Birthcare
MATERNITY HOSPITAL



Preparing for Postnatal Care at Birthcare

Expecting a stay at Birthcare? 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
- ☐ Car Seat: Ensure it's installed and ready for the journey home

Please do not bring:

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

Looking after your valuables

We recommend leaving valuables and large amounts of cash at home. Please keep personal belongings with you where possible.

Have a question?

If you have any questions please contact us prior to your admission:

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