



Suggested Supplies

FOR A

HOSPITAL BIRTH

Please gather the following together at least one month before your due date (except for food and drink):

- ☞ Sanitary pads
- ☞ Food for mother, partner and supporters for labour and after birth
- ☞ Clear fruit juice, herb tea with honey, mineral water or ice cubes made with fruit juice (*in a thermos*)
- ☞ Moisturizer for your lips
- ☞ Extra pillows (*with distinctly patterned pillowcases to differentiate these from the hospital ones*)
- ☞ Clothes for mother and baby - (*large T-shirt for mother to labour in, a few pairs of large comfortable underwear, slippers, housecoat, toiletries, clothes & blanket for baby to come home in, diapers, cotton hat for baby at birth*)
- ☞ Infant car seat for traveling home
- ☞ Cell phones permitted in birthing suite or credit card to activate phone in room.
- ☞ \$8.00 for parking if delivering at PRHC – cash, credit card, debit card

Optional

- ☞ Camera (*non-flashing if possible, consider black & white photos last longer and are generally beautiful*)
- ☞ Batteries
- ☞ Music you enjoy hearing and laptop/ MP3 player

FOR HOME USE

Digital Celsius thermometer
Acetaminophen (Tylenol) and Ibuprofen (Advil)
Dimenhydrinate (Gravol)- not time release

Visiting Hours – PRHC

- ☞ In Birthing Suite: 3 support people at PRHC
- ☞ One support person (with armband) may visit outside visiting hours at PRHC.
- ☞ Depending on room arrangements your partner may not be able to stay overnight after the birth of your baby

General visiting hours: PRHC
11:00 – 2:00 pm
5:00 – 8:00 pm