



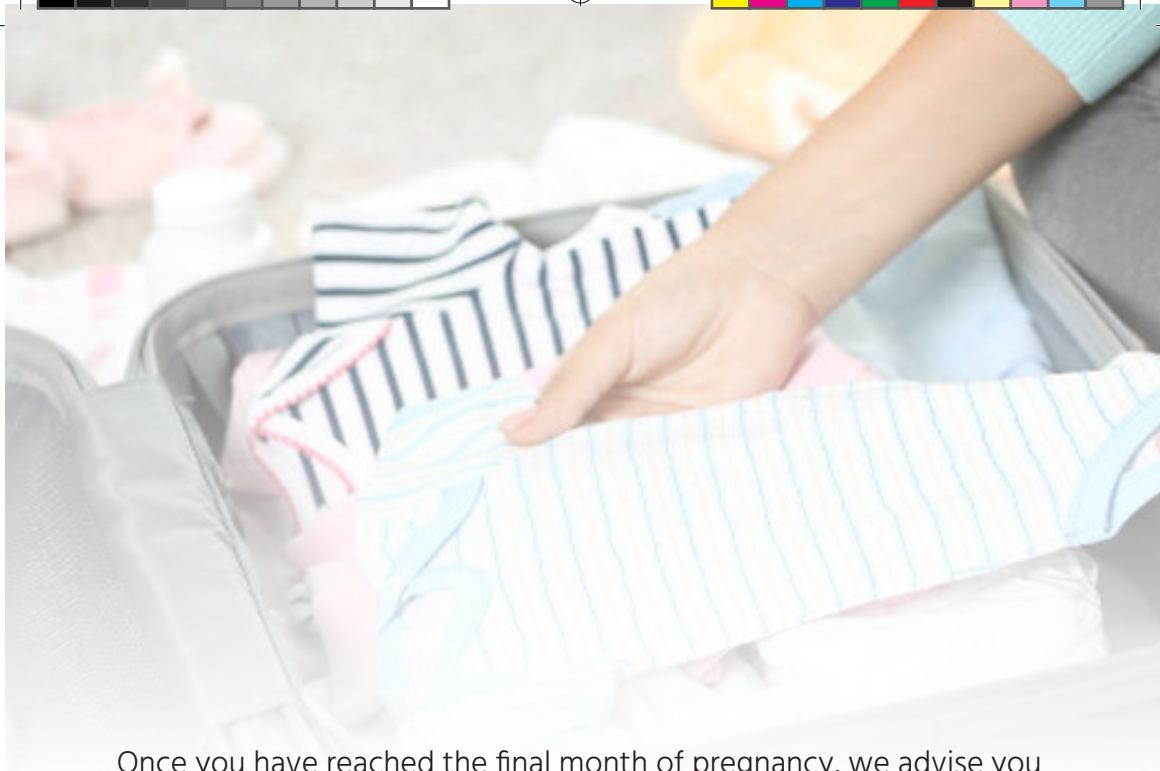
Packing Your Bag



Exceptional Patient Care **Maternity Hospital of Choice**

See: www.rotunda.ie and www.rotundaprivate.ie



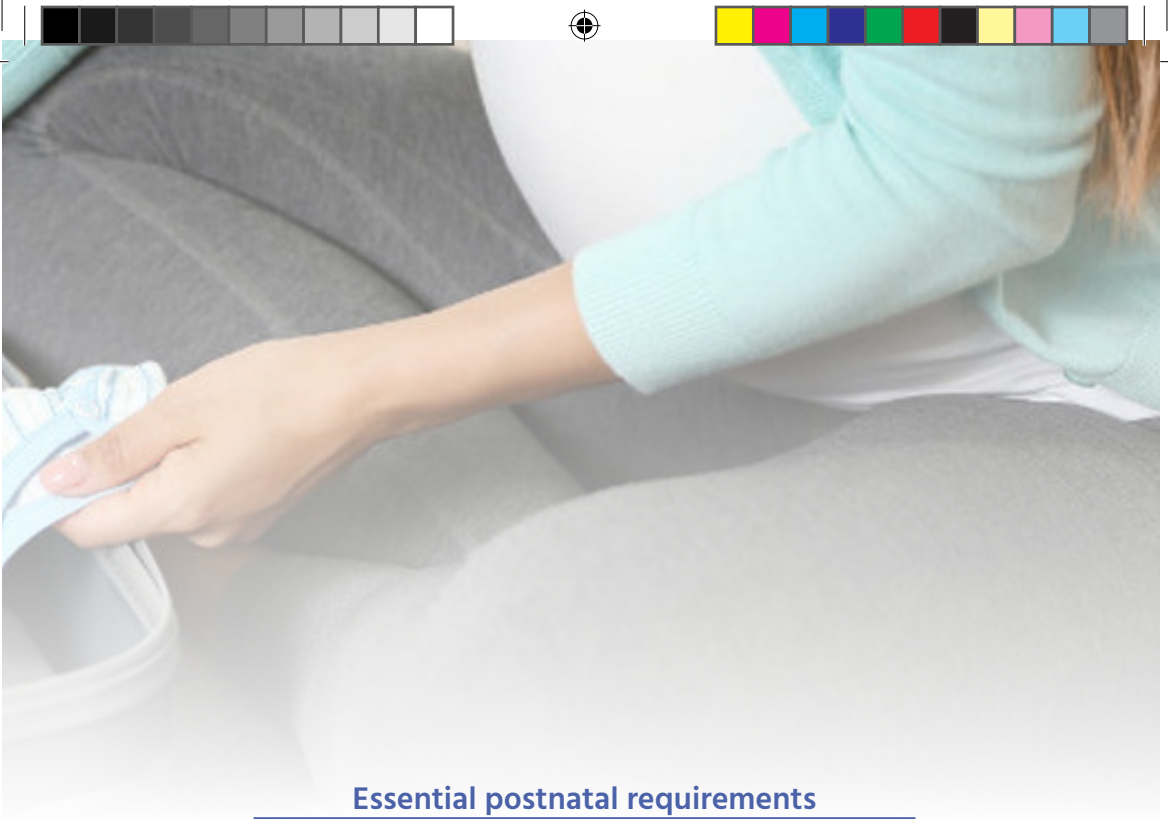


Once you have reached the final month of pregnancy, we advise you to have a bag packed and ready for the big day. You need to decide what to pack for yourself and your baby. Please remember that there is limited space available on the wards, so pack lightly. Some women have a bag for labour and birth and another bag for their stay in hospital after birth. Remember that if you forget anything, your partner can get it for you at one of the shops nearby.

Bag for your labour and birth

- Loose fitting nightdress or an old long t-shirt;
- Disposable underwear;
- Warm socks, slippers and a light dressing gown;
- Hair bobbins and brush;
- Wash bag with toiletries - shower gel, sponge, toothbrush and toothpaste, deodorant and so on;
- Maternity sanitary pads;
