



# Discharge Checklist

*Getting ready to take your baby home*

## Plan for Your Baby’s Healthcare Visits

- Choose a primary care provider (PCP) for your baby (see handout “Choosing a Primary Care Provider for your Baby”). Make sure that the PCP accepts your baby’s health insurance.

PCP’s Name:

\_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*Choose a primary care provider for your baby at least 2 weeks before your baby will leave the hospital.*

- Call your baby’s PCP 3 to 5 days before discharge from the NICU to set up your 1st visit. This visit should be 1 to 2 days after discharge.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

- If needed, a visit at the Infant Development Follow-up Clinic at the UW’s Center on Human Development and Disability (CHDD):

Date: \_\_\_\_\_ Time: \_\_\_\_\_

- See “Other Healthcare Visits” on page 56.

## Screenings

These exams are done during your baby’s hospital stay, before discharge:

- Hearing screen: Date: \_\_\_\_\_

Results: \_\_\_\_\_

- Eye exam (ROP), if needed: Date: \_\_\_\_\_

Results: \_\_\_\_\_



*“The day I got to bring Austin home was both exciting and scary. But, the NICU staff prepared me very well for taking him home.”*

*-- Austin’s Mom*

## **Safe Feeds and Feeding Instructions for Home**

(See handouts “Breastfeeding Your Preterm Baby at Home” and “Bottlefeeding Your Preterm Baby at Home.”)

- Type of milk \_\_\_\_\_
- Recipe for milk \_\_\_\_\_
- Practice mixing milk with nurse \_\_\_\_\_
- How much your baby needs (based on your baby’s weight on the day of discharge):
  - At each feeding \_\_\_\_\_
  - Every 24 hours \_\_\_\_\_
- How often to feed \_\_\_\_\_
- How to tell if baby is getting enough milk \_\_\_\_\_
- Know who to call if baby is having trouble feeding \_\_\_\_\_
- How to store milk \_\_\_\_\_
- How to thaw milk \_\_\_\_\_

### **Breastfeeding**

Meet with a lactation consultant before discharge to talk about:

- Plans and goals for breastfeeding or pumping milk: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- How to progress to fully breastfeeding and what to expect: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What to do with rental breast pump after discharge (either return it or rent it longer):  
\_\_\_\_\_
- Arranging for a breast feeding scale, if needed: \_\_\_\_\_  
\_\_\_\_\_
- Getting a pumping/feeding record sheet

After discharge, if you have questions about lactation or would like to make an appointment with a lactation consultant at UWMC, call 206.598.4628.

## Immunizations

(See your packet for the immunization schedule from the Center for Disease Control and education handouts about immunizations.)

Use this table to track when your baby received vaccines. Also keep track of when you read the handout or the brochure about the vaccine and when you signed the consent form.

Name	Usually Given	Dates Given
<b>Hepatitis B</b>	At discharge or at 2 months	
<b>Dtap, Hep B, Polio</b>	At 2 months	
<b>Pneumococcal</b>	At 2 months	
<b>Haemophilus B</b>	At 2 months	
<b>Synagis</b>	Only given to some patients (seasonal)	

- Receive immunization card/record from UWMC

## Medicines and Vitamins

Use this table to keep track of your baby's medicines and vitamins. Include the name, the dose, and when you need to give it to your baby.

Name	Dose	Time to Give

- Receive teaching on each medicine or vitamin that you need to give at home:
- What the medicine or vitamin does
  - How often to give it
  - When to give it
  - How much to give
  - How to store the medicine or vitamin
- Before discharge, practice drawing up and giving each medicine or vitamin

## Safe Travel and Car Seats

(See handout “Safe Travel.”)

