After You’ve Had Your Baby

This chart tells you what to expect during your stay in the hospital and when you and your baby can safely go home.

When Can You Safely Go Home?

- Your bleeding is normal.
- You do not have an active infection.
- Your pain is controlled.
- Any high-risk complications are under control.
  - You have recovered enough from surgery to eat, drink, and walk around.
  - You know what follow-up care you need.
  - You have gotten answers to your questions about health care.

When Can Your Baby Safely Go Home?

- Your baby has been checked for jaundice
- Your baby’s breathing, peeing, pooping, and temperature are normal.
- Your baby’s lab tests are normal.
- You have a safe car seat.
- You know what follow-up care your baby needs.
- You have gotten answers to your questions about baby care.

What to Expect During Your Stay

- Nursing care to check your vital signs and keep you comfortable.
- Pain assessment and management.
- Visits from your doctor.
- Use your “Do Not Disturb” sign as needed.
- Education about self-care.
- Visit the car seat display.
- Fill out the Birth Certificate form.

What to Expect During Your Baby’s Stay

- Nursing care to check your baby’s vital signs and daily weight.
- Help caring for your new baby and learning about baby care.
- Help with feeding your baby.
- Screening tests: blood, hearing, skin, and oxygen.
- Hepatitis B vaccine.
- Daily check-in by your Pediatric or Family Medicine health care team.
- You and your baby have started to figure out the basics of feeding. You know who to call if you have questions once you are home.

If your baby is in the Progressive Care Nursery (PCN) or Neonatal Intensive Care Unit (NICU), please talk with your nurses and pediatricians about what to expect.