

Your Personal Checklist

AT HOME

- Identify birth partner
- Select pediatrician
- Discuss feeding and rooming-in options with your pediatrician
- Fill out birth certificate worksheet. Include with your hospital stay bag
- Buy car seat. Review installation
- Develop a plan to communicate with family and friends
(The hospital does not give out any information about you or your baby)
- Make a written list of all allergies and medications including dosage you are currently taking

PRE-ADMISSION

- Fill out and submit Labor and Delivery Pre Registration Form to hospital
- Discuss the following with your doctor:
 - Method of delivery
 - Pain management
 - Potential need for blood products
- Optional: Complete Labor Preference Sheet
- Pack one bag for your LDR birth experience and one bag for your hospital stay
- Prepare blankets, diapers and baby clothes for your baby's trip home (The hospital provides for your baby's needs during the hospital stay)

ADMISSION

- Sign your admission paperwork
- Give your list of allergies/medications to your LDR nurse
- Talk to your nurse about where you want your baby to stay once you both leave the LDR
- Give your Labor Preference Sheet to your LDR nurse
- Bring your bag containing items for labor into the LDR. Leave the second bag containing items for your hospital stay in the car until your transfer to Maternity