

# What to Bring to the Hospital

## Checklist

### For Mom

- Your Ontario Health Card
- A favorite pillow with colourful pillow case and breastfeeding pillow if you have one
- Labour support items such as massage oil, massage tools or tennis ball, physical therapy ball, hot/cold packs, a picture or object for focal point
- Fan (hand held or small battery operated)
- Easy to digest snacks, popsicles, drinks and/or electrolyte replacement drinks (can make into ice cubes) packed in soft-sided cooler pack
- Copy of your birthing plan (speak to your doctor about creating one together)
- Comfortable clothing for hospital stay — night gowns or pajamas, bathrobe, slippers, socks
- Loose fitting clothes to go home in
- Nursing bra and breast pads
- Underwear — four to five maternity
- Sanitary napkins — 20 maxi overnights
- Toiletries — lip balm, soap, shampoo, tooth paste, tooth brush, emery board etc.

- Hair brush/comb, elastics, clips and/or hair band for long hair
- Glasses and contact lens care items, if needed
- Watershoes and a bathmat if you want to use the tub
- Pens, pencils, note paper
- Change for vending machines
- Phone charger

### For Partner

- Credit card
- List of phone numbers of family and friends
- Snacks and drinks
- Watch with second hand
- Camera, batteries, memory card
- Change of clothes and comfortable shoes
- Pajamas or lounge wear if staying overnight on postpartum unit
- Phone charger

### For Baby

- Diapers — 20 disposable size newborn
- Baby wipes
- Petroleum jelly/Vaseline
- Emery board
- Cotton hat
- Baby sleepers
- Onesies/undershirts
- Clothes for going home
- CSA certified car seat secured in car (need car seat for discharge if driving home). If you wish to receive feedback on placing your baby into the car seat, you may bring it to the room.
- Receiving blankets to line car seat to ensure snug fit as well as for the baby

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**SINAI SHOP**  
— MOUNT SINAI HOSPITAL —

The Sinai Shop sells high-quality maternity and infant products, including personalized gifts. Visit [TheSinaiShop.com](http://TheSinaiShop.com) to view our collection.

### Mount Sinai Hospital Birth Experience

500 University Avenue  
Toronto, Ontario, Canada M5G 1X5  
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Shed Health System  
Joseph & Wolf Labovici  
Health Complex

The health care providers at Mount Sinai Hospital including obstetricians, family doctors, midwives and nurses believe that birth is a normal physiologic event, which can be life changing. We believe that participating in this event with you is important to us throughout your whole hospital stay. We want to learn more about you and have a way for you to communicate your hopes and wishes to us regarding your labour, birth and care throughout. Planning your birth experience is really about determining your wishes. Circumstances during your labour and birth can sometimes change the plan you made in your pregnancy. This form is intended to begin your thinking about your wishes for this experience, and it is intended to guide your discussion with your care providers. We hope that you will take the time to fill this out and talk it over with your health care provider in pregnancy. Then please bring it with you when you are in labour so it can be discussed with your care providers during your hospital stay and become part of your chart.

#### Getting to Know Me:

My due date is: (YYYY MM DD)  
I am expecting  multiples  twins  boy  girl  a surprise?  
Baby's(ies) name(s) is/are already decided \_\_\_\_\_  
The doctor who cared for me in my pregnancy \_\_\_\_\_  
The following people will be with me: \_\_\_\_\_

During labour:  
Partner: \_\_\_\_\_ (name)  
Doula: \_\_\_\_\_ (name)  
Friend/Other: \_\_\_\_\_ (name/relationship)  
They will support me by: \_\_\_\_\_ (name)  
if I have a Cesarean Birth \_\_\_\_\_ (name) will accompany me into the Operating room.

