

Getting Ready to go to Hospital - English

So finally the day you, your husband, your family and friends have been waiting for is approaching. It's the day when your bundle of joy will enter the world and within no time, in your arms...

During this excitement, you might tend to forget some important things to be taken to the hospital. Here's helping you to remember those small but essential things and making your experience a memorable one...

Relax, go with the flow...

Remember To Pack The Following In Your Bag For The Hospital

Clothing

Toiletries

For The Baby

For The Accompanying Person

When You Arrive At The Hospital Ask The Staff About Any Of The Following That Are Important To You

Medication

Make sure that when you are prescribed medicine, you/accompanying person understand:

You may be given medicines which you are used to or new drugs which have been substituted in place of your usual drugs, ask your doctor about them to avoid confusion.

Safety Tips

You may feel weak or tired while in hospital, so:

Before You Leave The Hospital

Wish you a healthy and safe delivery. Just remember your new baby will bring you tons of joy...

- Pay your pending bills
- Collect all your reports and records
- Learn breast-feeding technique
- Understand the medicines to be taken home and their dosages
- Ask about the follow up visit
- Ask about immunization facility for baby
- Information about a paediatrician to consult in case of emergency
- Discuss your diet
- Collect all your belongings
- Use the call bell or button when you need help
- Be careful while getting in or out of bed (some hospital beds are higher than usual)
- Be careful not to trip over wires and tubes that may be around your bed
- Keep the things you need within easy reach
- Hold on to grab bars for support when getting in or out of the bath or shower
- Use the handrails on stairways and in hallways
- Don't allow children /visitors to touch kiss or lift your baby, as they may not know how to handle/hold a small baby
- Ideally all visitors should wash their hands before handling your baby
- The name of the medicines prescribed
- What the medicine is for
- How you are supposed to take it and for how long
- What side effects are likely and what you should do if they occur
- What food, drink or activities you should avoid while taking the medicine.
- The call system between you and the nurse
- Telephones
- The bed and how it works
- Visitors and visiting times
- Parking
- What other facilities and services are available at hospital (e.g. food, tea/coffee, drinking water)
- Prevention for mosquito bites
- Next day's clothes
- Toiletries
- Snacks, fruits
- Cloth diapers, towel, napkins, small sized (baby) nail cutter
- Blanket, quilt
- Socks or booties, cap
- Baby powder, baby soap, oil (coconut or olive), baby shampoo
- Baby wraps (clean cut pieces of used/old saris) for wrapping the baby

- Plastic sheets
- Baby mattress and baby pillow
- Cloth sheets to put on plastic sheet
- Cloth disinfectant (e.g. Dettol)
- Sanitary pads
- Soap, shampoo, hand wash, detergent bar
- Comb, hair band, hand mirror
- Deodorant, talc, other cosmetics as required
- Towel, napkin
- Toothbrush, toothpaste
- Plates, glasses, cups, spoon
- Wet and dry tissues
- Night gown/nursing gown, scarf, handkerchiefs
- Slippers
- Nursing bra, undergarments
- Comfortable loose clothes, preferably front open, to help in breast feeding
- Clothes to wear while returning home
- Other clothes depending on weather (e.g. sweater, warm socks)
- Medical data - Files, test reports, prescriptions, record of doctor visits
- Medicines - carry all the medicines taken during pregnancy and specific medicines if you are suffering from any other disease (e.g. asthma, diabetes, thyroid disorders, high blood pressure, etc.)
- Mobile phone, charger, spectacles
- Cash and change for vending machines / phone / credit card
- Make arrangements for extra cash in case need arises
- Leave your valuables, e.g., rings, bangles, etc. at home
- Relaxation materials: books, magazines, music
- Paper & pen
- Camera, batteries and film/tape for recording memories
- Phone numbers and addresses of family & friends

Rating:



Your rating: None

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