

MEDICLINIC 

MEDICLINIC baby

THE PREGNANT MOM'S GUIDE

WHAT TO PACK FOR YOUR HOSPITAL STAY

Clothing

- Lightweight, front-opening cotton pyjamas (one set per day, plus one extra)
- Gown
- Slippers
- Three feeding bra's
- Set of clothes and shoes for discharge

Health & hygiene

- Basic toiletries (soap, shampoo, toothpaste, etc.)
- Maternity pads
- Two dark coloured facecloths
- Brush, hairdryer and mirror
- All chronic medication and vitamins

Administration

- Small amount of money (for the kiosk)
- Black pen and copies of parents' identity documents (for birth registration)

Electronics (at you own risk)

CDs: confirm whether your Mediclinic has a CD player
Cell phone, camera and relevant chargers/batteries

Natural birth

- Comfortable T-shirt
- Lip balm
- Socks
- Baby powder/oil for massaging
- Energy sweets
- Fruit juice
- Reading material and/or games

Caesarian birth

- Lip balm
- Socks

TIP: We suggest you pack a separate bag for the labour room and your first assisted bath after the birth. It should contain a sleep shirt, two maternity pads, two dark coloured facecloths and toiletries.

WHAT TO PACK FOR YOUR BABY

- Five sets of clean baby clothes: vest, babygro, wrapper/receiving blanket, socks, beanie (optional)
- One warm blanket
- Earbuds

TIP: Pack each set of clothing in a separate plastic bag. Used items can then be placed back in the empty bag so nothing goes missing.

MOTHER AND BABY BAG* - OUR GIFT TO YOU

You will receive a complimentary baby bag with the following useful products for your hospital stay:

- One pack of newborn-size nappies
- Petroleum jelly
- Surgical spirits
- Cotton wool
- Baby wipes
- Baby cleansing lotion
- Baby moisturiser
- Pack of maternity pads
- Mediclinic baby beanie

*The contents of the bag may vary.

EXPERTISE YOU CAN TRUST.