

DELIVERY CHECKLIST

HOSPITAL ESSENTIALS YOU MAY NEED



The World's First Cord Blood Bank

IMPORTANT PHONE NUMBERS

_____ Doctor's office
_____ Hospital phone number

WHAT TO PREPARE BEFORE LABOR

- Preregister for Hospital
- Obtain address/directions to hospital
- Fill gas tank
- Pack labor bag
- Pack postpartum bag
- Pack partner bag
- Prepare frozen meals at home (make extra of daily dinners and freeze leftovers)

LABOR BAG FOR EXPECTING MOTHER

- Insurance Card and Photo ID
- Hospital Paperwork (if not pre-registered)
- Copy of advance directives (if you have one)
- Cryo-Cell Cord Blood Banking kit
- Pediatrician Name/Phone Number
- Hairbrush / Hair bands
- Eye glasses / Contact lens storage container
- Toothbrush / toothpaste / mouthwash
- Shampoo / conditioner / body wash
- Deodorant / Lotion
- Bath towel
- Lip moisturizer
- Ear plugs
- Phone / charger
- Speakers / Headphones
- Camera / battery / memory card
- Two pillows for bed
- One feeding pillow
- Frozen meal for post-delivery
- Baby book for footprints
- Prescribed medications

OPTIONAL LABOR ITEMS

- Books, magazine, cards for early labor
- Firestick, laptop, iPad
- Tennis balls in a sock
- Heating pad/Rice sock
- Cold gel packs
- Birth Ball (hospital may provide)
- LED candles
- Strings of lights
- Aromatherapy scents
- Sound machine
- Aromatherapy lotion
- Sentimental items from home (favorite blanket, pillow)
- Focal point (sonogram picture, vacation picture)

PARTNER LABOR BAG

- Slippers or flip flops
- Comfortable sleep clothing
- Change of clothing
- Pillow (pillow cases should not be white)
- Basic toiletries (toothbrush, toothpaste, shampoo, deodorant)
- Prescribed / OTC Medications (i.e., advil, tums)
- Camera / memory card / batteries

- Cash (small amount for vending/parking)
- Credit Card
- Cell phone
- Charger for all electronics
- Phone numbers

EXPECTING MOTHER – POST PARTUM BAG

- Nightgown/Pajamas (more than one set)
- Extra snacks
- Nursing bra
- Nursing pads
- If breastfeeding, shirts that easily open in front
- Bathrobe
- Loose fitting clothing for discharge

BABY

- Infant car seat
- Infant going home outfit / hat
- Receiving blanket
- Infant socks or booties
- Infant nail clippers or emory board
- Infant book for memories / footprints

ITEMS HOSPITALS MAY PROVIDE

Check with your hospital

- Gowns
- Robes
- Non-slip socks
- Two pillows
- Blankets / sheets for partner's bed
- Mesh Underwear
- Feminine Pads
- Peri-bottle
- Sitz bath
- Medications for postpartum
- Small towels
- Birth ball / peanut ball
- Heat packs / ice packs
- Gentle drape if you want to view a c-section
- Skin-to-skin after delivery
- Partner bed
- Footprinting of babies
- Formula (if formula feeding)
- Pacifiers (if desired)

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

IMPORTANT PHONE NUMBERS

_____ Pediatrician's phone number
_____ Hospital phone number
1-800-222-1222 Poison Control Center

NEWBORN SUPPLIES FOR THE HOME

- Diapers
- Wipes
- Burp cloths
- Baby sleepers (one piece)
- Bassinet, crib or Rock-n-play sleeper
- Onzies (10 of them)
- One-piece baby sleepers (5 of them)
- Baby gowns (for easy nighttime diaper changes) (5 of them)
- Swaddle blankets
- Car Seat
- Gentle detergent for babies

FOR BREASTFEEDING PARENTS

- Nipple cream
- Nursing bras
- Nursing pads
- Breast pump

FOR BOTTLE FEEDING PARENTS

- Tight fitting bra (sports bra)
- Bottles/nipples
- Your favorite infant formula if desired
- Distilled water (if using powder formula)
- Bottle warmer
- Bottle/nipple scrub brush

OTHER SUGGESTED ITEMS YOU MAY NEED IN THE FIRST FEW WEEKS:

- Gas drops
- Infant Tylenol
- Nose sucker (i.e., nose frieda)
- Pacifier
- Infant Ergo Carrier
- Swing
- Breast pump
- White noise machine
- Boppy pillow
- Bottles/Nipples
- Emory board OR infant nail clippers
- Baby bath

WHEN TO CALL THE DOCTOR

Call 911/Go to Emergency Room if your baby:

- **Has serious difficulty breathing**
- **Has blue lips, tongue or mouth**

General Signs of Illness

- Refusing to eat or not eating well
- Unusual sleepiness (lethargy)
- A fever of 100.4°F or higher (~99°F if taken under the arm)
- Yellow skin or eyes (jaundice)
- Constant crying
- Projectile vomiting
- Frequent coughing
- Difficulty breathing
- Pale or blue skin color

Umbilical Cord/Circumcision Infection Warning Signs

- The skin around cord or circumcision is red, has pus, drainage, or a foul smell
- Swelling or bright red bleeding around the circumcision
- Your baby cries if you touch the area
- Your baby doesn't urinate within 12 hours of the circumcision
- The circumcision doesn't seem to be healing, or your baby seems ill
- The Plastibell device slips down the penis or doesn't fall off within 10 days

Output & Dehydration Warning Signs

- By day 3, having fewer than 3 stools per day if breastfeeding or fewer than 1 stool per day if formula feeding
- Still passing meconium after 3 days
- Fewer than 6 wet diapers a day by Day 5
- A drastic change in bowel movement patterns after the first week
- Stools that look like pebbles (constipation).
- Watery stools (diarrhea)
- White stools or stools with blood or mucus
- Urate (a reddish stain) in more than one diaper after the first 72 hours of age
- A dry mouth and lips or dark yellow urine

Feeding Warning Signs

- Not feeding 8-12 times in a 24-hour period
- Often goes longer than 4 hours between feedings
- Often needs to be awakened to nurse