



James Miller, M.D.

Christina Miller, D.O., M. S.

Childbirth - What to Bring to the Hospital

For Mom:

- ID and insurance card
- Long phone charger
- Toiletries: toothbrush, toothpaste, shampoo/conditioner, body wash/soap, hairbrush, hair ties, contact/glasses supplies
- Comfy clothes to wear postpartum and home, robe
- Sandals or slip on shoes
- Snacks for postpartum
- Speaker for music
- Breastfeeding:
 - Nursing and/or pumping bra
 - Breast pump (nurses or lactation consultant can help you learn to use this)
 - Breastfeeding pillow
 - Nursing pads, nipple cream

For Partner/Support people:

- Snacks
- Blanket
- Change of clothes and pajamas
- Toiletries

For Baby:

- Toiletries
- Homegoing outfit
- Swaddle you plan to use at home (start practicing now!)
- Outfit/Name prop for photos
- Car seat (can leave in car or at home until ready to take baby home)



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What the Hospital will provide:

- Diapers
- Wipes
- Pads/disposable underwear
- Baby blanket
- Towels
- Formula
- Diaper cream
- Hospital Grade Breast Pump
- Labor support: candles, peanut ball, yoga balls