

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