

## *Preparing For Your Birth*

If you are planning to give birth in the office birthing room, you will need to bring:

- Purchase** – one package of disposable under pads, one package of adult diapers, 2 bottles of fluid replacement drink, i.e. Gatorade, Power Burst, Recharge
- Clothes to wear during labor if you prefer not to use the gowns that are provided
  - Comfortable, loose-fitting clothing to wear home after the birth
  - Car seat and clothing for the baby
  - Snack foods to eat during labor, beverages to drink
  - Personal hygiene items such as a toothbrush and toothpaste, hair brush, shampoo
  - CD's of music you would enjoy in labor
  - Camera/video recorder
  - Anything else that would make your birth personalized – candles, pillows, etc.

If you are planning to give birth in your home, you will need all of the above items plus:

- Two sets of sheets for your bed
- Five towels and five washcloths
- Roll of paper towels
- 2 large plastic trash bags
- 5 plastic shower curtain liners (available at Dollar Tree or other \$1.00 stores)
- Flashlight with brand new batteries

You should have your birthing supplies purchased and in a box or bag by the 37<sup>th</sup> week of your pregnancy. Please be sure that they are all in one box or bag.