

## Neonatology

# What to bring in for your baby while they are in the neonatal unit

## Information for parents and families

- **nappies.** All major supermarkets and pharmacies usually stock own-brand premature nappies or may carry pampers micro nappies for babies 1.5-3kg. If you are unsure, please ask someone on the ward. We recommend bringing in one pack of nappies, and we will store them in the unit for you.
- **one pack of cotton wool balls**
- **one pack of cotton buds** for cleaning your baby's mouth
- **nappy cream.** We use Bepanthen® or Sudocrem®
- **sunflower or coconut oil** for skin care (for massage and to rub onto your baby to help remove sticky tapes). You will not need a lot so try and get the best quality you can – refined/purified or organic is best, rather than the basic quality for cooking. It is useful to put this into a small bottle or tub, which you can buy from a pharmacy.
- **a pillow** to support you with comfortable feeding (this is useful for breastfeeding or bottle feeding). This could be a standard bed pillow from home.
- **muslin cloths** these are useful for lining nests, wrapping around them while you do skin-to-skin, or wrapping around them to support them while they have a bath. Please write their name on its labels with a marker and take them home to wash.



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We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

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