

# What to bring into hospital when having a baby

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Infant Feeding Coordinator  
**Department:** Maternity Services  
**Document Number:** STHK1184  
**Version:** 002  
**Review date:** 31/07/2022

We are currently updating our maternity records and there are some changes to the list of things that you should bring into hospital with you.

We have outlined the things you need to bring for yourself and your baby below:

### For yourself

- Nightwear, slippers
- Nightdress or T shirt to wear in labour (old is best)
- Bra – not underwired/nursing bras if required and breast pads
- Disposable knickers or old pairs that can be thrown away
- Toiletries
- 2 packets of maternity pads (not tampons or regular sanitary pads)

### For your baby

- 1 large bag of cotton wool balls
- Nappies - enough for up to 8 nappy changes a day
- 1 top and tail bowl or 2 single bowls: 1 for washing baby's face and 1 for washing baby's bottom
- Baby clothes – including baby grows, vests and scratch mitts
- If you choose not to breastfeed please bring your chosen brand of formula milk; this should be ready-made bottles with teats in a starter pack

### We no longer supply the following items:

- **Sanitary pads**
- **Baby milk**
- **Cotton wool balls**
- **Nappies**
- **Baby clothes**

## Information

Whiston Hospital Maternity Unit no longer provides formula milks to new mothers who intend to artificially feed their babies.

**If you intend to formula feed, you need to bring in your own milk.**

Please note there will be NO facilities for preparing formula milk or sterilising equipment.

We no longer provide pre-sterilised bottles and teats.

Therefore, if you do wish to bring formula milk to the unit it is recommended that you use only first stage infant formula milk, and bring the starter packs (pre-prepared milk that comes ready-made in bottles with a teat).


These types of ready-made milks are available from all of the main formula milk brands and can be purchased in all mainstream shops and supermarket chains.

If you are unsure, please ask your midwife to explain.

## Important

- We suggest that you prepare to bring enough milk to cover your stay with us.
- Please allow your baby to feed whenever they show feeding cues and follow the responsive, paced bottle feeding guidance provided by your midwife or health care professional. If you have any concerns about the volume or frequency of your baby's feeds then please ask a member of staff.
- Please note that often new babies don't drink a full bottle and small frequent feeds can be normal in the first few days.
- Please ensure that you follow the product manufacturer's guidance regarding how long the milk can be left 'open' before discarding it, as this will vary between brands, and depending on whether or not it is refrigerated and whether your baby has started drinking from it.
- If you bring the starter packs of infant formula (pre-prepared milk that comes ready made in bottles with a teat), these will be your responsibility and do not need to be refrigerated. We suggest that you keep these in your bag or bedside locker to prevent possible theft.
- If you plan to breastfeed, you do not need to bring formula this will be supplied if it is deemed clinically necessary.

There is a milk fridge in a locked room for safe storage of breast milk.



Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs

[www.sthk.nhs.uk](http://www.sthk.nhs.uk)