

Delivery Day Checklist



Signs of Labor:

- 1 Regular contractions for more than an hour, coming every five or less minutes
- 2 A gush of watery fluid
- 3 Bright red bleeding, like a period



Who is taking me to the hospital?

Delivery Day Trip Plan

Name: _____ Phone Number: _____

My Back-Up Plan

Name: _____ Phone Number: _____



Doctor's Information

Your Doctor's Instructions if you think you are in labor:

Doctor's Name: _____ Phone Number: _____

Hospital Name: _____ Phone Number: _____



Things to Remember

Try to get these ready before your delivery date:

- Comfortable clothes for your hospital recovery
- Completed Birthing Plan, if you have one
- Completed Infant Feeding Plan, if you have one
- Picture ID
- Health Insurance Information



How can we do better?

TEXT _____ to 716-219-0190

GO Buffalo Mom

