

WHERE TO GO

When the time comes to give birth, please call the Maternity Care Center. When you arrive at the hospital, a member of our staff will escort you to your room.

ST. JOHN'S HOSPITAL

Maternity Care Center | 651-232-7550
1575 Beam Ave.
Maplewood, MN 55109
Main entrance
(Emergency Care Center entrance for overnight arrival)

WOODWINDS HEALTH CAMPUS

Maternity Care Center | 651-232-0022
1925 Woodwinds Dr.
Woodbury, MN 55125
Emergency Care Center entrance

PREGNANCY RESOURCES

STARTING OUT RIGHT PREGNANCY GUIDE

A free online book from HealthEast Maternity that will help guide you through your pregnancy, labor, birth and caring for your new bundle of joy. Visit: healtheast.org/starting-out-right

WEEKLY PREGNANCY EMAIL

Our e-newsletter offers trusted advice and support from health care professionals tailored to where you are in your pregnancy journey.

Two easy ways to register:

- > Visit healtheast.org/baby
- > Text HEMN to 617-580-3050

WHAT TO BRING

An easy check list to help you prepare for your trip to the Maternity Care Center.

LABOR BAG (FOR YOU)

- Anything that will help you feel more comfortable.
- Focal point to aid concentration (a picture, plant, stuffed toy)
- Lip gloss or balm for dry lips
- Sour suckers for dry mouth and throat
- Cell phone and/or music device
- Robe, socks and slippers
- Toothbrush, toothpaste and other personal grooming items

FOR LABOR SUPPORT

- Lotion for back rubs and massage
- Tennis ball for applying back pressure
- Notebook and pen to record observations
- Camera
- Tablet (free wifi available)

SUITCASE (PERSONAL ITEMS FOR MOM)

- Eyeglasses or contact lenses and supplies
- Nightgowns (if breastfeeding, a nursing gown)
- Support bra/nursing bra
- Breast shells, if used during pregnancy
- Comb, brush, shampoo, toiletries
- Going-home clothes that fit when you were about five months pregnant

FOR SUPPORT PERSON

- Pajamas, robe and toiletries (toothbrush and toothpaste) if you stay overnight
- Swimsuit and towel if you want to be in shower or tub with your partner
- Money for meals in the cafeteria
- Food and beverages from home (label and store in Maternity Care Center refrigerator)
- Phone numbers to contact family and friends

FOR BABY

- Car seat (know how to install in your car)
- Going home clothes: undershirt, sleeper, cap, sweater and blanket
- An outfit to wear for newborn photos (optional)
- Baby book

