



CHECK-IN CHECKLIST

It is advisable to have your bag packed **2 to 4 weeks before** your estimated delivery date. Here are some items we strongly recommend you bring.



FOR ADMISSION:

- Pre-admission documents
(*White envelop obtained during Pre-registration)
- Pink Maternity Admission Assessment Form / Doctor's Letter
- Laboratory Results Documents (if any)
- Doctor's Clinic Financial Counselling Form
- Identification Document of both parents
(Passport or Identity Card)
- Doctor/Clinic's Receipts
(For Antenatal Medisave Claim)
- Insurance documents (If any)

COMFORTS:

- 2-3 Loose Fitting Clothes
(with front opening to facilitate breast feeding)
- Nursing Bra & Nipple Cream
- Underwear & Sanitary Pad
- Personal Toiletries / Hair accessories
- Slippers (Inc. Leg Warmers / Socks)
- Going home outfit
- Extra clothes for Daddy

FOR BABY:

- Mittens / Booties
- Beanie
- Going Home Outfit
- Swaddle / blanket
- Diapers / Baby Wipes
- Car seat

OPTIONAL:

- Tennis balls in sock
- Birthing Ball
- Yoga mat
- Cord Blood Collection Kit
- Snacks & Drinks

ADVICE & TIPS

- Keep hydrated
- Rest well and often
- Eat well
- Dress comfortably
- More fruits and fibre in diet
- Light exercise
- Stay off your feet
- Support your back

**IT'S ONLY
POSSIBLE
WITH YOU**