



**ST-AUGUSTINE
PRIVATE HOSPITAL**

where patients come first

For Expectant Mothers

At least 4-6 weeks prior to your expected date of delivery, please visit our institution for a pre-booking.

To register, please walk with your obstetric record. Upon registering, a deposit must be made depending on your type of delivery. At this time, you may also ask to review the delivery unit and you may indicate to our staff any special requirements such as special dietary requirements, private room etc.

COME FOR ADMISSION IF:

- Contractions are occurring every 10 minutes or less
- If membranes have ruptured
- If there is significant bleeding
- If you are unsure, please contact your doctor or midwife on duty at the hospital 285-SAPH (727 4) ext. 2256 or 2240

St. Augustine Private Hospital

2-4 Austin Street, St. Augustine, Trinidad

T: 285 SAPH (7274) F: 663 2348 E: info@saphtt.com

www.saphtt.com





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The following are items needed at the time of admission:

Baby

- 4 baby onesies
- 2 hats
- 2 pairs socks / booties
- 6 vests
- 2 cotton blankets
- 1 towel
- 1 pack disposable diapers
- 1 pack baby wipes
- 1 jar petroleum jelly
- 1 bottle baby wash / baby soap
- 1 bottle baby lotion
- Baby brush

NO yellow baby clothes and blankets.
NO baby powder.

Mother

- 4 night dresses (button downs or slits preferred)
- 1 pair slippers
- 1 towel
- 3 washcloths
- 2 packs maternity pads
- 1 blanket
- Underwear, toiletries

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