

C-section checklist

If you are having a planned or elective caesarean section (C-section) your needs may differ slightly from the usual hospital bag checklist. Here is our midwife designed checklist, developed with women who have had C-sections in mind, to help you meet your C-section hospital bag needs.

- nightwear/lounge wear x 3** - comfortable and easy access for skin-to-skin and breastfeeding
- big pants x 5** - high-waisted, so they don't rub on your wound or catch on your dressing
- maternity bra x 1**
- breast pads** - small pack
- maternity pads x 10** - depending on the length of your stay
- a lightweight dressing gown**
- change of clothes x 1**
- maternity notes and birth plan**
- toiletries** - all your usually used products plus nipple balm and any regular medications

helpful extras after having a C-section

- curved cushion** - ideal for breastfeeding or bottle feeding mums, or to support your body post surgery
- straws** - easier to drink when you're not as mobile
- spill proof drinking bottle** - to prevent spills
- glasses** - if you need them
- slip on shoes/slippers** - to limit bending
- lip balm**
- handheld battery-operated fan** - as hospitals can feel too hot, you may need it post op
- hair band and/or ties**
- phone/gadgets and charging cable** - make sure you have an extra long charging cable for easy reach
- downloaded music and podcasts**
- peppermint tea bags** - having a C-section can cause wind and peppermint tea can provide some relief
- snacks** - try packing higher fibre snacks such as fruit, cereal bars and nuts. This will help bowel movements after your surgery



Top Tip

Hold a pillow on your C-section wound when you laugh or cough for support

C-section checklist

my baby bag

- baby grows x 4
- baby vests x 4
- baby hat and mitts x 1
- baby blanket x 1
- nappies x10
- cotton wool or water wipes
- my expert midwife no harm bum balm
- muslin clothes x 5



my partner's bag

- gadgets and chargers
- money – change/bank cards
- jumper or sweatshirt
- snacks, biscuits, cereal bars, chocolate, rice crackers etc
- drinks – freezing will keep them cold for longer
- sandwiches

some extra notes
