

# NORTHSIDE/NORTHPOINT OB-GYN

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*Advanced, heartfelt care for all the stages of life*

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## **What you should bring to the hospital for your delivery:**

- Music, movies, book for possible long labor. You may want to create a song list.
- Camera, phone, computer and chargers
- Have email address list ready to notify arrival or your little one.
- Toiletries for mom and dad.
- Chapstick for mom because your lips may get dry when pushing.
- Robe and slippers. You can bring PJ's or comfy lounge wear but most patients wear the hospital gowns.
- Something comfortable for you and the baby to wear home.
- Make sure to purchase and install your infant car seat prior to your admission to the hospital.
- Snacks for dad or significant other.
- Nursing bra or tank top