

# Packing List for the **Big Day**

Here are some suggestions for things to bring with you to deliver your baby at McLeod to ensure a comfortable, memorable experience for you and your loved ones.

## For Moms:

- Toiletries, such as toothpaste and a toothbrush, antiperspirant, your favorite shampoo, etc.
- Comfortable change of clothes for mom and baby. You may also want to get a comfortable nursing bra.
- A few pillows from home to help with labor positioning and/or breastfeeding.
- A tube of lip balm to help soothe dry lips.
- Something to pull your hair back, such as barrettes, a headband and hair elastics.
- Extra pillows to help support you during different laboring positions.
- Lotion and powder for massages. Favorite fragranced lotions may help you relax.
- A thick pair of socks to help keep feet warm during labor, and slippers to walk around in.
- Chewing gum, breath mints or hard candies to keep your mouth from getting dry and to help with hunger, since moms cannot eat during labor.
- McLeod provides ice pops, but bring sugar-free if you prefer or have gestational diabetes.
- A focal point, such as a special photo, to focus on during contractions.
- A CD player or other music device and music that is relaxing or motivating to you.
- A baby book for footprints. Be sure to ask your nurse to put your baby's prints in the book after delivery.
- A baby names book or list of your favorite names—in case you have not decided yet, you do not know the sex of the baby, the ultrasound indicated the wrong sex, or you change your mind once you see the baby!

## For Dads/Coaches:

- A new rear-facing infant car seat, properly installed and ready to take baby home in. By law, you are not allowed to travel with baby in the car without a proper infant safety seat.
- Insurance information for registration, along with identification for both father and mother, as it will be needed to complete the birth certificate.
- A camera to capture memories. Remember, for safety reasons, video taping is not permitted during delivery.
- A list of phone numbers of people to be called, and your cell phone and charger or a phone card if you need to make long distance calls.
- A pair of comfortable shoes so you are able to support mom during labor.
- A snack, which can be kept in the refrigerator provided in the labor room.
- Toiletries, a change of clothes and a sweater or jacket.
- A card or gift for mom after she has delivered to congratulate her and celebrate baby's birth.

**McLeod Health**

The Choice for Medical Excellence

## Important Phone Numbers:

**To pre-register:** (843) 777 - 2005 (or visit [www.McLeodHealth.org/PreRegister](http://www.McLeodHealth.org/PreRegister))

**Your OB/GYN:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Your pediatrician:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**McLeod Resource Center:** (843) 777 - 2890

**McLeod Lactation Consultants:** (843) 777 - 8377 or (843) 777 - 2890

**McLeod Regional Medical Center:** (843) 777 - 2000 **Patient rooms:** 777 - 8\*\*\* (For example, room 204 is 777-8204)

**McLeod Medical Center Dillon:** (843) 774 - 4111

### Other people I would like to call at the hospital:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## McLeod Health Visitation Policy:

**\*PLEASE NOTE: This policy may change, especially regarding children, during RSV season, seasonal flu season, and any time McLeod Health determines the safety of our patients requires restricted visitation. For current visitation policies, please call (843) 777 - 2592.**

### LABOR & DELIVERY:

You may have **two** visitors during a vaginal delivery or **one** visitor during a C-section delivery. (Emergency C-sections that require general anesthesia are an exception: no visitors are permitted in these cases.) All visitors may be requested to leave at any time, should the physician, nurse, or patient request. This is for the safety of you and your baby. Visitors may enter through the Labor and Delivery guest entrance by pressing on the intercom button outside the unit doors.

Other visitors are not permitted to wait in the halls outside the patient's rooms, or in hallways of the fourth floor. To preserve patients' privacy, the fourth floor waiting area is available for visitors not in the patient's room. However, these waiting areas can accommodate only small groups of family members. Larger groups should use other waiting areas located in the McLeod Pavilion first floor lobby. Please limit visitors to family and significant others.

Patients' children may visit, but must be accompanied by an adult. No other children are allowed in the Labor and Delivery area. (Please see note. This may be further restricted.)

After the baby is born, and both mother and baby are stable, more than two visitors are welcome if the patient wishes. Remember, visitation is based on the needs of the patients, unit activity, care being provided and procedures occurring. Your nurse can discuss this with you. Visitation also depends on the condition of other patients. If an emergency arises, families may be asked to leave temporarily. Guests should ask permission before entering the unit by pressing on the intercom button outside the unit doors.

We ask that guests be considerate of patients who are resting, especially from 11:00 p.m. until 6:00 a.m. We also ask that families try to limit traffic in and out of the patient's room during the following times when patient reports and care planning are being discussed. These hours are: 7:00 a.m. – 8:00 a.m., 3:00 p.m. – 4:00 p.m., 7:00 p.m. – 8:00 p.m., 11:00 p.m. – Midnight

### POST-PARTUM VISITATION:

You are welcome to have visitors on the McLeod Pavilion second floor. If you need privacy to breastfeed or feel there are too many people visiting at once, you may send some to the canteen area on the floor.

# McLeod Health

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