

WHAT TO TAKE TO THE HOSPITAL

list for Mum



CENTRUM MEDYCZNE ŻELAZNA
Szpital i Przychodnia św. Zofii

Three weeks before the due date, pack a bag with the following items:

FOR YOURSELF:

- comfortable shirt or (long) T-shirt for delivery and 2 shirts which allow breastfeeding
- bathrobe, slides
- breastfeeding bras, at least 2 pcs
- identity document, tests done during pregnancy
- 2 packs of postpartum pads
- disposable mesh underwear (not underwear made of nonwoven interlining!)
- sanitary underpads
- toiletries (non-scented if possible)
- two towels (bath towel and regular towel)
- paper towels
- still mineral water or, as we strongly encourage, a bottle with a filter
- things you can't imagine spending time without in a hospital

REMEMBER ALSO TO:

- leave valuable jewellery at home
- wash off finger and toenail polish (the colour of the nail plate provides important information about your health)
- shorten your nails (no nail tips) to make it easier to look after your baby

WHAT TO TAKE TO THE HOSPITAL

list for Baby and Dad



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Three weeks before the due date, pack a bag with the following items:

FOR THE BABY:

- 5 tops for the newborn, e.g. bodysuit type (size 56 or 62)
- three pairs of sleeveless sleepers or 3 short-sleeve sleepers
- ten cloth diapers and a packet of disposable diapers
- two cotton caps
- two pairs of socks
- 2 blankets and optionally a swaddling blanket
- towel
- a small pillow that can be used for feeding or a nursing pillow

All items (even new) should be washed beforehand.

FOR DAD (APPLIES TO FAMILY BIRTHS):

- comfortable change of clothes
- change of shoes (slides, slippers)
- something to eat

space for your notes:

Remember to have approved protective masks for yourself and your partner.