



MATERNITY

WHAT TO PACK FOR THE **HOSPITAL?**

For the mother

Nursing nightdresses
Nursing pads
Nursing bras
Post partum abdominal support belt
Toiletries (optional)
Disposable underwear

For the baby

The 1st baby outfit + 4 other outfits
Muslin squares
Baby blanket
Hairbrush
Nappies (optional)
Cradle sheets (optional)

Do not forget to bring

Antenatal card
The last blood test results
Other exams (if there is some changes)
Stem cells kit (optional)
Baby car seat

24h Help Line

(+351) 289 830 040

www.grupohpa.com

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