

## Preparation for Birth Checklist

- Pack hospital bag by 35 weeks' gestation (see "Preparing for Your Birth" section)
- Take Gift of Motherhood online prenatal program or sign up for in-person prenatal classes (see "Preparing for Your Birth" section)
- Print off and complete antepartum form and bring to hospital when you go into labour (see "Printable Resources" section)
- Watch hospital video tour (scroll to bottom of "Preparing for Your Birth" section)
- Bring OHIP card and any necessary insurance documents. If you do not have OHIP, contact the Patient Billing Line at 905-863-2550 or [accounts.receivable@williamoslerhs.ca](mailto:accounts.receivable@williamoslerhs.ca)
- Ensure you have a family doctor or paediatrician for your baby. Your baby needs an appointment 24 to 48 hours after hospital discharge. If you are a midwife client, your midwife will provide follow up.
- Read the Maternal Newborn Services booklet (see "Printable Resources" section)

Please note this checklist is recommended, but not required before delivery. You may find more information at [www.williamoslerhs.ca/havingyourbaby](http://www.williamoslerhs.ca/havingyourbaby) or ask your doctor/midwife