

Useful Phone Numbers:

L&D Triage-916-0248

Waiting Area Front Desk-916-1722

Labor and Delivery Front Desk-916-0223

Post Partum Front Desk-916-1804



Useful Items During Your Hospital Stay

- Military ID
- Birth Plan (if you have one)
- 2-3 pairs of warm, nonskid socks that can get ruined (for walking before and after labor)
- A warm robe or sweater
- 2 maternity bras -- no underwire -- and nursing pads
- Lip balm
- Toiletries and personal items -- hairbrush, toothbrush, toothpaste, deodorant, face wash, makeup, shampoo, conditioner, lotion, contact lens case and solution
- Eyeglasses
- Headband or ponytail holder (avoid clips -- they'll probably poke you)
- Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Pen and paper
- Cell phone and charger, phone numbers of people to call after birth
- Camera, film or extra memory card, battery or charger
- A gym bag packed with a change of clothes and basic hygiene products for your partner
- Your MP3 player or iPod
- Light reading
- Extra pillow (with a case that can get ruined, in a pattern distinguishable from hospital white)
- Comfortable going-home clothes in six-month maternity size and flat shoes (or, just wear the clothes you came in... sorry, but they'll probably still fit)
- Hairdryer
- Your favorite brand of soap, shampoo and heavy flow sanitary pads (the hospital supplies these things, but bring your own if you choose)
- A few pairs of maternity underwear that can get ruined (the hospital will have disposable pairs, which some women find handy)
- Slippers that can get dirty
- Boppy pillow
- Approved car seat
- A coming-home outfit for baby
- Warm blankets (for the ride home)