



Home Birth Preparation and Supplies

Please have your supplies together by 37 weeks of pregnancy

Prepared Package

The clinic has prepared packages of medical supplies needed for homebirth, free of charge. Please pick this up between 35-37 weeks. Items include: blue pads, sterile gauze, mesh underwear, umbilical cord clamp, peri bottle, large maxi pads and a placenta bucket.

Things to have prepared:

- 1 large bowl for placenta
- 10 old towels
- 8 face cloths
- 2 sets of sheets
- 10 receiving blankets
- Large blanket to wrap mom in after the birth
- 2 large garbage bags
- 2 Plastic Sheets (plastic backed tablecloth or shower curtain liner, large enough to completely cover your mattress).
- Vehicle with full tank of gas

- Car seat ready for use
- Digital thermometer in Celsius
- Clean bathtub
- Extension cord
- Baby hat

Things that are nice to have:

- Arnica homeopathic pellets
- Maxi pads – avoid Dry Weave
- 1 small bottle of hydrogen peroxide for cleaning carpet
- Tylenol and/or Ibuprofen
- A few bendy straws
- Hand mirror

Supplies for Waterbirth for rentals contact: Lindley www.okanagandoula.com

- Several extra bath towels
- Extra tarps or shower curtain liners to protect the floor from the tub to the bathroom

** For other supplies check out: www.withchild.ca and/or www.mamagoddessbirthshop.ca **

Home Birth Preparation and Supplies, cont'd

Preparations:

- Please make sure there is a level space in the birth room cleared for assessment of the baby. This could be the top of the dresser, or a folding table or trunk. This space needs to be near an electrical outlet.
- Please make sure your house number is easy to see. If it isn't, make a sign to put out when you call us in labour.
- In early labour, make sure the front door is unlocked and the outside light is on.
- Use a laundry basket or box to keep all supplies together and easily accessible in the birth room, and have this ready by 37 weeks.
- When you are in early labour, put a clean set of sheets on your bed that you want to snuggle into after the birth. Cover these sheets with a large plastic sheet and tuck it in. Over this, put on the sheets that you will be labouring and birthing on. After the birth, the plastic sheet and the sheets you used for the birth can be easily removed.
- Have fresh juices, honey, yogurt, favorite foods, ice-chips, popsicles, electrolyte drinks for you as well as your birth team. Try Labouraide*
- For soothing comfort to your perineum after the birth; spray 3-4 maxipads with water, witch hazel or aloe gel; form in a curved shape, place in individual Ziploc bags and freeze.
- Think about having someone to help out with things like preparing food, doing laundry, dishes etc. This person should come when you are in late active labour and stay for about 2 hours after your birth.

* Recipe for Labouraide:

1/3 cup of fresh-squeezed lemon juice

1/3 cup of honey

¼ teaspoon salt

1 crushed calcium tablet (or 1 ½ tsp calcium powder)

Mix with enough water to make 1 litre. You can make this in early labour.