

## Important numbers

Wherever you are planning to give birth, keep a list of important numbers in your handbag or near the phone.

You need to include:

- Your hospital or midwife's phone number
- Your partner or birth partner's phone number
- Your own hospital reference number, which is on your card or notes (you will be asked for this when you phone in)

If you don't have a phone, ask neighbours if you can use theirs when the time comes.

Some hospitals and midwifery-led birthing units allow you to use your mobile phone. Check with your midwife. If you cannot use your mobile phone, make sure you have a phonecard or change for a payphone.

**For further information about this service** call our Single Point of Access (SPA) number: 0300 555 0606 or email us: [ccs.beds.childrens.spa@nhs.net](mailto:ccs.beds.childrens.spa@nhs.net) or visit our website page: [www.cambscommunityservices.nhs.uk/BedsBabyFriendlyTeam](http://www.cambscommunityservices.nhs.uk/BedsBabyFriendlyTeam)

### Bedford

- Enhanced Services Centre
- Kempston Clinic
- London Road Health Centre

### Central Bedfordshire

- Biggleswade Hospital
- Queensborough House, Dunstable
- Flitwick Health Centre
- Leighton Buzzard Clinic
- Houghton Regis Health Centre
- Shefford Health Centre

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



## Birth Bag

### What to take to hospital

**Whether you are planning to have your baby at home, in hospital or at a midwifery-led birthing unit, you should get a few things ready at least two weeks before your due date.**

## 0-19 Children's Service



If you are planning to give birth in a hospital or midwifery-led birthing unit, your midwife will probably give you a list of what you will need to pack. You may want to include the following:

### For yourself for the birth

Clothing - something loose and comfortable to wear during labour that doesn't restrict you from moving around or make you too hot

Swimwear if you're planning a water birth

Two or three comfortable and supportive bras, including nursing bras if you are planning to breastfeed

Maternity sanitary pads - 2 packs

Washbag with toothbrush, hairbrush, flannel, soap and other toiletries

Bath towel

Things to help you pass the time and relax, for example, books and magazines

Music - take your mp3 player or a CD player and some CDs. Some hospitals provide their own CD players, but check first

Flannel or water spray to cool you down

Lip balm

Hairbands or clips

Tens machine if you're planning on using this to relax

Snacks and drinks for during and after labour

### For yourself after the birth

A going-home outfit - You will need loose comfortable clothes to wear while you are in hospital and for the journey home

Nursing bras - bring 2 or 3

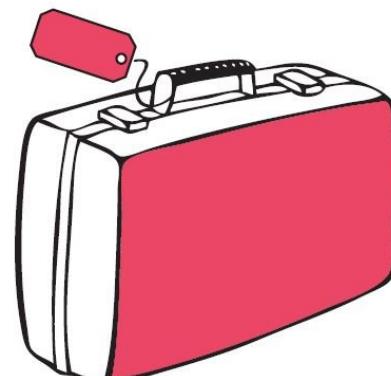
Breast pads

Maternity sanitary pads - 2 packs

Nightshirt or T-shirt. Front-opening shirts are useful in the early days of breastfeeding

Dressing gown and slippers

Old or cheap knickers, or disposable knickers. Do not bring your best ones as they will get messy. Big cotton knickers can be useful if you end up having a caesarean as they will not rub your wound.



### For your partner

Change for hospital car park

Mobile phone and charger

List of contact numbers for hospital and family/friends

Camera (charged)

Swimwear if they wish to join you in the birthing pool

Snacks and drinks for during and after labour

### Transport

Work out how you will get to the hospital or midwifery-led birthing unit because you could need to go there at any time of the day or night.

If you are planning to go by car, make sure it is running well and that there is always enough petrol in the tank.

If a neighbour has said they will take you, make an alternative arrangement just in case they are not in.

If you have not got a car, you could call a taxi. Alternatively, call your maternity-led birthing unit, which can arrange for an ambulance to pick you up.

### Home births

If you are planning to give birth at home, discuss your plans and what you need to prepare with your midwife.

Think about where in your home you want to give birth. You are likely to need:

Clean linen and towels

Clothes (including a hat) and nappies for the baby

About 24 super-absorbent sanitary towels

### Stocking up

When you come home you will not want to do much more than rest and care for your baby, so do as much planning as you can in advance.

Stock up on basics, such as toilet paper, sanitary towels and nappies. If you have a freezer, cook some meals in advance and freeze them.