

POSTPARTUM ESSENTIALS

ITEM NAME	DO I ALREADY HAVE THIS?			WILL BE GIFTED?		MY COST
	HAVE	NEED	DON'T NEED	YES	NO	
BOX OF INCONTINENCE OR POSTPARTUM PADS						
BOX HEAVY FLOW PADS						
COMFORTABLE UNDERWEAR						
BREASTFEEDING ESSENTIALS						
WITCH HAZEL PADS*						
PERINEAL SQUIRT BOTTLE*						
BENZOCAINE SPRAY*						
STOOL SOFTENER**						
ASPRIN**						
POSTPARTUM ESSENTIALS TOTAL						

*The hospital usually sends you home with these items.

**If not already prescribed by doctor. And check with your doctor before taking these.