



Preparing for your postnatal stay at RPA

What to bring to hospital

When you arrive at the postnatal ward, you will be supplied with a pack of essentials including one outfit change, a packet of wipes and baby wash.

We encourage you to bring in enough baby clothing and nappies for the rest of your stay in hospital.

We suggest you bring the following items with you:

- One pack of nappies and wipes
- Four changes of clothing including singlets, socks and wraps.
- Maternity pads

Please note that the hospital clothing provided for your baby is to be left in the hospital and cannot be taken home. You will need to provide a going home outfit, wrap and blanket for your baby.

For more information, please refer to your care provider or visit slhd.nsw.gov.au/rpa
WomenAndBabies

Would you like your support person to stay overnight?

RPA Women and Babies welcomes one support person staying overnight in single rooms on postnatal wards.

A bed and breakfast can be provided for your support person at a cost of \$30 per night.

If you qualify for a support person to stay the night you can arrange and pay at the RPA Women and Babies front desk on level 3 before 8pm on the day you wish your support person to stay.

All transactions are via EFTPOS only as there is no cash kept on the premises.

Take your receipt back to your ward and present it to the midwives who will arrange a bed. Your support person can help themselves to the buffet breakfast served on the ward between 6.30 and 8.30am.

Rights and responsibilities apply.

For more information, please refer to your care provider or visit slhd.nsw.gov.au/rpa
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