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 phone card 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 or visit our website page: www.cambscommunityservices.nhs.uk/BedsBabyFriendlyTeam

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 are 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 are 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

**For your baby**

- 5 or 6 sleepsuits and vests
- Nappies approx. 10 per day
- Muslin squares, for mopping up any milk your baby brings up
- One pair of socks or booties
- Hat
- Baby blanket. Although hospitals are very warm, your baby may need a blanket if it is chilly outside when you leave
- One outfit for the trip home (all-in-one stretchy outfits are easiest)
- Baby car seat - Some hospitals will not let you leave by car without one

**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.