# C-SECTION HOSPITAL BAG CHECKLIST

## C-section essentials

- Your birth plan and maternity notes
- Mobile phone and charger
- Magazines, books, e-reader or tablet for while you're waiting

Check your hospital's policy in advance if you want to have:

- Music to play during the c-section
- Camera to take photos of the birth

## For after the birth

- Big, high-waisted knickers that won't rub on your wound
- Maternity sanitary pads
- Nursing bras, pads, nipple cream - if you plan to breastfeed
- Short-sleeved nightie - front-opening if you plan to breastfeed
- Toiletries and a flannel or towel
- Loose-fitting clothes and slip-on shoes for you to go home in
- Nappies and wipes or cotton wool
- Newborn baby clothes - pack a few spare sets
- Blanket to wrap your baby in
- Car seat - you won't be able to leave the hospital in a car without one

## Useful extras

- Your own pillow or a breastfeeding pillow, for comfort
- Slippers and a dressing gown
- Ear plugs and eye mask to help you get some sleep on the ward
- Blanket or shawl - in case you're cold from the epidural
- Water bottle or straws so you can drink lying down
- Snacks - you won't be allowed to eat before the section so may be hungry
- Dried fruit - to prevent constipation
- Peppermint tea bags - to help with trapped wind

Your birth partner should also pack a separate bag with the things they need.