



Hospital Birth Companion Contents


Disposable Pads for Bed and Car

	<p>Capable of absorbing up to 1 litre of fluid, 2 of these sheets are ideal for use under the bedsheets at home just in case your waters break, as well as during the few days after you have had your baby. The third is a slightly smaller one with similar absorption power, ideal for putting in the glove box of the car</p> <p>2 x sheets 90cms x 60 cms 1 x sheet 60cms x 60cms</p>
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Evian Cooling Spray

	<p>The Birth process can be a long and energetic process. This 50g spray is ideal for keeping you cool when you are working hard. Evian is the only cooling spray that contains ONLY WATER and an inert propellant, so you can use it with confidence throughout your Birth experience and afterwards.</p>
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Stress Balls

	<p>Holding and squeezing stress balls during your labour can divert tension in the shoulders and neck. They can also be a great distraction during the latent phase of the Birthing process. Unlike cheaper ones, these balls are made from high quality foam which spring back into shape immediately.</p>
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Body Wipes

	<p>Pack of 10 Clinell Bathing Wipes to clean and refresh both during and after the Birth of your baby</p> <p>Please Note:</p> <ul style="list-style-type: none">• These wipes should not be used on babies• Although they can be warmed in the microwave, your Midwife will not be able to do this for you in hospital, due to health and safety constraints.
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Natracare Maternity Pads

	<p>Made from organic biodegradable cotton, these comfortable absorbent pads do not interfere with stitches like many dry weave topsheet pads can and are allergy free</p> <p>We put a pack of 2 in your hospital bag, along with 2 pairs of 'magic pants', but boxes of 10 can be bought in our Products section</p>
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Natracare Nursing Pads



Just like the Maternity Pads, Natracare Nursing Pads are soft, absorbant and made from allergy free organic cotton. The adhesive tab at the back keeps the pad securely in place keeping any leakage away from the skin, and away from clothing .

We put a small pack of 4 in your hospital bag, but boxes of 25 can be bought online in our Products section

Cotton Face Cloth



This soft cotton facecloth can be used to cool the face and body by soaking in warm water and removing the excess. Its affordability means that you can use it for intimate washing and then discard it afterwards.

All in One Disposable Pants (Magic Pants)



Ordinary paper knickers can be ill fitting and rip easily when changing pads. These all-in-one pants are stretch fit and come with a built in maternity pad, so you simply rip the sides and throw them away. Ideal for the first couple of changes when flow is heaviest and you are at your most weary. These pants are also fantastic if your mobility is limited, i:e, if you have had an epidural or operative delivery

Please order by your pre-pregnancy size

Pack comes with 2 pairs of pants

Hospital Socks



When having a baby, it has been noticed that many women get cold feet, thus keeping the lovely socks on that they came to hospital in.

These cotton sports socks are ideal for hospital Birth, as they are warm and comfortable, but are cheap enough to be discarded afterwards.

E45 Cream



Although we encourage mobility during the Birthing process, limited mobility with some analgesia or just moving into different positions on the bed on those crisp white sheets can cause chafing and soreness around the elbows, knees and heels. Occasional application of this emollient cream can help reduce this happening

Lipsyl Lip Salve



Good honest fragrance free lip salve that can help stop chapped lips in warm dry birthing rooms.

Drinking Straws



Ideal for using in labour, when you are in a comfortable position that might not be dynamically convenient to drink straight from a tumbler or bottle.

6 Straws per pack, packed in sturdy plastic to help stop bending or crushing.

Compact Tissues



Handy pocket size tissues for those emotional moments.... Or maybe just a runny nose x 2 x packs.. one for you and one for your Birth partner

Please note: the manufacturer may vary.