

We suggest packing two smaller bags for your hospital visit – one for labor to bring in upon arrival and the second for your recovery that your support person can retrieve from the car after your baby is born.



## Labor and Delivery Bag—

### What to Pack:

- Bathrobe and slippers
- Breath strips, gum or mints for nausea
- Cell phone and charger
- Credit card or cash for meals
- Glasses or contact lenses, glasses case, and eye solutions
- Hair band or clips
- Hard candies or lollipops for dry mouth
- Insurance card
- Lip balm or moisturizer
- Music and entertainment: phone, speakers, tablet, etc.
- Notepad and pen or pencil
- Pediatrician or baby's doctor's contact information
- Photo ID
- Toothpaste and toothbrush

## Postpartum Stay Bag

- Check or money order made payable to "State Health Department" for baby's birth certificate (\$12 per copy)
- Going-home outfit for baby – including a baby hat, booties and mittens
- Hairbrush or comb
- Installed car seat
- Nightgown or pajamas for you and your partner (if your partner will spend the night)
- Nursing bra or sports bra
- Nursing pillow
- One loose-fitting going-home outfit for you
- Receiving blankets
- Snacks for support person (may bring a cooler if needed)
- Toiletries: moisturizer, deodorant, shampoo and conditioner

## Optional Items:

- Bathing suit for you and your support person for the tub<sup>^</sup>
- Cord blood/stem cell collection kit

<sup>^</sup>Tubs at Fair Oaks and Loudoun only

## What Not to Pack:

- Jewelry
- Large sums of cash
- Medications, including vitamins and other herbal supplements, unless instructed by provider
- Weapons

## What Inova Provides During Your Stay:

- Baby blankets and t-shirts for in-hospital use
- Baby bulb syringe
- Beverages: coffee, tea, soda and juice
- Breast pads\*
- Breast pump and supplies\*
- Dermoplast spray, witch hazel pads, hydrocortisone cream and nipple cream\*
- Diapers and wipes
- Disposable mesh panties
- Hospital gown
- Ice packs\*
- Nonslip socks
- Peanut ball
- Sanitary pads
- Sitz bath\*
- Towels and washcloths

\*Provided as needed.