#### Pain Management preferences:

- I want a medication-free birth
- I want a medication-free birth if my labour goes well, but will consider pain medications if things do not go as expected
- I want medication but I would like to go as long as possible without it
- I want medication as soon as possible

#### Options I hope to use in labour include:

- tub bath/shower
- walking
- pillows (may bring own)
- hot/cold compresses
- listen to my own music
- Nitronox (laughing gas)
- birthing ball/ labour stool
- epidural
- Breathing and relaxation
- different positions, eg. Side lying
- use of the squatting bar

Other options \_\_\_\_\_

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Other things I would like you to know about me/us (important issues, fears, concerns, previous experiences): \_\_\_\_\_

#### After the baby(s) is born, I would like to:

- have skin to skin care for a least one hour after birth
- have \_\_\_\_\_ (name) hold my baby(s) skin to skin if I am not able to do this myself
- have \_\_\_\_\_ (name) cut the cord
- have \_\_\_\_\_ (name) take pictures/video
- have \_\_\_\_\_ (name) put on the first diaper
- have delayed cord clamping if possible
- if my baby(s) needed special care, I would like to have \_\_\_\_\_ (name) be offered the opportunity to go with my baby(s) as soon as it is possible.
- I have arranged for stem cell collection and I will bring my collection kit and the completed paperwork

Other things that are important to me in the care of my baby(s) \_\_\_\_\_

The physician who will care for my baby is \_\_\_\_\_

#### My plan for feeding my baby is:

- breastfeeding
- formula feeding
- pumping and feeding pumped breastmilk by bottle
- I had problems with breastfeeding a previous baby and would appreciate extra help this time
- During my stay in the mother/baby unit, I would like to:
  - have \_\_\_\_\_ stay with me in my room, for support
  - be present for any tests or examinations of my baby, eg. Newborn screening
  - give the baby's first bath with help
- The following people will be helping me at home: \_\_\_\_\_

Date (YYYY MM DD) \_\_\_\_\_ Time (HH:MM) \_\_\_\_\_ Mother's Print Name \_\_\_\_\_ Mother's Signature \_\_\_\_\_

Date (YYYY MM DD) \_\_\_\_\_ Time (HH:MM) \_\_\_\_\_ Support Person Print Name \_\_\_\_\_ Support Person Signature \_\_\_\_\_

This plan has been reviewed with the patient and family at transfer from intrapartum to postpartum

Date \_\_\_\_\_ Time \_\_\_\_\_ Print Name of Intrapartum Nurse \_\_\_\_\_ Signatures \_\_\_\_\_

(YYYY MM DD) (HH:MM) \_\_\_\_\_ Print Name of Post Partum Nurse \_\_\_\_\_ R.N. \_\_\_\_\_

(YYYY MM DD) (HH:MM) \_\_\_\_\_ R.N. \_\_\_\_\_

## Is my Baby Getting Enough Milk?














These are signs that your baby is getting enough milk (refer to chart below):

- Your baby feeds at least 8 times every 24 hours.
- Your baby has enough wet and dirty diapers according to his age.
- Your baby is active and has a strong cry.
- Your baby has a wet, pink mouth, and bright eyes.

To make sure your baby is getting enough milk during the first week, keep track of the number of wet and dirty diapers in a 24 hour period.

In the beginning it can be hard for new parents to know if their baby has a wet diaper. A very wet diaper is heavier than a dry diaper. If you want to know what a very wet diaper feels like, pour 30 ml (2 tablespoons) of water on a dry diaper. Your baby's urine (pee) should be clear or pale yellow, and it should have no smell. If a dirty diaper is heavy, count it as both a wet diaper and a stool.

