

**Do not feed your baby for 90 minutes before your scheduled appointment. You may feed him immediately afterwards.**

Also, please dress him in a two-piece outfit if possible. A separate pants and shirt or gown are best. Please try to avoid snaps and zippers if possible. His shirt remains on during the procedure.

Please bring the following items:

- 1. Ten disposable diapers and a stack of wipes.**
- 2. Four cloth diapers** - the type you place over your shoulder when burping the baby.
- 3. Two large tubes of Vaseline petroleum jelly.** -Most parents find Vaseline preferable to Vitamin A and D ointment because it spreads easier on the gauze pads.
- 4. A box of 50 of the 4-inch x 4 inch size gauze pads.** A good brand is Mirasorb, Tru-Absorb, or the Walgreens store brand. However, any brand is fine if it's 4 in. x 4 in (nothing smaller)
- 5. A small bottle of grape juice** (4 ounces is plenty). Any brand is fine (e.g., Welch's grape juice).

Plan on being in the office for approximately 90 minutes.

