

## Health Advice

### Prepare the Bag for Delivery

When the due date is approaching, you are recommended to pack everything you need for delivery in a bag in case you need to go to the labour room in a hurry.

#### What to put in the bag:

For the mother: a cup, toiletries, slippers, maternity pads, mesh pants, absorptive underpad, nursing bra and antenatal record

For the baby: new-born diapers and cotton wool



**Remember to bring**

