

List of things necessary for hospitalization (For vaginal delivery)

~about 5 days hospitalization~

<Items needed in the LDR : Keep separate from your postpartum luggage>

- A front-open pajamas (one-piece type)
For use after delivery.
- Maternal and Child Health Handbook
- ※ You will wear hospital pajamas during delivery.
- Birth plan
- 2 face towels (For wiping sweat and body)
- Newborn Hearing Screening Form
- Slippers
- Request for consent to register pregnancy and delivery data
- ※ Please prepare footwear with heels to prevent falling
- Information on early skin-to-skin contact
- Relaxation goods (CDs, magazines)
- Information and requests regarding a family member's attendance at Delivery
- Health insurance card
- Anesthesia Delivery Application Form
- Consultation card
- Consent Form for Induction/Augmentation of Labor
- Registration card (for non-Japanese nationals)
- Shampoo, Hair conditioner, Body soap
- Mask (to be worn at all times during hospitalization)

<What you need after childbirth>

- 2 to 3 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
- Several towels and bath towels (for use in the shower and as needed)
- Medication and medication notebook (Please bring any medication you have been taking until the time of admission.
- 2 to 3 breastfeeding bras
- Several gauze handkerchiefs (for wiping the baby's mouth)
- 2 or 3 pairs of shorts
- 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.)

☆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.

