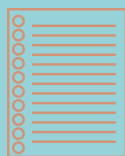
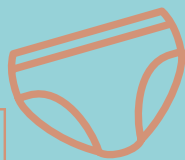


C-SECTION HOSPITAL BAG CHECKLIST



C-section essentials

- Your birth plan** and maternity notes
- Mobile phone and charger**
- Magazines, books, e-reader or tablet** for while you're waiting

Check your hospital's policy in advance if you want to have:

- Music** to play during the c-section
- Camera** to take photos of the birth

For after the birth

- Big, high-waisted knickers** that won't rub on your wound
- Maternity sanitary pads**
- Nursing bras, pads, nipple cream** - if you plan to breastfeed
- Short-sleeved nightie** - front-opening if you plan to breastfeed
- Toiletries** and a flannel or towel
- Loose-fitting clothes** and slip-on shoes for you to go home in
- Nappies and wipes** or cotton wool
- Newborn baby clothes** - pack a few spare sets
- Blanket** to wrap your baby in
- Car seat** - you won't be able to leave the hospital in a car without one

Useful extras

- Your own pillow** or a breastfeeding pillow, for comfort
- Slippers** and a dressing gown
- Ear plugs and eye mask** to help you get some sleep on the ward
- Blanket or shawl** - in case you're cold from the epidural
- Water bottle or straws** so you can drink lying down
- Snacks** - you won't be allowed to eat before the section so may be hungry
- Dried fruit** - to prevent constipation
- Peppermint tea bags** - to help with trapped wind

Your **birth partner** should also pack a separate bag with the things they need.