



Key Items for your stay at GW Hospital

Remember:

1. If you think you are in labor (5-1-1), note decreased fetal movement, vaginal bleeding or your water breaks please call 202-741-2500 to inform the answering service. You will get a call back from the doctor or certified nurse midwife on call.
2. When you enter the hospital, do not check in. GO STRAIGHT TO THE THIRD FLOOR. Take a left off the elevators and you will see the entrance to Labor & Delivery.
3. See gwhospital.com/patients/maps-directions for parking information

Items for You:

- ID/ insurance card
- Hospital Registration Forms (see Third Trimester Checklist for registration Information)
- Comfortable clothes for labor- long t-shirt, comfortable dress, pajamas (hospital gowns are available)
- Comfortable shoes to walk around L&D
- Postpartum clothes- nursing pajamas or gowns
- Robe
- One clean outfit to go home in (second trimester clothes work best)
- Shampoo, soap
- Tooth brush
- Water shoes for the shower
- Cell phone charger, camera
- Water bottle
- Snacks for labor: clear liquids, light food, granola bars, fruits, nuts

** We have birthing balls, sanitary products, and breastfeeding products

Items for your New baby:

- One outfit to go home in
- Mittens (they scratch!)
- Car seat (please check with local fire department or DMV regarding installation)

** We have everything else, diapers, wipes, pacifiers, shampoo, hats, and blankets