

# Your Passport To Home

*What You Need To Know About Your Hospital Stay*

## Preparing for Delivery (at 36 Weeks)

- Review Chapter 8 of “Beginnings: Pregnancy, Birth and Beyond.”
- Choose your baby’s pediatrician. When you are admitted to The Birth Center you will be asked what clinic you plan to take your baby to for follow-up care.
- Choose a pharmacy where you would like prescriptions sent when you leave the hospital.
- Call your insurance provider and ask if your insurance covers:
  - circumcision if you decide to have this procedure for your baby boy
  - breast pump rental or purchase. Ask if there are any requirements.



Planning for going home starts when you enter the hospital.

- Pack your bag. Labor can be unpredictable. It is best to be packed and ready to go! See the “Labor Bag and Hospital Checklist” in the “Beginnings” book.
- Talk with your doctor about any vaccines you may need. These vaccines can be given after your delivery.

## Day of Delivery

### What to expect

- During the first 2 hours after labor, nurses will:
  - check your vital signs (blood pressure, heart rate, temperature, oxygen rate) at least every 15 minutes
  - check your uterus
  - help you with your baby.
- After 2 hours, the checks will slow down for the rest of your stay. You are encouraged to ask visitors to come after this time. This gives you time to have skin-to-skin with your baby, feed your baby and to rest.

### Pain and comfort

After a vaginal and Cesarean delivery, the following options can help you manage the typical discomforts of childbirth.

- For cramping and pain:
  - take ibuprofen or acetaminophen
  - use warm packs
  - take a warm tub bath.

**(over)**

- For perineal (bottom) discomfort, use cold packs.
- For upset stomach (nausea), discomfort and anxiety, try aromatherapy.

## Discharge planning

- Planning to leave the hospital (discharge) begins when you come to the hospital. After delivery, your doctor will talk with you about when you can plan on discharge (day and time).

## Hospital Stay

### Paperwork

- You will need to fill out the birth certificate information for your baby prior to you going home. It is best to do this shortly after delivery to avoid delays and get your questions answered.

### Treatments

- You may be offered vaccines. If your blood type is Rh negative, you may get a shot of Rhogam®.

### Tests, labs and procedures

- Your nurse will check your vital signs, uterus and bleeding. You may need a blood draw before discharge.

## Activity

- You will be encouraged to walk in the halls 4 to 6 times a day, sit in the chair, and shower or use the tub bath. The sooner you are up and active, the faster you will recover.

## Education

- You will receive a lot of information in the hospital. Go through this before the discharge so your nurses can answer your questions.

## To do before you go home

- Fill out the birth certificate.
- Have a car seat to take your baby home.
- Arrange your ride.
- Review your discharge paperwork with your nurse.

## Discharge

Together, you, your doctor and your baby's doctor will make a final decision about when you are ready to leave the hospital.

If your baby is not ready to go home when you are, a boarder program lets you and your family stay at the hospital while your baby is a patient.

## Whom To Call With Questions

Ask your doctor for more information.