

Advocate Condell Medical Center New Life Center

Suggested Items to Bring for your Stay

Upon arriving to the hospital, you will only need to bring in a small bag containing your items for labor. Leave all other luggage in the car until after delivery. The average stay in the hospital for a vaginal delivery is 1-2 days and for a C-Section is 2-3 days.

Items for Labor

- Photo ID and insurance card
- Contact lens case, solutions and glasses
- Hairbrush, hair tie or clip
- Slippers or flip flops
- Lip balm
- Unscented oil or lotion for massage
- Laptop with charger, if desired.
- DVD's, Streaming Stick, if desired. The hospital offers free Wi-Fi (ahc-pub)
- Phone and phone charger with an extra-long cord (at least 6 feet)
- Items to keep you comfortable-robe, pillow from home with a non-white pillowcase, throw blanket, eye/neck pillow, essential oils, music etc.
- Toothbrush/toothpaste
- Clear liquids of your choice-Gatorade, Vitamin Water, Coconut Water. Any liquid that is clear and can be seen through but does not need to be refrigerated/frozen.
- Suckers, hard candy, or chewing gum

Items for Postpartum

- Sleepwear including slippers and thin robe, if desired (hospital gown is provided)
- Supportive nursing and pumping bra
- Toiletries/personal hygiene items
- Comfortable outfit for going home

Items for Support Person

- Photo ID
- Comfortable clothing- enough for a 1-2 day stay.
- Protein bars or convenient snacks that do not need to be refrigerated/frozen
- Tylenol, Ibuprofen or prescription medications that you may need.
- Toiletries/personal hygiene items
- Cell phone/charger/laptop/streaming devices and chargers

Items for Baby(s)

- Outfit or two to take your newborn home in and a blanket for colder weather.
- Baby book
- Infant car seat that is properly installed and ready for use.

*The hospital staff is unable to assist you with the installation of the car seat due to hospital policy. For installation tips please visit the following site, <https://ucsq.safekids.org/basic-tips/installing/> or reach out to your area police or fire department to schedule a car seat check.

The New Life Center provides the following:

- TV with DVD player (available in most labor and post-partum rooms), Free Wi-Fi (ahc-pub)
- Birthing/peanut balls
- Hospital gowns, towels/linens, hair dryer, and basic toiletries if needed
- Post partum supplies such as pads, mesh underwear, ice packs, etc.
- Diaper, wipes, clothing and linens for baby
- Infant feeding supplies

Please leave the following at home:

Electric fans (battery operated are allowed), electric blankets, heating pads, valuables, or any food that requires refrigeration or to be kept frozen.

