



# Your *Passport* to home.

Planning to go home begins at admission! Everyone has a role to play!

- Approximate Discharge Windows:
- 48 hours for vaginal birth
  - 72 hours for cesarean section birth



**Welcome to the Maimonides Health Maternity Unit.**

We are all working towards a safe birth and discharge home!

Bringing a new baby into the world comes with joy and wonder.

There are forms and consents that we recommend you begin filling out early in your stay.

- Your Care Team
- Admission paperwork
- Consents & forms
- Education materials
- Receive Birth Certificate form at Admitting Office

My newborn provider is:

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You will either have a vaginal or cesarean delivery which will define your postpartum care.

The items listed below are a portion of what will occur during this time. We will address any questions you have along the way.

- IV access placed
- Lab tests drawn
- Anesthesia consents
- Pain management
- Fetal monitoring
- Continued education with Care Team

**\*For c-sections:**

- C-Section pre-op surgical prep
- Pre-op medications
- Surgery & anesthesia consents

Congratulations! This time is primarily for bonding of mother and baby. We promote continuous skin-to-skin with the baby and parent(s).

This time is also for transitioning into parenthood and start learning how to care for your newborn.

- Baby's first latch/feed
- IV medications for mom
- Baby's medications
- Baby ID bracelets
- Infant safety/security device

**\*For c-sections:**

- Foley catheter for mom's urine collection
- Talk with your RN about starting to eat and drink

The early postpartum phase is focused on caring for your baby, education about feeding, diapering, and understanding baby's cues.

Staff will cluster care to minimize interruptions during this time. Your family support person(s) will take a more active role in caring for you and your newborn and we will help them learn what to do.

- Newborn provider will assess your baby within 24 hours
- First time out of bed

**\*For c-sections:**

- Dressing removal
- Foley removed

The later postpartum phase is focused on many screenings and education that need to be completed for a timely discharge.

You are becoming more independent in caring for your baby and self, continue feeding on demand.

- Review discharge information
- Remember to urinate frequently
- Hearing Screen
- 24 hour — newborn screening
  - Jaundice screen
  - Heart screen
  - Weight check
  - Metabolic screening
- Complete and return Birth Certificate to Admitting Office

*\* Your Provider will determine when your follow up appointment will be.*

**Congratulations! You are ready to take your baby home.** Once your providers have written discharge orders and all tests and tasks are completed, you will be ready to care for yourself and your baby at home.

- Shower & dress in your own clothes
- Discharge information reviewed with Care Team
- Vaccinations and Rhogam given, if needed
- Cord clamp removed
- Car seat screening, if needed
- Jaundice check
- Weight check

\_\_\_\_\_ Pounds

- WIC form, if needed
- Remember to make follow-up appointments

*\* Expect a patient experience survey either by email or phone within 10 days after discharge.*