- Get a car seat. Do this at least 1 week before discharge.
  - Ask your nurse about car seats you can buy from the NICU.
- If you are buying a car seat from the NICU:
  - Ask your nurse for a cashier form.
  - Pay the hospital cashier (weekdays only).
    - If it is a weekend, ask your nurse how to pay for the car seat.
  - Return the receipt to the NICU.
- Read car seat materials.
- Ask about the NICU car seat class. Sign up to take the class, if you can.
- Watch the NICU car seat video.
- Bring the car seat to your baby’s room to make sure it works for your baby:
  - Place your baby in the car seat and adjust the car straps correctly.
  - Secure your baby in the seat.
  - Place the empty car seat/base in your car and practice adjusting the seat belt.
- Call 1.800.BUCKLUP or visit <http://800buckleup.org> to check for car seat recalls and information.
- Your baby’s car seat:
  - Name: \_\_\_\_\_
  - Model #: \_\_\_\_\_
  - Manufacturer date\*: \_\_\_\_\_

\*Car seat must be less than 6 years old.
- Car Seat Angle Tolerance Test (ATT):\*
  - Date: \_\_\_\_\_
  - Result: \_\_\_\_\_

\*Your baby’s nurse will set this up.

## Learn About Your Baby's Safety and Care

- Watch safety videos:** You can ask to watch these any time. Tell your nurse when you are ready to watch them in your baby's room.
  - "Back to Sleep"
  - "CPR"
  - "Period of Purple Crying"
  - "Car Seat"
- Learn more about safety:** Your baby's safety is a top priority, and we want to give you all the information you need to be an expert on keeping your baby safe.
  - Learn about safe sleep for your baby and how to check your baby's sleeping environment for safety (see handout "Safe Sleep")  
\_\_\_\_\_
  - Learn about checking your house to see if it is safe for your baby (see handout "Safe Home")  
\_\_\_\_\_
- Learn care methods:** You will be learning how to care for your baby every day. Talk with your nurse if you have any questions about how to care for your baby. (See handout "Basic Baby Care.")

Learn about:

- Elimination patterns \_\_\_\_\_
- Using a bulb syringe \_\_\_\_\_
- Giving a bath \_\_\_\_\_
- Protecting your baby's skin \_\_\_\_\_
- Adjusting the temperature \_\_\_\_\_
  - At home \_\_\_\_\_
  - For bath \_\_\_\_\_
  - For weather and outings \_\_\_\_\_
- Signs of infection and how to protect your baby from infection (see handouts "Signs of Infection" and "Protecting Your Baby from Infection")  
\_\_\_\_\_
- Signs of breathing problems (see handout "Signs of Breathing Problems")  
\_\_\_\_\_

## **Social Work**

- Call and meet with the NICU social worker before discharge, if needed.
- Enroll your baby in a healthcare plan.
- Know if your baby can have a public healthcare nurse after discharge.
- If your baby has SSI benefits, call the Social Security office after your baby goes home.
- Sign up for WIC, you are eligible.

Notes/Questions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Motor and Feeding Therapists**

- Call and meet with your therapist before discharge, if needed.
- Ask about the NICU therapy discharge packet.

Notes/Questions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Other Healthcare Visits**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*“As we got closer to taking Lucy home, it began to feel like the goal was just around the corner, but we couldn’t quite get there. Then, suddenly, we were leaving the hospital with our daughter. Everything was surreal!”*

*-- Lucy’s Dad*

## **Day of Discharge**

- Bring your name band that matches your baby’s hospital number and/or your photo ID (driver’s license).
- Bring clothes for your baby to wear home.
- Bring extra blankets for the car seat.
- Bring a cooler or insulated bag to take home your frozen breast milk.
- Collect all of the items around your room. Make sure to take your baby’s name sign, and any crafts, pictures, or toys you brought into your room.
- Take home your baby’s photo disc.
- Sign a “Consent for Contact” form if you want us to tell you about NICU events. These may include reunions, volunteer opportunities, and other events.
- Complete the survey that gives us your feedback about your infant’s time in the NICU.

## **When You Are at Home**

(See handout “Taking Your Baby Home.”)

Visit our public Facebook page! Our Facebook name is “University of Washington NICU Alumni.” On this site, you can:

- Keep us updated on your baby’s progress
- Follow the lives of other UW NICU graduates and their families

