

Place of Birth Preparation - Suggested Labour and Birth Supplies

Aim to get supplies ready by 37 weeks (3 weeks before your due date). Consider collecting your supplies in a box or basket for home labour and/or birth.

Regardless of where you are planning to birth. Make sure that you have a hospital bag packed and have registered at the hospital, Pack your hospital supplies in 1-2 small luggage bags, keep your carry chart in one of your hospital bags and bring this chart to your prenatal appointments. Also have it available for your midwife at home and bring it with you should you go to hospital. A Midwifery Care North Shore homebirth clinical supplies box needs to be collected from Jill Collipitts in Edgemont Village and returned to Jill's office within 10 days of a birth, once a midwife has restocked the box. Please email or call Jill's to make arrangements to collect or drop off a box. Her contact details are:

Telephone 1 (866) 843-4909 **Email:** admin@canadianbirthproducts.com

(For your information – Canadian Midwifery Supplies has non-medical pain relief options available for purchase, such as, your own TENS (transcutaneous nerve stimulator) for use during labor and for your first-aid box afterwards. Should you obtain a TENS, you can also obtain a prescription from your midwife in the event that your extended medical insurance covers TENS. If you are interested in having a blow up tub for labor and/or waterbirth, Jill offers a tub that she will set up and take down as part of her doula services). There are other places where tubs can be rented. At your home make parking arrangements for your primary midwife and if homebirth for a second midwife too.

Talk to your midwife if you have difficulty getting supplies or making arrangements.

To use at home in labour

- Finger foods and comfort foods
- Juices, teas or electrolyte-balanced drinks
- Gravol oral tablets 50 mg
- Bowl or basin (if nauseated)
- Activity ball (optional)

For home birth

- Protective plastic for bed (vinyl table cloths with veldt backing, plastic mattress covering)
- Old fitted sheet and 4 or 5 pillows

Midwifery Care North Shore,
510 Chesterterfield Ave, North Vancouver, BC V7M 2L0
tel 6049846960, email midwife@midwiferycare.ca
pager # 6046867995

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- Clean sheets for after the birth
- 1-2 fleece blankets for yourself
- 2 large garbage bags (garbage/soiled linen)
- Large ziplock bag or yoghurt container (for placenta)
- 10-12 disposable underpads (approx. 18"x24")
- Ice pack and/or hot water bottle
- 4-6 large old towels (more if water birth)
- 6-8 old wash cloths
- 8 or more receiving blankets
- Bright goose-neck lamp and a flashlight
- Electric extension cord/ spacebar with 3 sockets
- Digital oral/auxillary thermometer (Celsius)
- Small bottle hydrogen peroxide
- Box of large sanitary napkins (make 3-4 ice-packs by opening up a sanitary napkin, spritzing it with water, covering with saran wrap and then freezing these in your fridge freezer)
- Epsom salts
- Space heater if you birth at home in the winter
- If you are intending a waterbirth, obtain a tarpaulin to protect the floor, as well as a small foam mattress to go alongside the tub

Wherever you plan to give birth in your home, make sure there is a table that is:

- Waist high that is also close to a power outlet and away for a window where
- Your midwife can set up the equipment that she will bring to your home.

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- If you have no land-line telephone, make sure you have a phone station with a plugged in cell-phone where a form that has usual and emergency contact numbers can also be kept.

For hospital birth

Regardless of where you intend to give birth, make sure you know the route to the hospital, where to park, how to enter the hospital at all times and how to get to the labor and birth unit. At home have your car and belongings easily accessible

- Pillow(s) if you want to use your own
- Snacks for you and your helpers
- Small amount of cash for phone, food
- Toiletries including toothbrush and lip balm
- Slip-on shoes or slippers
- Clothes to wear in hospital or for going home
- Infant car seat (leave in the car until just before discharge)
- Clothes and diapers for the baby to wear home

Helpful extras...at home or in hospital

- Camera (and film if not digital)
- Music player
- Bendable drinking straws
- Contact list of friends/family to call
- Extra-strength (500 mg) Acetaminophen (also known as Tylenol)
- Ibuprofen (200 or 400 mg) (also known as Advil or Motrin)