

# *TRANSITIONS MIDWIFERY*

---

## Home Birth Supplies

Please collect these items ahead of time and store together in an easy to access area for your midwife. (Many people use a laundry basket or Rubbermaid tub.)

- 2 large garbage bags
- 2 large Ziplock bags
- 1 roll of paper towel
- Extension cord
- Acetaminophen (Tylenol) and Ibuprofen (Advil or Morin)
- Maternity pads (Not dry weave type ie. "Always") or bladder control underwear like "Depends"
- Hydrogen peroxide (for cleaning up blood)
- 4 face clothes (preferably old and soft)
- 6 clean older towels (more is always good for planned water birth).
- 4 receiving blankets
- 2 newborn hats
- A few diapers
- A loose gown or comfortable pajamas to wear after the birth, preferably opening in front for skin-to-skin contact and ease of breastfeeding.
- Bed prepped for delivery
  - o Base layer = Normal sheet on bed
  - o Middle layer = plastic cover (plastic sheet, shower curtain, or plastic table cloth to protect mattress)
  - o Top layer = old sheet for delivery

After delivery we will strip with old sheet and plastic sheet off the bed. You will then have your clean base sheet ready for you and babe to snuggle in.

- Post-partum peri pads aka padsickles
  - o Pads lightly soaked with water and frozen ahead of time. May also add witch hazel.

### Optional

- Birthing pool (can rent from Ridge Meadows Doulas or purchase online)
- Music player
- Flameless candles
- Essential oils
- TENs machine
- Hot water bottle/Microwave heat bag/ or electric heating pad.
- Mirror for watching delivery (can purchase hand mirror from dollar store)
- Bendy straws

Supplies Provided by Midwives at 37 weeks GA. Please add to collected supplies.

- Home birth chart/folder
- 1 pair of mesh underwear
- 2 x sanitary pads
- Disposable under pads
- Peri-bottle
- Gauze
- Umbilical cord clamp
- Medication in-case of bleeding (to be kept in refrigerator)

Remember to have lots of snacks and fluids on hand to have while you are in labour.

As there is always the change of a planned home birth needing transfer into the hospital we also recommend you have a small hospital bag packed.

*105-22838 LOUGHEED HWY MAPLE RIDGE BC V2X2V6  
PH:604-466-5541 FX:604-466-8500*