

## THINGS TO BRING TO THE ALONGSIDE MIDWIFERY UNIT

We welcome you to personalize your birth environment by bringing items from home. You may wish to bring a throw or flannel blanket to cozy up with, comfort items (photos or treasured trinkets), and items that you may like for religious or cultural ceremonies and traditions.

### The AMU has the following available for your use:

- Balls and slings used for birthing and positioning, and birth pools
- Free Wi-Fi access
- A microwave, refrigerator, kettle and water/ice machine - 24 hour Tim Hortons location on site

**Special AMU Souvenir Cups are now available for purchase for \$12 (plus tax)!**

In an effort to remain environmentally conscious, the AMU does not offer disposable drinking cups.

### We recommend that you bring the following items with you:

- Comfortable clothing, robe, slippers and cozy socks.
- One king-sized firm pillow for breastfeeding. You will be glad to have this afterwards!
- Sanitary napkins or disposable underwear (at least one package)
- Toiletries – toothbrush/paste, hair ties, brush, chapstick, lotion or massage oil, ice pack, etc.
- 2-3 cans of cola (it may surprise you to learn it is a great labour aide)
- Olive oil or coconut oil – can be used for perineal massage and as a cream for baby
- Essential oils (without diffuser) – clary sage, lavender, peppermint, or oils that you find soothing
- Arnica homeopathic pills or tincture – assists with healing and bruising
- Car seat - **please ensure you know how to install and adjust the straps on the seat before baby arrives!**
- Outfit to take baby home in, including newborn cap/hat and 2-3 newborn diapers
- Sleep mask to block out light and sensory stimulus
- Music playlists on smart devices (phone or tablet), Earbuds/headphones
- Snacks/juices and a box of tissue

### Planning on using our birth pool?

If you plan to labour and/or birth in our birth pools, you will need to purchase a kit from us. The kit includes the single use disposable liner, debris net, hose, and hose adapter. It is designed to minimize the possibility of infection. Most clients enter the pool naked, however you may bring some clothing to wear in the birthing pool if you prefer such as a sports bra or bathing suit top.

**PLEASE NOTE** that our maximum length of stay after birth on the AMU is 6 hours. If your care is transferred for additional medical care, you will move to the postpartum unit where the length of stay is longer.

### **\*COVID-19 UPDATE\***

**Once you and your support person has been admitted, your support can NOT-leave the room. Be sure to bring bottled water, food/snacks, personal hygiene products (for support person) and you car seat. Consider packing your items into a suit case for easy travel to and from your car.**

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