

## Hospital Visit Checklist

### Vassar Hospital Information:

Address: [45 Reade Place, Poughkeepsie, NY 12601](#)

Phone: (845) 454-8500

Visitation: **ONLY 1 person can come. THAT PERSON NEEDS TO STAY WITH PATIENT THE WHOLE TIME.**

- **When going into labor, call Sun River Prenatal Dept.**
  - 845-790-7990 ask to be directed to a Poughkeepsie OB/GYN Nurse
- **You will either be instructed to go to Sun River or directly to the hospital**
- **IMPORTANT:**
  - **Set GPS/tell Uber/taxi driver to go to 45 Reade Place Poughkeepsie**
  - **This is the main Vassar hospital entrance and that is where labor and delivery is located**
  - **This building is now called the Legacy Building**
  - **DO NOT GO TO THE ER unless you are having a life-threatening emergency because the ER is not in the same building as labor and delivery**

### **What should I bring to the hospital during labor and delivery?**

**(We suggest having your bags prepared to go at month 8)**

- 1. Hospital paperwork, ID, and insurance card.** Have copies of your medical records handy, so that your healthcare providers can easily review your medical history. Hospitals require your ID, any medical cards, and insurance documents up front, so make sure you have a copy of these readily available.
- 2. Birth plan** (if you have one). You might have discussed your birth plan with your medical team, but having a few copies printed and available for your healthcare providers means that everyone can refer to it in case last-minute questions arise.
- 3. Toiletries** (Hair ties, toothbrush, toothpaste, hairbrush, lip balm, lotion etc.)
- 4. Eyeglasses**, if you wear them
- 5. A bathrobe**, a **nightgown** or two, **slippers**, and **socks**
- 6. Cell phone** and **charger**
- 7. Books, magazines**, or a **tablet** for watching movies
- 8. Comfortable [nursing bras](#)** or **regular bras**
- 9. Several pairs of maternity underpants**
- 10. Snacks** for your support person and you if allowed
- 11. Soothing items** (crystals, music, a favorite blanket, photographs, etc.)

## 12. Loose fitting clothing to wear home

### What to Pack in Hospital Bag for Baby

After your hospital bag has everything for you, then move on to the essentials for baby.

- **A car seat.** If you're driving home, this is non-negotiable—they won't let you take your baby home from the hospital without [a car seat](#), and it should be already installed.
- **A going-home outfit.** Pack two different outfits in different sizes because you don't know how big or small your baby will be! Aim for one outfit in newborn size and one 0-3 months. Don't forget hats and/or socks, if weather appropriate.
- **Baby blanket**
- **Your pediatrician's contact information.** The doctors and nurses will ask you for this information several times, so it's good to have it handy. Include the email or fax number for the pediatrician's office so they can easily forward your baby's medical records.
- **Bottles**, if you're using. If you plan to [bottle-feed](#) from the get-go, pack at least two for the hospital. If you plan to [formula feed](#), pack some of your preferred brand, as well, though the hospital will most likely have samples for you.
- **Do not bring diapers or wipes!** The hospital has all the diapers and wipes you'll need. It is suggested to bring an extra bag for all the freebies you'll bring home from hospital.

### Additional Resources for Vassar Hospital

#### Important phone numbers:

- Vassar Brothers Medical Center (845) 454-8500
- Admitting Office (845) 431-5648
- Prenatal Classes (877) 729-2444
- Center for Breastfeeding Support (845) 483-6178
- Center for Bloodless Care (845) 483-6405