



Preparation for Labour, Birth & Postnatal

Both home births and planned hospital require preparation. The following is a list of suggestions to help you prepare for your labour, birth and the immediate postnatal period.

For Both Home Births and Planned Hospital Births

- Use of a well running car, with a full tank of gas
- Support person for any children present
- Arrange for help for 7-10 days during the immediate postnatal period
- Prepare frozen meals ahead of time for the postnatal period

Preparing A Hospital Bag

It is recommended that these items be prepared 3 weeks before your expected due date

- 2 Extra pillows with coloured or patterned cases (to distinguish from hospital)
- Slippers and extra socks
- Favorite shirt for labour, or you can wear the hospital gown
- Music of choice (bring iPod or phone loaded with your favourite music and ear buds)
- Personal articles such as massage oil, aromatherapy oils (can only be used in a spray bottle, candles are not allowed in the hospital), lip balm, shampoo, soap, tooth brush, tooth paste, menstrual pads (the hospital asks that you bring your own)
- Food for dad
- Support person for sibling/s if present
- Activity bag and snacks for sibling/s if present
- Nursing/support bra and loose-fitting clothes to wear home
- Diapers (the hospital asks that you bring your own)
- Clothes for your baby to wear home, receiving blankets (2), heavier baby blanket (1)
- Vitamin D drops for your baby if you prefer the natural drops and in the event your hospital stay is longer than 24 hours
- Baby soap if you prefer to use natural soap for baby's first bath
- Car seat (it is a requirement that your baby be in an approved car seat when leaving the hospital)

**** Even if you are planning a home delivery, preparing a packed suit case along with the suggested items listed above for the hospital is recommended.***



Comox Valley Hospital Maternity Unit:

Typical maternity room
where patients labour and
stay until they go home.

Included in photos is patient
fridge in room and typical
washroom.



Below are pictures of our assessment rooms. This is where you
may have a Non-stress Test or be initially checked to see if you
are in active labour.