**If your baby does not have enough wet and dirty diapers, get help right away!**

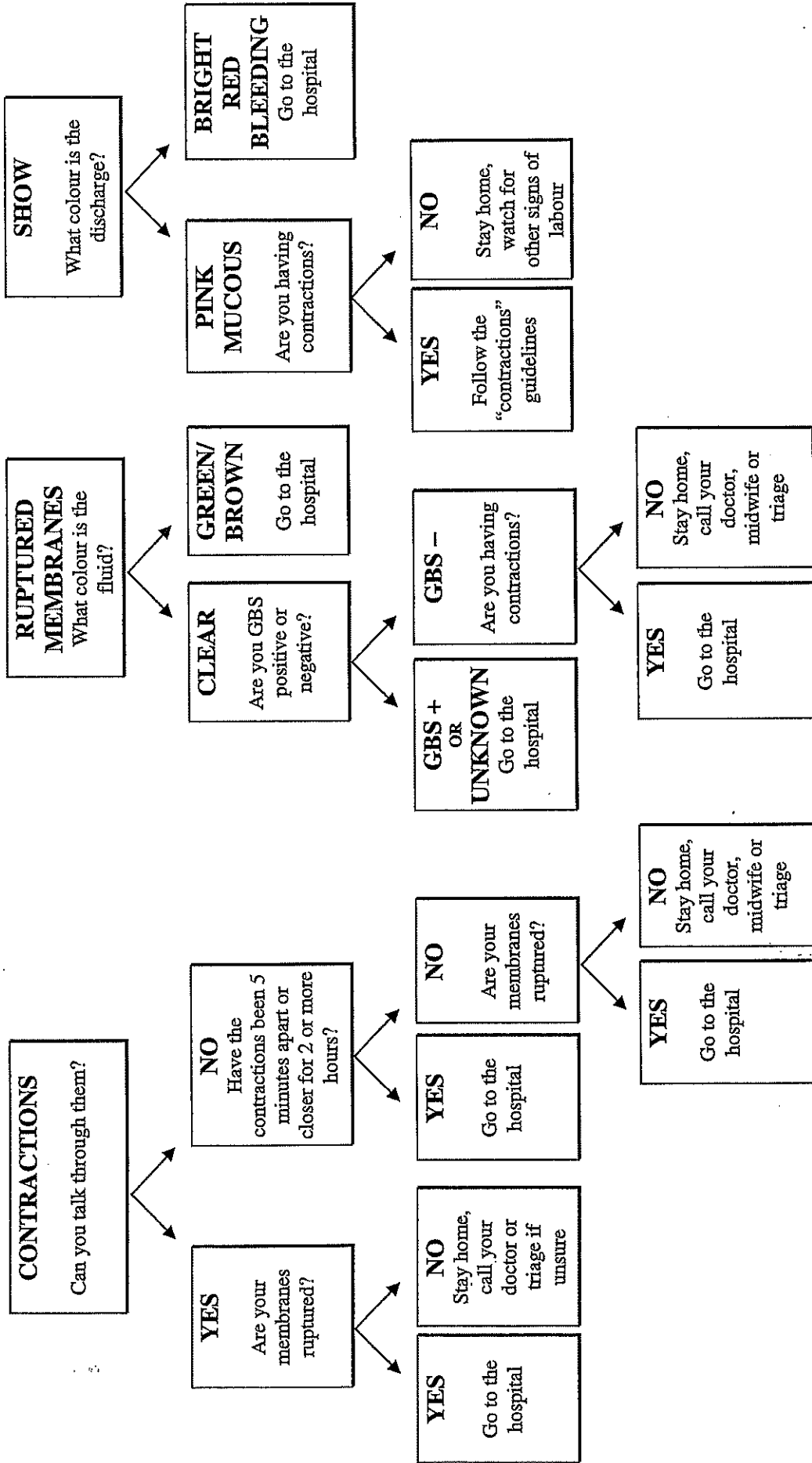
GUIDELINES FOR NURSING MOTHERS										
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS			
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	 <p>At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.</p>									
<b>Your Baby's Tummy Size</b>	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg			
<b>Wet Diapers: How Many, How Wet</b> Per day, on average over 24 hours	 At least 1 WET		 At least 2 WET		 At least 3 WET		 At least 4 WET		 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE	
<b>Soiled Diapers: Number and Colour of Stools</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW					
<b>Your Baby's Weight</b>	Babies lose an average of 7% of their birth weight in the first 3 days after birth.				From Day 4 onward your baby should gain 20 to 35g per day (2/3 to 1 1/3 oz) and regain his or her birth weight by 10 to 14 days.					
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.									

Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society)

If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.

