



Four Counties Health Services site
1824 Concession Drive
Newbury ON N0L 1Z0
519 693-4441

Strathroy Middlesex General Hospital site
395 Carrie Street
Strathroy ON N7G 3J4
519 245-1550

www.mhalliance.on.ca

WHAT TO BRING TO THE HOSPITAL WHEN HAVING A BABY

FOR MOTHER:

- Your Ontario Health Card
- Private health insurance information
- Lip balm
- Personal hygiene products
- Breast pads/breast pump
- Sanitary napkins
- Snacks and drinks for your partner
- Comfortable clothes, pajamas, slippers, nursing or supportive bra, a few pairs of underwear and non-slip slippers
- Anything to help with labor (tennis ball, music, etc.)
- Hard candy

FOR BABY:

- Package of diapers, wipes
- Several sleepers, socks
- CMVSS approved car seat
- Soother if desired

PARKING: Front Doors lock at 8 pm. After 8 pm, enter through Emergency Room Doors.

These instructions are designed for informational purposes only. It should not be used in place of medical or rehabilitation advice or instructions.

If you have specific questions, please consult your health care professional or physician.