

Preparation for Labor

Before your baby arrives, there are some things you can do to help everything go as smoothly as possible.

- Please call **617-562-7220** prior to 20 weeks of pregnancy to register at St. Elizabeth's Medical Center or fax the included registration form.
- Make a practice trip to the hospital before you go into labor.
- Keep your doctor or midwife's telephone number readily available.
 - Even when he/she is not in the office, the office staff or answering service will be able to reach him or her or their associate on-call. Your own obstetrician may not be available 24 hours a day, 7 days a week, but there will always be an "on-call" doctor or midwife available to return your call or care for you in labor.
- Have a plan for who will drive you to the hospital and who will care for other children. Have alternate arrangements made with a neighbor or relative, if you need to get to the hospital and your support person is not available.

What Should I Pack for the Hospital?

About a month before your due date, you should pack a bag or a suitcase for your trip to the hospital. Then it will be ready if your baby arrives early.

- Nightgowns or pajamas
- Bras or nursing Bra(s) if you plan to breastfeed
- Robe
- Slippers
- Panties
- Going home outfit for mom & baby (something comfortable)
- Car Seat – bring day of discharge
- Toiletries including:
 - Soap
 - Shampoo & Conditioner
 - Chapstick/Lip Balm
 - Toothbrush/Toothpaste
 - Underarm deodorant
 - Hairbrush/comb
 - Hair dryer
 - Any cosmetics you would like

* Please leave valuables at home. The hospital is unable to accept responsibility for your belongings.