



UNIDADE LOCAL DE SAÚDE
SANTA MARIA



WHAT DO I NEED TO PREPARE AT HOME FOR CHILDBIRTH?

UNIDADE LOCAL DE SAÚDE SANTA MARIA

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Approximately 2 to 3 months before your due date, start preparing a **bag** or a **suitcase** with the items you will need in the days following childbirth. You will only need to take a part of these items with you, when you go to the hospital, but it is important to have the bag or suitcase prepared in advance and arrange for someone to bring you the remaining items after childbirth.

What do I have to bring with me for childbirth?

On the day before, **remove all your adornments** (earrings, rings, bracelets, necklaces, piercings) and leave them at home, so they don't get lost in the hospital.

Prepare a **small bag** and place your **identity card**, **pregnancy health record** ("Boletim de Saúde da Grávida"), as well as any **blood tests**, **ultrasounds**, and other exams performed during pregnancy. To help pass the time, you may bring **books**, **tablets**, **computers**, **music devices**, or a **memory stick** with the music you would like to listen to in the delivery room. Also bring **basic hygiene items** (toothpaste, toothbrush, hairbrush, shampoo, and creams). At the hospital there is a neutral pH body wash that you can use. Personal belongings will remain in your care or in the care of your accompanying person.

What do I leave at home for someone to bring me after childbirth?

After childbirth, you will need some extra items for you and your baby. Leave a **bag** or **suitcase** prepared at home or in the car, and arrange for it to be brought to you, once the baby is born.

FOR THE MOTHER:

- 3 pyjamas or nightgowns
- 1 bathrobe
- 2 nursing bras
- 6 pairs of cotton underwear
- 1 pack of sanitary pads
- 1 pair of slippers and 1 pair of shower shoes
- 1 dirty laundry bag
- 1 change of clothes for when you leave the hospital



Choose loose, comfortable clothing, and if you are planning to breastfeed, make sure that upper body clothing has a front opening to make breastfeeding easier.

FOR THE BABY:

- 4 outfits (babygrows, dresses, tights, and cardigans)
- 4 undershirts and trousers or 4 bodysuits
- 2 pairs of socks
- 12–18 nappies
- 1 baby blanket
- 1 baby hat
- 4 baby towels/cloth nappies
- 1 changing mat



You may also include a **baby hairbrush** and a **disposable nail file**.

Please make sure that **both parents' identity cards** are up to date (or passports for international residents) so that you can register the baby after birth. The **baby's car seat** should only be brought on the day of discharge, but please make sure in advance that you have an appropriate car seat for newborn transport.