- Large, dark-coloured towel;
- Fresh night clothes to wear after the birth, (ideally front opening for breastfeeding) and a nursing bra;
- Babygro, vest, cardigan and baby hat and nappies for baby;
- Money for parking meters.



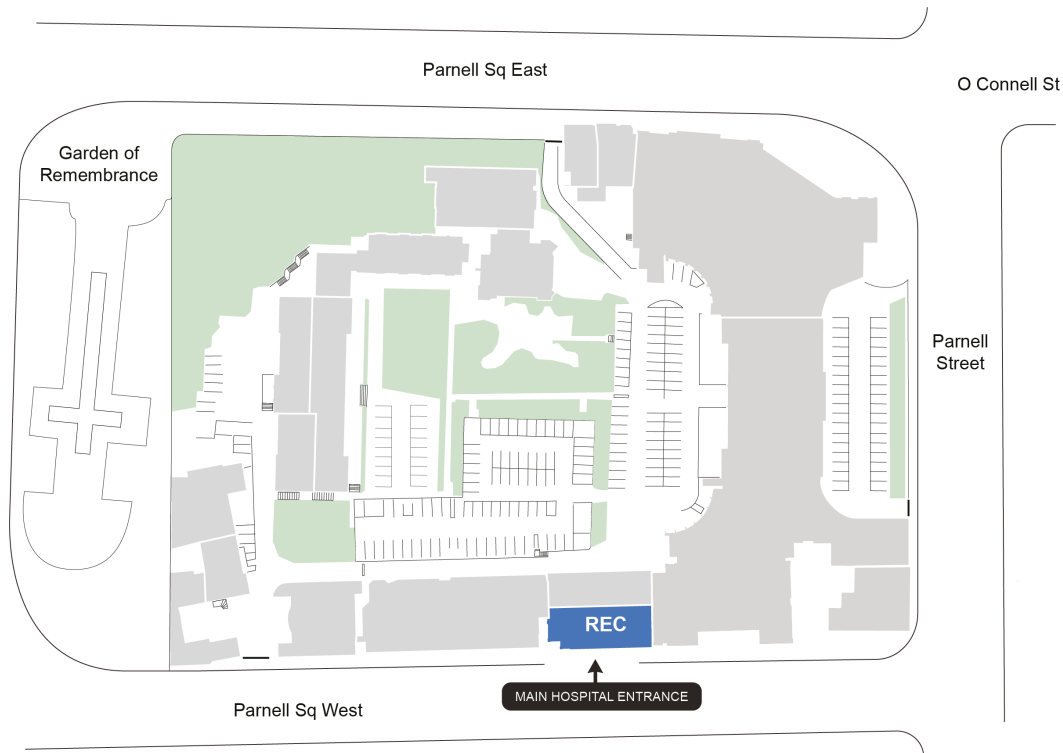


Essential postnatal requirements

- Slippers
- Long T-Shirt/Nightie (Front Opening is best)& Light Dressing Gown
- Maternity Bra and Breast Pads
- Maternity Pads
- Phone Charger
- Comfortable Underwear x10 pairs
- Towel
- Toiletries (travel size)
- Flip flops for the shower
- Light snacks and drinks
- A pen

For Baby (all baby clothes should be pre-washed before packing)

- Baby grows X 6
- 6 Vests
- Cardigan & Hats (winter only)
- Pack of nappies (newborn size)
- Cotton wool/ non perfumed wipes (water only)
- Baby bibs/ muslin clothes
- Baby blanket X 2



REC

Reception

Find Us

The Rotunda Hospital, Parnell Square, Dublin 1,
D01 P5W9

Contact Us

Tel: (01) 817 1700



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