

## MIDWIFERY CARE NORTH SHORE

### **Suggested Labour and Birth Supplies**

Regardless of where you intend to give birth, aim to get labor and birth supplies ready by 37 weeks (approximately 3 weeks before your due date). Consider collecting your supplies in a box or basket for home labour and/or birth. Make sure you have a hospital bag packed and have registered at the hospital. Pack your hospital supplies in 1-2 small luggage bags, keep your carry chart that you can obtain from your midwife around 37 -38weeks, in one of your hospital bags and bring this chart to your prenatal appointments, have it available for your midwife at home and bring it with you should you go to hospital. Preparing for both places can give you the option of making a decision about actual place of birth at the end of your pregnancy and/or in labor.

For homebirth there is a box that has supplies provided by the province that can be collected from MCNS office and returned to MCNS within 14 days after birth.

If you are interested in having a doula and/or using water for pain relief in labor or birth - information about these options can be found on MCNS childbirth resource page and in the office library.

When you think supplies - remember that conserving and keeping up your energy during the process is important, as well being mobile during labor. Think what could help you eat, drink, rest, sleep and move well.

There are additional supplies that you can consider having available that for afterbirth care for yourself and your baby.

If you find it difficult to getting supplies, please talk to your midwife

### **To Use at Home in Labour Regardless of Place of Birth**

- Finger foods and comfort foods
- Juices, teas or electrolyte-balanced drinks.
- Jar of honey to mix with water.
- Gravol oral tablets 50 mg
- Bowl or basin (if nauseated)
- Activity ball (optional)

### **For Home Birth**

- Protective plastic for bed or sofa (vinyl table cloths with veldt backing or waterproof mattress covering)
- Old fitted sheets
- Clean sheets for after the birth

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- 1-2 fleece blankets for yourself
- 2 large garbage bags (garbage/soiled linen)
- Large ziplock bag or yoghurt container (for placenta)
- Ice pack and/or hot water bottle
- Pillows
- 4-6 large old towels (more if water birth)
- 6-8 old wash cloths
- 8 or more receiving blankets
- Bright goose neck lamp and a flashlight
- Electric extension cord/ spacebar with 3 sockets
- Digital oral/auxillary thermometer (Celsius)
- Small bottle hydrogen peroxide
- Box of large sanitary napkins (make 3-4 ice-packs by opening up a sanitary napkin, spritzing it with water, covering with saran wrap and then freezing these in your fridge freezer)
- Epsom salts
- Space heater if you birth at home in the winter
- If you are intending a waterbirth, obtain a tarpaulin to protect the floor, as well as a small foam mattress to go alongside the tub
- Wherever you plan to give birth in your home, make sure there is a table that is waist high that is also close to a power outlet and away for a window where your midwife can set up equipment that she brings to your home.

### **For Hospital Birth**

Regardless of where you intend to give birth, make sure you know the route to the hospital, where to park, how to enter the hospital at all time and how to get to the labor and birth unit.

- Pillow(s) if you want to use your own
- Snacks for you and your helpers

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- Small amount of cash for phone, food
- Toiletries including toothbrush and lip balm
- Slip-on shoes or slippers
- Clothes to wear in hospital or for going home
- Infant car seat (leave in the car until just before discharge)
- Clothes and diapers for the baby to wear home

### **Helpful extras in labor or after birth ...at home or in hospital**

- Camera (and film if not digital)
- Music player
- Bendable drinking straws
- Contact list of friends/family to call
- Extra-strength (500 mg) Acetaminophen (also known as Tylenol)
- Ibuprofen (200 or 400 mg) (also known as Advil or Motrin)
- 200c Homeopathic Arnica
- Digital oral/auxillary thermometer (Celsius)