



Quinte Health

WHAT TO BRING TO THE HOSPITAL

For You

- OHIP card
- Current list of prescription medication from your pharmacy (you can get this when you pick up your prescription)
- Personal hygiene items (tooth brush, soap, shampoo etc.)
- Comfortable clothing to wear
- Package of overnight or heavy flow sanitary pads
- Extra pair of underwear (only one pair of hospital underwear is provided after delivery)
- Comfortable slip-on shoes (sandals or slippers)
- Nursing bra if breast/chest feeding
- Water bottle
- Pen to fill out forms



For Baby

- Diapers
- Baby wipes
- Vaseline
- Baby wash/soap
- Baby blanket
- Baby clothing
- Baby lotion

Extras

- Pillow and blanket for Dad or support person
- Soft Kleenex
- Extra snacks and drinks. There is a fridge available for families, please ensure you label your items. Meals are only provided for the birthing person.
- Camera (photography and videotaping are prohibited in some areas, please check with your nurse)
- Warm sweater
- A leak-proof storage container if you wish to take your placenta home

Some things to remember about having your baby at Quinte Health

- Your OB or Midwife will have a registration form in their office to fill out prior to coming to the hospital to have your baby. This form is to be dropped off to Patient Registration. **ENSURE** that your address and phone number are up to date.
- If you have appointments booked on Quinte 7, take the Quinte elevators to the 7th floor and stop at the desk. Please remember if you need Rhogam, to book an appointment at ext. 2345 after completing your blood work.
- Please take the time to review our visitation policy on the Quinte Health website:
<https://www.qhc.on.ca/photos/custom/Communications/Maternal%20Child%20Visitation%20-%20May%202023.pdf>
- Prior to going home, we will complete screenings for your newborn and provide discharge teaching.
- If you do not have a family doctor/nurse practitioner, please contact Health Care Connect at 1-800- 445-1822 as soon as possible. Your newborn will require a checkup in the first week of life and if you do not have a family doctor/nurse practitioner we will help you get connected with a provider for this follow up.
- Please visit <http://www.qhc.on.ca/having-a-baby-at-qhc-p69.php> for more information.



Quinte Health

Creating healthier
communities. Together.