

If your doctor releases you in the morning, the discharge time is 11 a.m. If you have a special need to leave earlier, please let your nurse know.

Note that your actual discharge may be later depending on the services you need.

Please arrange to have a ride available in the morning.

When will I go home?

If you have a vaginal birth:

- You and your baby may be medically ready for discharge about 24 hours after delivery.
- If your baby is born during the night, you will be discharged in the morning of the following day. So, your stay will be longer than 24 hours.

If you have a planned C-Section:

- You may go home in the late afternoon or early evening 2 days after the day of surgery. For example, if your C-Section is on a Monday, you may go home on Wednesday afternoon or evening.

If you have an unplanned C-Section:

- You may be in the hospital for 3 days after the birth if you have a C-Section due to medical complications or after labor begins.



Planning for Your Hospital Stay

When you deliver your baby

The birth of your baby is one of the most exciting events in your life. This brochure gives you basic information on when to come to the hospital, where to go, what to bring with you, and when you can expect to go home.

Please call Labor and Delivery *before* you come to the hospital. This will help us to prepare for your arrival and help you to decide the best time to come to the hospital.

Labor and Delivery: 206-598-4616

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MEDICAL CENTER
UW Medicine

Maternity and Infant Center

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When should I come to the hospital?

If you are more than 37 weeks pregnant:

- Call us if your contractions are 5 minutes apart for 1 hour if this is your first baby, or 7 to 10 minutes apart if you have had a baby before.
- If your water breaks, call us even if you are not having contractions.

If you are less than 37 weeks pregnant:

- Call us if you think you might be in premature labor (cramping or feeling of tightening 6 or more times in an hour).
- Call us if you are having any of the warning signs of pregnancy (refer to the list in *Pregnancy and Giving Birth*).

If you are scheduled for a C-Section:

- You will be told what time to come to the hospital at your pre-op visit.
- Most times, arrival is scheduled for:
 - Monday, Tuesday, Wednesday, and Friday: 6:45 a.m. *or* 8 a.m.
 - Thursday: 5:30 a.m. *or* 7 a.m.

Where should I go?

- Take the Pacific Elevators to Labor and Delivery on 6-South. Go through the double doors and tell the receptionist your name.

What should I bring with me?

For mom:

Check your booklet, *Pregnancy and Giving Birth*, for a list of what to bring. Think of what you would need for an overnight stay.

You will also want to bring:

- Your clinic card, if you have one.
- A copy of your birth plan.
- Your drug insurance card. You may need money for co-pays for discharge prescriptions if you plan to have them filled at our pharmacy.
- Your camera, if you are planning on taking pictures!

For baby:

Please bring:

- Your baby's car seat **before** the day of discharge. For safety reasons, the car seat cannot be more than 6 years old or have been in a car crash. You can buy a car seat from us for \$25, which you will need to pay for at the hospital. Ask your nurse for more information.
- Clothes, a hat, and blankets for your baby's trip home.
- The name and phone number of your pediatric care provider. If you have not chosen a provider, we can help you arrange health care for your baby.