To download this chart, go to: [www.beststart.org/resources/breastfeeding/index.html](http://www.beststart.org/resources/breastfeeding/index.html)

# LABOUR DECISION TREE



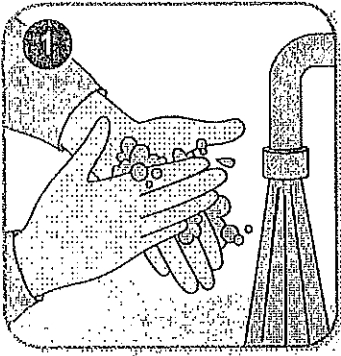
This is not intended to replace your doctor or midwife's advice.  
 Use this tool only once you are 37 weeks pregnant.  
 If at anytime you are unsure of what to do, you should call your doctor, midwife or triage at **416-586-4800 ext. 3210**

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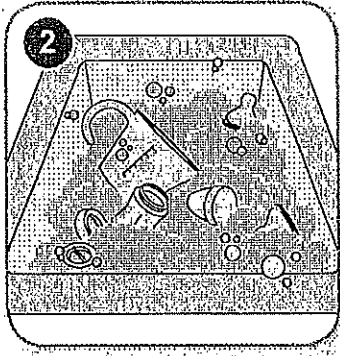


# Getting Ready To Make Formula

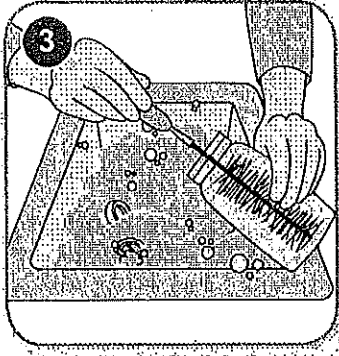
For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See Tip Sheet #1 for important facts.



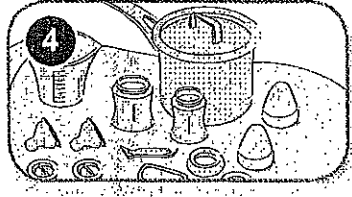
Wash hands and counter with soap and water.



Wash all bottles, nipples, rings, caps, discs, measuring cup, can opener, mixing utensils and tongs in hot soapy water in a clean sink.



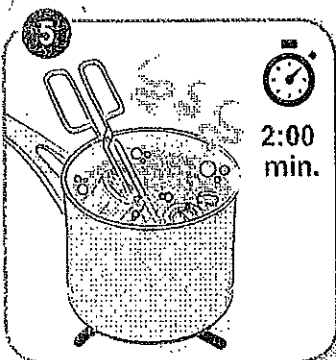
Use a clean bottle brush to scrub the inside and outside of bottles and nipples.



Rinse well in safe water. These waters are safe once they are sterilized:

- Municipal tap water.
- Commercial bottled water (except carbonated, distilled or mineral waters).
- Well water that is tested regularly.

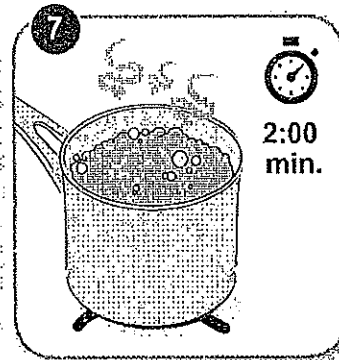
Safe water should always be used to prepare formula and sterilize feeding equipment. Set the bottles and feeding equipment to air dry on a clean towel.



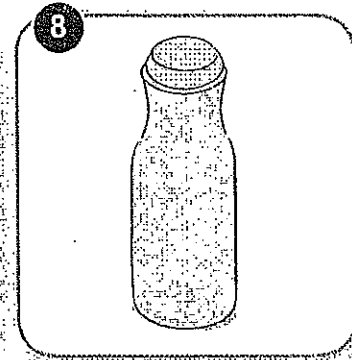
To sterilize equipment, fill a large pot with water and add all the feeding equipment until covered. Bring the water in the pot to a boil and let it boil for 2 minutes.



Use sterilized tongs to remove bottles and feeding equipment from the water. Set the equipment to air dry on a clean towel. It is now ready to use.



**Sterilizing Water**  
Add water you will use to make formula to a pot. Bring the water to a boil and boil for 2 minutes.



**Storing Sterilized Water**  
Extra sterilized water can be kept in a sterilized tightly closed glass container for 24 hours at room temperature or for 2-3 days in the fridge.



For more information see, Infant Formula: What You Need To Know pages 6-9:

- How to clean and sterilize bottle feeding equipment.
- How to sterilize water.
- How to ensure that you are using safe water.