

BABY BASKETS FOR BIRTHS

For newborns:

- ❖ 3 - 4 cotton or woven vests, or body suits
- ❖ 3 - 4 pearl-necked or fine wool jerseys with trousers or footed one-pieces
- ❖ You can also pack pyjamas or romper suits, but make sure that they are without large bows or too much decoration.
- ❖ Socks or booties, (if baby is wearing trousers instead of a one piece)
- ❖ 1 cap
- ❖ Mittens (optional)
- ❖ Wash bag:
 - ❖ Cologne
 - ❖ Moisturizing milk/cream
 - ❖ Comb
 - ❖ Brush
- ❖ Baby blanket, towel or shawl

For mums:

- ❖ Night dresses to sleep in
- ❖ Dressing gown and comfortable slippers
- ❖ Nursing/maternity bras
- ❖ Wash kit
- ❖ Girdle (optional for caesarean section)

For companions:

- ❖ Pyjamas and slippers
- ❖ Wash kit

Remember that upon admission, whether programmed or via Emergencies, you must bring:

- ❖ Pregnancy case history (sheet or booklet form).
- ❖ Blood test result of the third quarter of pregnancy and results of the culture made.
- ❖ Insurance and identity card or passport.

It is also required to bring the following items:

- ❖ Sanitary towels
- ❖ Nappies
- ❖ Wet wipes
- ❖ Baby's bottle

It's important to remember:

- ❖ You must be fasting for 6 hours, in the case of forward scheduling. Consult your gynecologist.
- ❖ Do not wear rings, watches, piercings or metal objects.
- ❖ You must remove contact lenses.
- ❖ Clínica Diagonal allows you take photos and videos during childbirth, but always ask with your gynecologist.

