

What to prepare for your hospital delivery

You can start packing some of the items in a carrier bag at 30-32 weeks and place it in your room or inside your car boot. Before you head to the hospital, remember to take a good shower and have a light snack as you will likely be spending the next 10-12 hours in the delivery suite.

Documents to bring

- NRICs of both parents, marriage certificate (for registration of birth certificate; some hospitals allow you to register after your delivery but you need to have your baby's name ready)
- Hospital registration forms
- Health insurance papers (if any)

Cash and credit card (for buying snacks and payment of hospital bills)

Electronic devices

- Handphone (with charging cable)
- Camera and video camera (optional)

Toiletries (most hospitals provide basic ones but you can bring your own toothbrush, toothpaste, shampoo, facial cleanser, moisturiser and sunscreen)

Basic makeup (to look groomed after delivery)

Hairband/clips (to keep the hair away during delivery and during breastfeeding)

Homecoming outfits

- Baby romper including hat, mittens and booties
- Mother outfit (loose ones preferred; you will still look pregnant after delivery)

The hospital will usually provide swaddling blankets; you can bring 1 of your own.

Clothes for hospital stay (you can wear the hospital gown or bring your own)

- Comfortable night gown with front open for easy breast feeding
- Jacket / cardigan (to keep warm)
- Underwear (cotton or disposable) and nursing bra (2-3 sets)
- Disposable maternity pads (most hospital will provide)
- Thick pair of socks (to keep the feet warm during delivery)
- Slippers (for wearing in the ward)
- Plastic bags to keep the soiled clothes

Diaper changing

- Newborn diapers (most hospital will provide; but bring a few in case you need to change soiled diaper on your way home)
- Barrier / diaper cream
- Wet wipes

Breast feeding supplies (for standby only)

- Personal breast pump and accessories
- Milk storage containers

During the first few days, the hospital will encourage direct latching so you may not need to use the breast pump at all.

Optional

- Towels to put under your seat in case water bag breaks on your way to hospital
- Soothing music (for playing during delivery; optional)
- Cord banking kit (to hand to the hospital staff before delivery)
- Inflatable donut ring to sit on (for normal vaginal delivery)
- Extra storage bags (to pack and bring home gifts from visitors)