

Expectant Mother's Hospital Checklist



For Mother

- Sleepwear of choice
- Socks, slippers
- Underwear
- Nursing bra (if you plan to breastfeed, at least two or three)
- Change of clothes, comfortable shoes to wear home
- Toiletries, including a toothbrush
- Camera and/or video equipment
- Relaxation materials: books, magazines, music
- Cell phone and list of important phone numbers
- Baby name and the baby's father's birthplace, age, birth date, and social security number. (This information is required for the birth certificate.)
- Photo ID of mother and father if paternity is needed

For Baby

- Receiving blankets and undershirt
- Approved infant car seat
- Socks or booties
- Infant cap or bonnet
- Climate appropriate going home outfits (sleeper, kimono, dress, etc.)

Where do I go when I reach the Brookings Hospital?

Please come to the emergency room hospital entrance. Once you arrive, a receptionist will notify the nursing staff of your arrival. We recommend you call New Beginnings Birth Center at (605) 696-9000, extension 8052 prior to leaving home. It is not necessary to call your physician prior to arriving at the hospital. New Beginnings Birth Center staff will notify your physicians upon arrival at the hospital.

Contact your physician or New Beginnings Birth Center if you experience any of the following:

- Vaginal bleeding, much like a menstrual period
- Rupture of membranes or leakage of amniotic fluid
- Decreased fetal movement
- At term uterine contractions that are regular, last at least a minute in duration, and are coming close together at a frequency of 5–10 minutes apart or if you are uncomfortable

Please contact the **New Beginnings Birth Center** prior to coming to the hospital at **(605) 696-9000 ext. 8052**.