

It can be difficult to tell when your labour has started. If you are unsure, you can telephone the Women's and Children Unit to speak to one of our midwives on 51438730. The midwife will be able to advise you that is safe to stay at home or come to the hospital to be checked. If there are strong signs of labour such as waters breaking, regular contraction. If after hours please enter the hospital via the Emergency Department

The usual length of stay in Sale hospital after the birth of your baby is 2 nights for a normal birth and 3 nights following a Caesarean birth.

Current visiting hours are 10 - 12 and 2 - 7pm each day.

What to bring to hospital?

FOR LABOUR

- Hand Held Maternity Record (This record contains important information; we advise you carry it with you always and give to the midwife on arrival to hospital)
- Gown is provided but you may choose to wear something loose and comfortable. Along with slippers or socks.
- Snacks and drinks (water Bottle) - meals will be provided.
- Toiletries bag

Optional

- Things to help relax or pass the time, such as books, music, games etc.
- Lip balm
- A hairband. If you have long hair, you might want it tied up
- Camera - This may be your Mobile Phone (don't forget your charger)
- TENs machine (these are available on the ward or can be arranged through our physio department for use at home during early labour) talk to your midwife

It is a good idea to have a separate bag for Birth Suite. This should have a set of baby clothes, your snacks and water bottle.

The rest of your belongings can be collected from the car once you are admitted and have a room allocated to you.

FOR AFTER BIRTH

- Sleep wear - Loose and comfortable (breastfeeding friendly if required)
- Comfy full brief underwear (or Disposable Underwear)
- Toiletries - Soap, Shampoo and Conditioner, toothbrush, toothpaste, hair brush hair ties
- Maternity Pads or Maternity Nappies for adults
- Nipple Cream (Lansinoh or similar)
- Breast Pads if planning to breastfeed
- Maternity Bras
- Leggings or Tracksuit pants for daytime wear
- Breast feeding friendly tops Button down or loose t-shirts and tops
- A notepad or journal & Pen for tracking baby's feeding sessions, writing any questions for your midwife or doctor.

SUPPORT PERSON

- Appropriate Sleepwear and clothing (daytime and overnight)
- Toiletries
- Snacks - meals will be provided.

- Mobile phone (don't forget your charger)

FOR BABY

- Infant car seat, which is to be fitted into your car prior to taking baby home.
- 4-5 Newborn Jumpsuits - Size 0000 and 000 (or talk to your midwife who may guide you on size)
- 4-5 Singlets
- Socks or booties, and mittens
- Hat
- 2-3 Cotton or Muslin baby wraps
- Baby blanket
- Nappies and Baby wipes (1 pack provided by hospital)

If you are planning on bottle feeding, please bring your formula of choice. We will provide formula for use whilst here, including bottles and teats.