

Questions to Ask On Your MATERNITY TOUR

General Hospital Questions

1. What dining options are available for myself and my spouse? Any 24 hour food options?
2. Does the hospital have wi-fi?
3. What sleeping options are available to my spouse?
4. Are the rooms and bathrooms private or shared?
5. Will I be in the same room for my entire hospital stay or do you have different rooms for labor, delivery, and postpartum?
6. Do you allow outside food to be brought in?
7. Do you have a professional photographer to take photos? (Some hospitals partner with local photographers and offer this service).
8. How many labor and delivery rooms do you have?
9. What happens if all of the rooms are full when I arrive?
10. Is this a teaching hospital? If so, can I request not to have a student in the room?
11. Can I play my own music in the room?
12. What types of security precautions are in place?
13. Can we decorate the door of our room?
14. What items do I need to bring, and what is supplied by the hospital?
15. Am I required to wear a hospital gown for my entire stay, or can I wear my own nightgown?
16. Can I preregister to save time during check-in?

Hospital Arrival

1. Where should I park?
2. What is the easiest way to get to the maternity wing?
3. What entrances are open if I arrive in the middle of the night?
4. What paperwork do I need to bring with me?
5. Do I need to call the hospital when I'm in labor and on my way?
6. What is the arrival process like if I have a scheduled induction?

Labor & Delivery

1. Will I be able to eat and drink while in labor? If so, what?
2. What pain management options do you offer?
3. Is an anesthesiologist always available?
4. For what reasons would I not be able to get an epidural?
5. What happens if I try to have a natural birth, but then decide that I need pain management medication?
6. Is there a limit on the number of people that are allowed in the room with me for labor and delivery?
7. Can I walk around while I am in labor, or do I have to stay in bed?
8. Will my husband be able to cut the cord?
9. Do you allow photos/videos to be taken during labor and delivery?
10. What is the process like if I need an emergency C-section? Who is allowed in the room?

Postpartum

1. How long are baby and I required to stay in the hospital after giving birth?
2. Will our baby be in our room for the duration of our stay?
3. Under what circumstances would our baby go to the nursery?
4. Will our baby be examined in the room with us?
5. Will we have skin-to-skin contact immediately following delivery?
6. Can I start the breastfeeding process immediately after delivery?
7. Is there a lactation specialist available to help with the nursing process?
8. Will my baby be given a pacifier?
9. Are meals provided for me after I give birth? What about my spouse?
10. Will my baby be given formula while in the nursery?

Guests

1. How many guests are allowed in the room at one time postpartum?
2. Where is the best place for guests to park?
3. Do guests need to go through any special security measures when they visit?
4. Are children allowed to visit during labor, delivery, and postpartum?

What to Pack in Your HOSPITAL BAG

For Mom

- 2 sets of comfy, loose-fitting pajamas
- One maternity outfit to wear home
- Warm socks
- Underwear
- Nursing bra or tank
- Flip flops for shower (optional)
- Shower toiletries
- Hair brush/hair ties
- Toothbrush/toothpaste
- Make-up
- Deodorant
- Maxi pads (6-8 per day)
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For Dad

- Change of clothes
- Underwear/socks
- Pajamas
- Toiletries/Toothbrush/Deodorant
- Snacks
- Water Bottle
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Diaper Bag

- | | |
|-----------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Diapers/Wipes | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Diaper cream | <input type="checkbox"/> Extra outfit |
| <input type="checkbox"/> 2-3 Burp cloths | <input type="checkbox"/> ----- |
| <input type="checkbox"/> Pacifiers (Optional) | <input type="checkbox"/> ----- |

For the Baby

- Car seat
- Warm socks
- Receiving blanket
- Mittens
- 2-3 sleepers/sleep sacks
- Outfit for going home
- Pacifiers (Optional)
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Other

- | | |
|--------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Laptop/tablet | <input type="checkbox"/> Cell phones |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Book/Magazine |
| <input type="checkbox"/> All chargers | <input type="checkbox"/> Baby book |
| <input type="checkbox"/> Boppy pillow | <input type="checkbox"/> Nurses' card or
small gift |
| <input type="checkbox"/> Baby book | <input type="checkbox"/> Nipple cream |
| <input type="checkbox"/> Sibling gifts | <input type="checkbox"/> Nursing pads |
| <input type="checkbox"/> Quarters for
vending | |

Do Not Forget!

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|----------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Driver's License | <input type="checkbox"/> Hospital Paperwork |
| <input type="checkbox"/> Copy of Social Security Card | <input type="checkbox"/> Birth plan |
| <input type="checkbox"/> Copy of Insurance Card | <input type="checkbox"/> List of people to call |
| <input type="checkbox"/> Contact Info for OBGYN & Pediatrician | <input type="checkbox"/> ----- |