

Tips to Help You Prepare for Your Hospital Stay

We're excited that you have chosen the W.G. Watson M.D. Women's Center for your childbirth experience! We know this is one of the most memorable times of your life and also one of the busiest as you prepare for your new arrival. We want to help you get ready so we've prepared this list to help you with your hospital stay.

Upon admission we will provide you with a few personal care items that you will need for your first day after delivery. They will be given to you upon arrival to the post-partum unit.

Pack your suitcase in advance as you will need to bring other personal items such as:

- A nice gown and robe to help you celebrate the day after delivery.
- Non-slip bedroom slippers to wear in your room.
- A good fitting and supportive bra. If you are breast-feeding you will want a bra made to help with this but everyone should bring a bra as this is a necessary item for you after delivery.
- Underwear (preferably cotton so easily washed) that will help hold a sanitary pad in place after delivery.
- Toiletries such as toothpaste, toothbrush, hair brush or comb, deodorant, your desired soap for showering, lotions, and any other personal care items such as a hair dryer you may want or need.
- If you are breast-feeding, our knowledgeable staff will assist you with breast-feeding your baby to get you off to a great start! You may also talk with them about purchasing a breast pump through the lactation center.
- To make overnight stays more comfortable for family members who may be staying with you after delivering, it's a good idea to bring along items for their comfort such as a favorite pillow and blanket.
- Siblings of newborns may stay in the mom's room overnight if necessary as long as there is a responsible adult there to care for them at all times. Mom really needs her rest and quiet after delivery though, so it's best to prepare other arrangements for siblings in advance.
- Please do not bring any medications with you as they will be provided during your stay.
- We provide meals and drinks for you during your stay. We are pleased to be able to offer refreshments for our patients. Family and friends may purchase meals through dietary or go to the grill or cafeteria.

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Tips to Help You Prepare for Your Hospital Stay ... continued

- If you know you will be having surgery, to reduce the risk of an infection, please:
 - remember to shower the night before and morning of your admission with the cleanser provided on your pre-admission visit if applicable
 - do not shave or clip yourself
 - do not apply lotions, powders or oils

These are the items you need to pack for your new infant:

- A baby outfit for pictures and/or going home. Please see Bella Baby on the University website www.universityhealth.org, to get ideas about your very own special photograph options!
- One or two baby blankets for going home. The hospital will provide baby clothes and blankets for use during your stay.
- A pacifier, especially if there is a certain brand you choose. This is often a good item for you to have, even if you do not anticipate needing one.
- Hand mittens. We clip babies' nails, yet sometimes they still can scratch their faces so this is a nice item to have.
- A car seat. Please make sure you are familiar with your seat and have it set up prior to discharge.
- We provide your new baby a pack of diapers (these will last for a normal hospital stay), a pack of wipes, baby wash, a digital thermometer, and a brush/comb set upon arrival to the nursery. You can pack a few extra diapers and wipes if desired.
- If you are not breast-feeding, our nursery provides a daily supply of infant formula for use while your baby is here. WIC representatives do not visit the hospital during your stay. For Georgia residents, there is an information sheet in the newborn folder you will receive after delivery. Plan to purchase formula after your baby's discharge after talking with your pediatrician about the best type of formula for your baby. You will also need six to eight bottles, nipples and a bottle brush.

We thank you for choosing the W.G. Watson, M.D. Women's Center for this special time of your life. We hope this information will be of help to you. **If you have any questions, please do not hesitate to call us at 706/774-2825 and we will be happy to assist you. We look forward to your visit!**