

Birth Care & Family Health Services

(717) 786-4010 fax (717)786-4011

Georgetown Office

1138 Georgetown Rd. • P.O. Box 152 • Bart, PA 17503

DELIVERY SUPPLIES FOR BIRTH CENTER

- At least 18 large underpads (Chux) to protect the bed (found at Walmart, CVS, Rite Aid, etc. in the 'adult incontinence' section)
- 10 overnight size sanitary pads or 5 Attends / Depends (adult diapers found in the 'adult incontinence' section)
- 2 loose short nightgowns or old shirts for labor and birth
- Robe, slippers, a few pairs of underwear, nursing bra
- Baby clothes and Baby blankets
- Newborn size diapers
- Infant car seat for the ride home **REQUIRED BY LAW**
- Food, snacks, and any favorite drinks for yourself and your support person
Remember you will need to stay at the Birth Center at least **FOUR** hours after the baby is born and you will be very hungry!

Have a baby scale at home to monitor weight loss or gain

Highly recommended:

Breast pump (may be needed to stimulate labor contractions)

OTHER IDEAS:

Ibuprofen (Advil, Motrin, Nuprin) for after pains
Personal Toiletries (i.e., comb & brush, toothbrush and toothpaste, lip balm / chapstick)

Hard Candy or popsicles

Camera, if desired

Music, CD's or tapes, if desired

OPTIONAL ITEMS that you may want at home after delivery:

For Nursing: Vitamin E capsules or Lansinoh ointment for sore nipples, breast pads, breast pump, Mothers Milk Tea

Tucks Pads or Witch Hazel for small tears, stitches or hemorrhoids

Raisin Bran cereal, prunes, prune juice, etc. to avoid constipation

Pre-made meals, or friends arranged to bring meals for the first week

Harvest Drive Office

3469 Harvest Drive • Gordonville, PA 17529

DELIVERY SUPPLIES FOR HOME BIRTH

everything on left **PLUS:**

- 1 plastic fitted sheet, plastic shower curtain or large piece of plastic to protect mattress
- 1 set of clean older sheets for delivery and a second set for after the birth. To make the bed, cover the mattress with the sheet you want to sleep on after the birth, then the plastic fitted sheet, then the old sheet
- 2 small basins, bowls or buckets (one for warm water and one for vomiting)
- 1 Cool Whip container with lid or Texas Pail for placenta
- 3 soft old towels and 3 baby blankets, for drying and swaddling baby
- A few old washcloths
- 2 plastic trash bags, one for trash and one for laundry
- Fans or Heaters to keep room comfortable (no kerosene please)
- Thermometer for monitoring baby temperature
- Prepared food or easy snacks for your family and birth attendants.

****Have a suitcase packed for mom and baby in case of transfer to hospital****

OTHER IDEAS:

Clean your tub as an early labor project

Extra plastic sheet if bedroom is carpeted

Lots of pillows

Hand mirror if you want to watch the birth

Olive oil on hand for midwife to use to help prevent tearing

Hot water bottle or heating pad for backache or keeping baby warm

Straws for easier drinking

QUESTIONS? 717-786-4010