

What is a maternity package?

A maternity package consists of all kinds of aids that are needed before, during and after the birth. You can purchase the content separately or request a maternity package. It is sometimes possible to get the maternity package free of charge through your health insurance.

What's in a maternity package?

1. Mattress protectors

Protects the mattress in event of the membranes braking.

2. Mats

Mats to lay on in the first days after delivery.

3. Disinfectant soap or hand gel

Hand gel to disinfect hands of anyone who is close to the baby shortly after giving birth.

4. Bottle of alcohol for disinfection

Disinfectant for wounds, or for example the thermometer that measures the temperature of your baby in the first days.

5. Gauze pads

For the care of any wounds. Also the stump of the umbilical cord of the baby is covered.

6. Maternity bandage

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.