

Maternity Unit

What to bring to hospital



For Mum

- Medicare card and/or private health insurance details
- Blood group card
- Any medications you have been taking or may need during your stay
- Maternity bras
- Nighties (approx. 3)
- Casual day clothes
- Slippers/shoes
- Breast pads
- Maternity pads (a mix of Maternity/Thick (Kotex) and regular)
- Toiletries
- Cotton undies (quite a few)
- Cold/hot packs x 2

For Partner

- Bathers - for assisting you in the water/shower
- Change of clothes
- Toothpaste/toothbrush and other toiletries
- List of important phone numbers

For Baby

- 6 Grow suits
- 6 cotton singlets
- 6 muslin or flannelette baby blankets
- 2 pairs of mittens, booties
- 1 Bonnet/Hat
- Baby wipes
- Please note: Disposable nappies are supplied by the hospital
- *For twins – increase baby requirements by half

Important Reminder

Please ensure you have organised a car restraint for taking your baby home with you at the end of your stay. You can check with your local council for rental details.

Luggage

Please note that in the interest of the health and safety of our staff, Epworth Freemasons is moving towards a No Lift policy. In line with Occupational Health and Safety guidelines, staff are unfortunately unable to assist you with large, heavy luggage.

Please keep this in mind when packing for your hospital stay. If you require a large suitcase, please ensure it has wheels to make transport easier.