

WHAT TO BRING TO YOUR SCHEDULED C-SECTION

PACK YOUR BAGS, YOU'RE GOING TO HAVE A BABY!

Your Caesarian section is booked—you now know how and when your baby will make his or her arrival! Since you'll be spending a few extra days in the hospital following this routine surgery, make sure you pack everything you need to make your recovery as easy as possible.

FOR YOU

- extra-absorbency pads or absorbent disposable underwear (unfortunately, post-partum bleeding is as common with c-section as it is with vaginal birth)
- high-rise maternity underwear (granny panties), ideally cotton, that won't rub against your incision
- loose, comfy clothing that won't rub against your incision (high-rise leggings, track pants or dresses)
- breastfeeding pillow (to support baby while protecting your incision)
- extra phone charger cord and headphones
- nursing bras, nursing pads, nipple cream
- facial cleansing cloths, dry shampoo, mouthwash and baby wipes (you won't be able to shower for about 48 hours)
- High-fibre snacks like granola bars and dried fruit to help with constipation (common post C-section)
- slippers and socks
- robe and nightgowns or pyjamas that can unbutton for breastfeeding
- contact list for sharing your big news
- toiletries, including hair elastics, lip balm, moisturizer
- any paperwork you've been asked to complete by the hospital and/or for insurance
- camera/video camera, phone and chargers
- pillows
- reusable water bottle
- change for vending machines, or in case you can't use your cellphone
- music, books or magazines, games, playing cards
- notebook and pen

FOR YOUR BABY

- going-home outfit
- approved infant car seat with the base properly installed in your vehicle
- several sleepers and onesies, socks and a hat
- cozy blanket and several receiving blankets
- package of newborn/size small diapers
- package of unscented baby wipes