

Going Home

from the Hospital

Checklist:

The following list contains items to consider or complete prior to hospital discharge.



All procedures/tests completed

- Blood test for newborn screen and bilirubin
- Congenital heart screening test
- Hearing test
- Hepatitis B vaccine
- Car Seat Test (if needed)
- Circumcision (if wanted)



Feeding plan for home



Reasons to seek help reviewed



Birth certificate completed



First pediatrician or baby's doctor appointment scheduled in 1-2 days

Reasons to call the doctor

- Fever = or $>100.4^{\circ}\text{F}$ (for newborns)
- Fewer than 3-4 wet diapers per 24 hrs (after day 4)
- Increasing jaundice/yellow skin color
- Redness of abdominal skin around belly button
- Irritable or lethargic
- Sustained rapid breathing
- Poor feeding
- Red, black, white/gray stool

Can we have visitors?

Of course! Having family and friends come visit to help with the baby or household chores can be wonderful. It is important that visitors are healthy with no signs of illness (e.g. cough, runny nose, fever). We also recommend for visitors to be up to date on their vaccines including Whooping Cough (Tdap), Influenza (during flu season), and COVID. Good hand washing is also important before holding the baby.

Can we go out of the house with the baby?

Absolutely! We encourage you to take daily walks and get out the house. Exercise and being outdoors is good for your mental health and recovery. Avoid places with lots of people since being exposed to viruses could make the baby sick.



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