

THINGS TO BRING TO ST GEORGE PRIVATE HOSPITAL

Delivery Suite:

- Antenatal card
- Large T-shirt/ sarong
- Dressing gown if desired
- Slippers
- Socks
- Chap stick, lanoline for lips
- Toiletries e.g. deodorant, toothbrush, toothpaste, mouthwash, dry shampoo, fragrance free body wash, face wash and fragrance free moisturiser
- Brush, clip and/or hair tie for hair
- iPad / tablet or laptop (and charger) loaded with your favourite movies, TV series or music
- Lollies to suck during labour e.g. barley sugar, jelly beans or lollypops
- Camera and charger
- Extra's to assist during labour e.g. massage oil, tennis ball or massage tool, water spray bottle
- Pen and note pad
- Snacks for partner
- Swimmers and change of clothes for partner
- Birth plan (optional)

Birth / Fit balls: Due to occupational health and safety risk, birth / fit balls are not supplied at St George Private. Please contact us to enquire about the usage of them. Thank you for your understanding.

Maternity Ward:

- Breast pads and 2x breastfeeding bras
- Maternity sanitary pads x 3 packets
- 1 week supply of underwear / disposable underwear
- Nightwear with open front if you are breastfeeding
- Dressing Gown
- Comfortable clothes for daytime
- Toiletries e.g. deodorant, toothbrush, toothpaste, dry shampoo, fragrance free body wash, face wash and fragrance free moisturiser
- Reading material
- iPad / tablet or laptop (and charger) loaded with your favourite movies, TV series or music
- Slippers or comfortable shoes
- Hairdryer
- Nail scissors or nail file (to cut / file your nails short in preparation for breastfeeding)

Baby:

St George Private will provide Newborn disposable nappies, baby wipes, clothes for daily wear, bunny rugs and bed linen for your baby whilst in hospital. If you wish you may dress your baby in clothing of your own choice.

If you are planning to use formula to feed your baby, we do supply formula (NAN & Aptamil) in ready-to-use bottles and teats. You will need to purchase and bring to hospital your own formula if require another brand other than what the hospital supplies.