

What to Bring/ Visitor Policies

What to Bring:

Our facilities will provide you with the basics during your stay. Bring whatever things will make your stay most comfortable such as a comfortable clothes, toiletries and your own drinks and snacks.

You will be able to order meals at TMC during food service hours. Beverages, snacks and sandwiches are available anytime. You may also have someone bring meals after the baby is born; there are restaurants and grocery stores nearby.

The one thing you absolutely must have is a car seat. Please read the manual and install the car seat well before the birth. For more information regarding car seats you can visit the National Highway Traffic Safety Administration website at www.nhtsa.gov and click on Child Safety.

Visitors:

Please refer to TMC policy for visitors:

<https://www.tmcaz.com/about-my-visit-to-tmc/patient-and-visitor-information/guidelines-for-visitors>

EL RIO
MIDWIFERY