

# Access Midwives

## BIRTH SUPPLY LIST

### **We recommend the following for ALL clients to have at home for early labour:**

- Gravol – take 50-100 mg every 4 hours as needed
- Tylenol – take 500-1000mg every 4 hours as needed
- Hot water bottle or heating pad

### **We recommend the following for ALL clients to have at home for after the birth:**

- Digital thermometer
- Maxi pads lightly sprinkled with witch hazel or water and frozen OR an ice pack/frozen peas
- Tylenol – take 500-1000mg every 4 hours as needed
- Advil OR Aleve – *please note you should not take these while pregnant*
  - Advil – take 400mg every 4 hours as needed
  - Aleve – take up to 500mg every 12 hours as needed
- Herbs for herbal bath (list available on our website)

### **What to Bring to the Hospital:**

- For mom:
  - Health card
  - Camera (optional)
  - Music (optional)
  - Phone charger
  - Clothes to labour in if you prefer not to wear hospital gown
  - Bathrobe or housecoat
  - Flip flops or slippers
  - Toiletry bag (lip balm, toothbrush, toothpaste, etc)
  - Snacks for you and for your partner
  - Extra pillow
  - Overnight maxi pads or Depends (avoid brands that have *dry weave* or *plastic lining* as they can irritate the perineum)
  - Underwear that may potentially get ruined
  - Loose fitting clothes to wear home
- For baby:
  - Car seat (please ensure that you know proper use and installation prior to birth)
  - Clothes (undershirt/onesies, sleepers, socks, hat)
  - Receiving blankets
  - Newborn diapers

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## What to Prepare for a Homebirth:

We recommend that all clients prepare a hospital bag (see list on reverse side). Please also prepare the following items by 37 weeks:

- 2 plastic garbage bags (one for laundry + one for garbage)
- Sanitary pads (avoid brands that have *dry weave* or *plastic lining* as they can irritate the perineum)
- Hot water bottle or heating pad
- Flashlight
- 8 old clean wash cloths for hot compresses
- Lots of old clean towels
- Roll of paper towel
- Extra pillows
- Bendable drinking straws
- Lip balm
- Bowl for placenta
- Bowl for hot water
- Your favourite easy to digest food and drinks (toast and peanut butter, coconut water, protein bars, popsicles, honey etc)
- Space heater (weather dependent – room must be warm for the birth)
- A flat surface (such as a dresser or table) should be cleared off with access to an electricity source with two plugs
- Covering to protect carpets and mattress (Dollar Store drop sheets or shower curtains or table clothes with a felt back work well)

Making the bed: when labour begins, cover your mattress and your clean bottom and top sheets with a covering of your choice, then cover with an old fitted cloth sheet. Secure the top sheet with safety pins at each corner if needed. The top sheet and plastic are removed after the birth providing you with a clean bed.

For baby:

- 2 warm baby hats
- Lots of flannel receiving blankets
- Newborn diapers and clothes
- Olive or coconut oil or Vaseline for baby's bottom

**\*\* Birth supplies should be gathered together by 37 weeks \*\***