Good idea to pack your bag a month before your due date



For The Mom-To -Be

- □ Copy of insurance & ID
- Any medications currently taking (prescription or non- prescription)
- Underwear
- Nursing bra or good support bra
- □ Breast pads
- Toiletries (toothbrush, toothpaste, shampoo, hairbrush, lip balm etc.)
- Sanitary pads
- Nightgowns (front opening helpful for breastfeeding and exams)
- □ Slippers
- □ Robe
- $\hfill\square$ Comfortable clothing to wear home





- Approved infant car seat
- □ Undershirt



- Diapers and wipesBooties
- 🗆 Hat
- □ Thin blanket or cotton wraps
- □ Socks or booties
- □ Warm blanket & Sweater if weather is cold

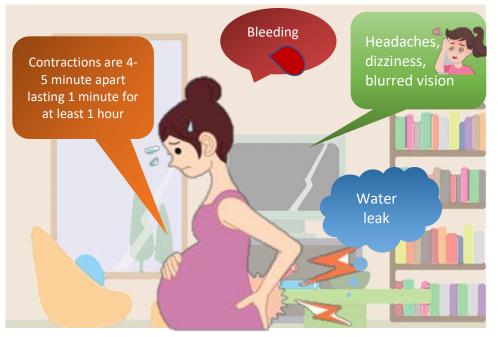
Other Things That Might Be Useful

- □ Cell phone and charger
- □ Camera & extra batteries
- □ Healthy snacks
- Money for vending machine or hospital cafeteria
- □ Breastfeeding support pillow
- \Box Nipple balm, nipple shield
- □ Hairdryer (if you use one)
- □ Earplug
- \Box Headphones, laptop or tablet
- □ Books or magazines
- □ Personal music selection

For Your Partner or Support Person

- Change of comfortable clothes
- Extra pillow (Colored pillowcase to identify)
- □ Toiletries
- Money
- □ Cell phone and charger

When To Go To The Hospital



Go to the hospital when:

• You have painful contractions every 4-5 minutes for two hours that do not go away with rest & fluids.

• There is a sudden gush of fluid or a trickle of fluid that leaks steadily from the birth canal.

• If you are bleeding, more than spotting.

Important Signs To Watch For During Last Trimester

- Bad cramps or belly pain with or without diarrhea.
- Fever chills, dizziness, nausea, vomiting or bed headache.
- Blurred vision or spots before eyes.
- Severe or persistent vomiting and/or diarrhea.
- Sudden or severe swelling of hands, feet or face.
- Constant dull low back pain/ pressure or change in lower back pain.
- Frequent contractions or change in strength or number of them.
- Decrease in baby's movement.
- Spotting or bleeding from vagina.
- A feeling that baby is pushing down.
- Trickle or gush of fluid from the vagina.

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Go to the hospital right away or call your doctor if you have any of these symptoms.

