

(Mungate Business Centre)

*Maternity Hospital, Dental, Medical, & Ultra Sound Scan*

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### **SUGGESTED LIST FOR MATERNITY PATIENTS**

#### **FOR THE MOTHER WE SUGGEST THE FOLLOWING:**

- 1) 2 or 3 night dresses (1 short night dress for labour ward)
- 2) Panties (plenty)
- 3) 1 dress Gown, 1 pair of slippers
- 4) Maternity Sanitary pads x 6 packets/Cotton wool
- 5) Toiletries and cosmetics
- 6) 2 Face cloths, 1 Towel
- 7) Mother's ID and Valid Medical Aid Card
- 8) Coarse Salt & Medium sized bucket or personal dish for salt treatment

#### **FOR THE BABY WE SUGGEST THE FOLLOWING:**

- 1) Pampers/nappies
- 2) 3 Vests, Methylated spirit (100 mls)
- 3) 3 wrappers
- 4) Baby blankets
- 5) 3 pairs socks
- 6) 2 Face cloths
- 7) Baby soap
- 8) Baby's big towel, Cotton wool
- 9) Vaseline 50mls, Baby oil
- 10) Hats/rompers
- 11) A bit of cash for unforeseen needs (We have an onsite tuckshop for other incidental needs).