

WHAT TO PACK FOR THE HOSPITAL?

DOCUMENTS

- 1) Document of identity – passport or identification card (ID),
- 2) "Mother's passport" and other pregnancy and health status related documents – blood group, Rhesus factor examination original, findings on ultrasound, consultants' conclusions, additional analyses, etc.,
- 3) For EU citizens – European Health Insurance card and other health insurance documents,
- 4) Riga City-Dweller's Card, if any.



CLOTHING FOR THE WOMAN

During delivery – comfortable cotton clothing, a pair of short cotton socks, a dressing gown, comfortable indoor footwear.

After delivery – comfortable clothing and underwear, suitable for feeding the baby, disposable or cotton panties, shower slippers.



HYGIENE PRODUCTS FOR THE WOMAN

Personal hygiene items, 2-3 towels, postpartum sanitary pads, micro enemas.

At any time of the day at the Reception Desk of the Riga Maternity Hospital it is possible to purchase a disposable delivery set – a maternity package, disposable bedspreads, nappies and other products for personal hygiene, as well as a disposable change of clothing and shoes for a person who intends to participate in the family labour.

It is also possible to purchase hygiene and other items at the pharmacy located on the ground floor.



HYGIENE PRODUCTS FOR THE NEWBORN

Baby soap, wet wipes, 2 towels – one smaller and one larger for wrapping the baby, diapers, 3-4 cotton or disposable bedspreads.



FOOD

Two litres of still mineral water, a small amount of mild diet products in appropriate packaging, such as yogurt.

THE PERSON WHO INTENDS TO PARTICIPATE IN FAMILY LABOUR IS REQUIRED TO HAVE:

- 1) Document of identity – passport or identification card (ID),
- 2) Findings of the chest X-ray performed during the last year.

CLOTHING FOR THE PERSON WHO INTENDS TO PARTICIPATE IN FAMILY LABOUR

Appropriate indoor clothing and footwear.



CLOTHING FOR THE NEWBORN

3-4 sets of cotton clothing for indoor use, 2 cotton caps, 2 pairs of cotton mittens, 2 pairs of warm socks.

EXCEPT FOR DOCUMENTS, THE LIST OF OTHER ITEMS TO BRING TO THE HOSPITAL (CLOTHES, PERSONAL HYGIENE PRODUCTS ETC.) IS NOT MANDATORY.

- We recommend putting personal belongings in a closable, easily transportable bag, e.g., a travel bag with wheels.



- It is strongly advised to leave valuables at home or with the accompanying person.



- While in the Maternity Hospital, look after your own baby and belongings. When leaving a single room, lock the door. If you expect to be away from your baby for over 30 min, inform the department's staff!



- It is possible to pay in cash or by card.



- You can leave your car in the off-street paid parking zone.

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