

Where to go



What to bring

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 Avenue Maplewood, MN 55109
Main entrance
(Emergency Care Center entrance for overnight arrival)

St. Joseph's Hospital

Maternity Care Center | **651-232-3022**
45 W. 10th St. St. Paul, MN 55102
Emergency Care Center entrance

Woodwinds Health Campus

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



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
- iPod, MP3 player or CD player
- 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 and/or video recorder
- Laptop (wireless connection available)
- Beach towel or large bath towel if you are planning a waterbirth

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
- Hair dryer (St. Joseph's)
- 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, blanket and in the winter a snowsuit
- An outfit to wear for newborn photos (optional)
- Baby book

