuite room
- Cost estimate
- Special dietary requirements

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