

HOME BIRTH SUPPLY LIST



What your midwives will bring to a home birth:

We bring all the equipment necessary to conduct a birth at home, including most of what is available in hospital. This includes

- Equipment to make sure you and baby are healthy: e.g. blood pressure monitor, stethoscopes, Doppler fetoscope, urine dip sticks
- Equipment to conduct the birth: e.g. birth stool, clamp and scissors for umbilical cord, local anesthetic and suture kit
- Resuscitation equipment and medications for you and baby: e.g. oxygen, suction, IV fluids, urinary catheters, and medications including oxytocin and epinephrine. These are rarely used but are always on hand
- Safety and sanitation equipment: e.g. gloves, pads, bleach wipes

We try our best to clean up all messes and generally we leave you with one bag of laundry and one bag of garbage.

HOME BIRTH SUPPLY LIST



Items for you to have ready:

For early labour:

Gravol (dimenhydrinate) 50 mg tablets, Tylenol (acetaminophen) 500 mg tablets

In the kitchen:

Easy to digest food for labour such as toast, crackers and cheese, popsicles, fruit, broth

Drinks to provide energy such as juice, sport drinks, red raspberry leaf tea

For the birth:

2 laundry hampers or large boxes with garbage bags (one for laundry, one for garbage)

10 clean washcloths and a large kitchen bowl (for wet, warm compresses)

Bowl or container for placenta (ice cream containers work well)

Plastic drop sheet or shower curtain

Portable space heater if your home is draughty

Towels (6-10 these may get dirty)

For the baby:

Lots of old receiving blankets for drying off baby (these will get dirty!)

One larger blanket to cover you both up after the birth

Extra large serving tray or cookie sheet (to use as a "baby stretcher" if needed)

Digital thermometer (underarm-type preferred)

Diapers

Hat

For the postpartum:

Tylenol (acetaminophen) 500mg tablets, Advil (ibuprofen) 200 mg tablets

Sanitary napkins or incontinence underwear

Witch hazel (for hemorrhoids and swelling)

To prepare your bed for delivery:

Make your bed with a clean bottom and top sheet. Cover this with a plastic drop sheet or shower curtain. Then make your bed again with a set of old sheets. You can secure the sheets with safety pins at each corner. After the birth, the top set of sheets can be removed for a "freshly" made bed. We recommend prepping the bed this way even if you plan to deliver somewhere else (e.g. in the tub).