

Thank You for Choosing

The Childbirth Center at Northwest Texas Healthcare System

WHERE TRUE IS BORN

Hospital Bag Checklist

Here's what you need to bring for your hospital stay:

- ☐ Clinic card or records from doctor's office
- ☐ Insurance card
- ☐ Labor aids if desired (pillow, oils/lotion, music, massage aids)
- ☐ Camera or cell phone (include chargers or batteries)
- ☐ Baby book (items you want footprinted)
- ☐ Overnight bag with daily care needs
- ☐ Toiletries: shampoo, conditioner, toothbrush, toothpaste, deodorant, hair ties, makeup if desired
- ☐ Glasses and contacts
- ☐ Comfortable change of clothes (gowns, pajamas - two sets)
- ☐ Slippers - socks
- ☐ Nursing bras

Northwest provides disposable underwear, sanitary pads, and nursing pads during your stay.

- ☐ Maternity outfit to wear home
(you will be approximately the size you were at about 28 weeks of pregnancy)
- ☐ Baby outfit and receiving blanket to go home in

Northwest provides diapers, wipes, pacifiers, formula, onesies and receiving blankets during your stay.

- ☐ Infant car seat (be sure to have the car seat already installed properly prior to being discharged from the hospital)

**Please do not bring baby lotions, powders, oils or clippers.*

These items are unnecessary during your hospital stay.

You can expect to be in the hospital an average of 24-48 hours after a non-complicated vaginal delivery and approximately 48-72 hours after a cesarean section. These time frames are only an estimate. Your healthcare provider will discuss your actual plan of care at delivery.