

Postpartum Items You May Want or Need

CHECKLIST

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|---|---|---|
| <input type="checkbox"/> Sanitary Pads | <input type="checkbox"/> Period Panties | <input type="checkbox"/> Depends / Always |
| <input type="checkbox"/> Stool Softner | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Perineal Spray |
| <input type="checkbox"/> Donut Cushion | <input type="checkbox"/> Prune Juice | <input type="checkbox"/> Gauze Pads |
| <input type="checkbox"/> High Waist Pants | <input type="checkbox"/> High Waist Underwear | <input type="checkbox"/> Maternity Pants |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Smooth Move Tea | <input type="checkbox"/> Yoni Steamer |

THE HOSPITAL MAY PROVIDE

Ask your provider/hospital for verification

- | | | |
|---|--|---|
| <input type="checkbox"/> Dermoplast | <input type="checkbox"/> Witch Hazel Wipes | <input type="checkbox"/> Mesh Undies |
| <input type="checkbox"/> Belly Binder | <input type="checkbox"/> Gauze Pads | <input type="checkbox"/> Maternity Pads |
| <input type="checkbox"/> Peri-Squirt Bottle | | |

