

List of things necessary for hospitalization (For Caesarean section)

~about 8 days hospitalization~

- 3 to 4 pairs of pajamas (with wide cuffs and front opening for easy breastfeeding)
- Cardigan and socks (please bring your own especially in winter season)
- Toiletries and box tissues
- Shampoo, Hair conditioner, Body soap
- Several towels and bath towels (for showering)
- 2 face towels (For wiping body after operation)
- Medication and medication notebook (Please bring any medication you have been taking until the time of admission.)
- 3 to 4 breastfeeding bras
- Several gauze handkerchiefs (for wiping the baby's mouth)
- 3 or 4 pairs of shorts
- Mask (to be worn at all times during hospitalization)
- Earphones (for watching TV in share room. Longer ones are better)
- Maternity Notebook
- writing utensils
- Baby Moisturizers
- Baby clothes, wrapping cloths at the time of discharge (Baby clothes during hospitalization will be provided by the hospital.)
- 2 Maternity belt (for surgery) (Available at the 9th floor store. Please bring them with you after running them through water)
- Slippers (Please prepare footwear with heels to prevent falling)
- Maternal and Child Health Handbook
- Health insurance card
- Registration card (for non-Japanese nationals)
- Consultation card
- Birth plan
- Request for consent to register pregnancy and delivery data
- Newborn Hearing Screening Form
- Cesarean section delivery explanation form and consent form
- Blood Transfusion Therapy Information Sheet and Consent Form / Plasma Fractionated Product Information Sheet and Consent Form

☆ Things prepared in hospital ☆

- Sanitary goods necessary after delivery (Napkins, 2 shorts)
- Baby supplies (1 pack of 36 diapers, 1 pack of wipes, navel sterilization set)

Start preparation around the 30th week.
Please do not bring any valuables with you.

Please be sure to remove rings, manicure, fake fingernail, gel nails, false eyelashes, eyelash extensions, body piercings!

Please inform us in advance if you are wearing any orthodontic appliances that cannot be removed by yourself.

