

C-section hospital stay checklist

A list of items that may help you pack your hospital bag as you get close to your due date. Most women spend 1-2 nights at the hospital after a C-section.



For the patient and family

<input type="checkbox"/> Pillows/breastfeeding pillows
<input type="checkbox"/> Snacks
<input type="checkbox"/> Water bottle
<input type="checkbox"/> Breastfeeding-friendly tops/bras
<input type="checkbox"/> Slippers/robe
<input type="checkbox"/> Ear plugs and eye masks
<input type="checkbox"/> Several pairs of underwear
<input type="checkbox"/> Large sanitary pads
<input type="checkbox"/> Bathroom bag
<input type="checkbox"/> Headbands and hair elastics
<input type="checkbox"/> Glasses
<input type="checkbox"/> List of medications
<input type="checkbox"/> Chargers for phones/devices

**Please remove and leave all jewellery at home*



For the baby

<input type="checkbox"/> Diapers
<input type="checkbox"/> Baby wipes
<input type="checkbox"/> Baby outfit to take baby home in
<input type="checkbox"/> Baby hat

**A baby car seat may be left in your car or at home if you are not driving*



For the hospital visit

<input type="checkbox"/> Health card
<input type="checkbox"/> Hospital card
<input type="checkbox"/> Supplemental health information you may have

For more information, visit us at
<http://tvasurg.ca/c-section>