

Neonatology

What to bring in for your baby while they are in neonatal care

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 weighing 1.5 to 3kg. If you are unsure what to buy, 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.
- **clothes:** when your baby is ready to be in a cot, we would like you to bring in clothes for them to wear. They'll need baby grows and vests. Your nurse can suggest the right size to buy. Most large clothing shops stock a range of sizes, including small baby clothes
- **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** are useful for lining their bed, wrapping around your baby while you do skin-to-skin, or wrapping around them to support them while they have a bath. Please write their name on the label of the cloth with a marker and take them home to wash.



How do I give feedback?

We want to hear your **suggestions** or **comments**. Your feedback helps us provide the best service. You can always speak to a member of staff.

You can also contact the **patient advice and liaison service (PALS)** on **020 3312 7777** (10.00 to 16.00, Monday to Friday excluding bank holidays) or email at imperial.pals@nhs.net. The PALS team will listen to your concerns, suggestions or questions and they can help solve problems.

You can make a complaint by ringing **020 3312 1337 / 1349** or emailing ICHC-tr.Complaints@nhs.net. The address is Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street, London W2 1NY.

Other ways to read this leaflet

Please email us at imperial.communications@nhs.net if you need this leaflet in a different format. This could be large print, Easy read, as a sound recording, in Braille or in a different language.

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