



**What to bring when having your baby  
at Guelph General Hospital**

**Checklist for Mom:**

Ontario Health Card and other Insurance information	
Medications you take regularly in labeled pharmacy containers	
Large sanitary pads; enough for three days and nights	
Clothing for yourself (i.e. slippers, socks, nightgowns, pyjamas, underwear, and bra without an underwire)	
Nursing pads for breastfeeding mom (optional)	
Personal care items (i.e. toothbrush, toothpaste, deodorant, soap, shampoo, conditioner, lip balm, etc)	
Pens to fill out forms and for keeping track of when baby feeds	

- If you bring food to place in the pantry located across the nursing station, please label with your name
- **Please note the hospital DOES NOT supply the following items: DIAPERS, PADS, AND MESH UNDERWEAR**

**Checklist for Baby:**

Newborn size diapers (approx. 25 diapers), Wipes, Vaseline	
Receiving blankets	
Several pairs of sleepers and clothes for hospital and for going home	
hats, mittens, and socks	
Safety approved infant car seat <a href="https://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stage1-1084.htm">https://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stage1-1084.htm</a> <ul style="list-style-type: none"> <li>• Please familiarize yourself with the car seat prior to discharge; your nurse is unable to give advice because every car seat is so different.</li> </ul>	

**Checklist for Other:**

Extra pillows (there is never enough)	
Pyjamas, extra blanket and /or sleeping bag for partner	
Breastfeeding pillow (optional)	
Kleenex	
Camera, personal mp3/iPod	
Snacks for partner	
Phone charger	

- **Please DO NOT bring perfumes, latex, and lilies as some people have severe sensitivities or allergies**

# Guelph General Hospital Parking

## Main Parking Lot

There are three ways drivers can access the main GGH parking lots which are located behind the Hospital and in front of 73 Delhi St. They can either push a button and get a parking stub, or “Tap ‘n Go” with a credit card, or tap a purchased H PASS parking card when entering the lot.

When leaving the lot, those with a parking stub can either use the stub to pay at a Pay Station with cash or credit, or pay right at the exit gate using the stub and a credit card.

Those who entered using “Tap ‘n Go” can only pay at the exit gate and must use the same credit card as when entering the lot. If using an H PASS, just tap and go.

## Rates

The Hospital has flexible rates at the gated parking lots, including free parking for vehicles that are parked for 20 minutes or less.

## Hourly Rates

Parking rates are \$2.75 per ½ hour, up to a maximum of \$13 per day.

## Daily Pass

A 24-hour parking pass with unlimited entry and exit is available for \$15.

## Passes

If you are visiting GGH regularly as either a patient or visitor, the H PASS offers discounted parking passes for the gated GGH parking lots:

- 5, 24-hour passes – \$37.50
- 10, 24-hour passes – \$75
- 30, 24-hour passes – \$225

## H PASS offers:

- unlimited in-and-out privileges over a 24-hour period
- valid any time within a year of purchase and,
- can be used on consecutive and non-consecutive days.

Passes are available 24/7 at the Information Desk on Level 1 and during business hours at our [Bariatric Centre](#) located at 125 Delhi St.

Remember to purchase passes *before* entering the main lot.

## **“Display and Pay”**

In addition, there are a some “Display and Pay” metered spaces. Rates are \$3.25 per 30 minutes with no daily maximum. If you need to park longer than two hours, it is recommended you use our gated parking lots to save money.

The money raised helps support quality, patient-centred care at Guelph General Hospital.

***Please note: There is no overnight meter parking on Delhi Street.***