UW Medicine

Baby Care

In the hospital and at home

April 2018
Baby’s Discharge Checklist

My baby can go home when:

- I checked off all the workbook chapters.
- The birth filing form is filled out.
- My baby had a discharge exam.
- My baby’s hearing screen is done.
- My baby’s jaundice screen is done.
- My baby received a hepatitis B vaccine.
- My baby’s oxygen screen is done.
- I understand my baby’s feeding plan.
- My baby’s follow-up visit is planned.
- I know who to call when I have questions and concerns.
- My baby’s car seat is ready.
- I have clothes for my baby to wear home.
- I signed my baby’s discharge form.
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Wondering what’s next? We have an app for that.

**UW Baby helps you prepare for your baby.** Find answers to your questions about what’s happening during pregnancy, week by week, customized to your due date. Watch informative videos. Learn about pregnancy, labor and birth, postpartum care, breastfeeding and newborn care. Find UW Medicine providers, clinics and more.

**Track appointments, baby kicks and more!** Capture every kick with the interactive tracker tools. You can record appointments, contractions, immunization records and more, during pregnancy and through your child’s first year. UW Baby is your pregnancy and newborn care companion.

**UW Baby is a free app available at:**

[App Store](https://appstore.com)
[Google Play](https://play.google.com)
There is a lot to think about after you give birth!

We want you and your loved ones to feel informed and ready for the hours and days ahead. At UW Medicine, we are committed to giving you correct and helpful information. The main ways we do this are:

**Slideshows**
Your nurse will help you access some short slideshows.

**Workbooks**
We will provide you with workbooks covering many aspects of self-care after giving birth, baby care, and breastfeeding. They include checklists to keep track of how things are going while you are in the hospital and at home. When you leave the hospital, take the workbooks home with you and refer to them as needed for the first weeks after your baby’s birth.

The Table of Contents for each workbook has check boxes by each chapter title. Please check off each chapter as you finish reading it and have gone over it with your nurse.

**Talks with Your Nurses**
Your nurses are a great source of information. They will be talking with you about your care and what to expect when you go home.

**UW Baby App**
This app can be a very helpful resource when you are at home and have questions. Search the app store on your phone for “UW Baby.”

*Ready? Let’s get started!*
Who to Call

Your Baby’s Clinic
Call your baby’s clinic any time if you have concerns about your baby’s health. If it is after hours, a recording will tell you what to do.

Your pediatric clinic: _____________________________________________
Phone: _____________________________________________

UW Medicine Clinics
Roosevelt
Pediatric Care Center ................................................... 206.598.3000
Pediatric Nurse ............................................................ 206.598.3030

Harborview Medical Center (HMC)
Family Medicine ............................................................ 206.744.8274
Women & Children’s Clinic ........................................... 206.744.3367

UW Medicine Neighborhood Clinics
Call Center .................................................................... 206.520.5000

To find a UW Medicine Neighborhood Clinic near you, visit www.uwmedicine.org/neighborhood-clinics.

Breastfeeding Help
UWMC Lactation Services........................................... 206.598.4628
Roosevelt Lactation Consultant ................................. 206.598.3030
NW Hospital Breastfeeding Group ............................. 206.368.1882

Services
Birth Certificates (UWMC Medical Records).............. 206.598.3478
Classes (Parenting and Safety) at Great Starts .......... 206.789.0883
Community Care Line
(Nurse Consult 24 hours a day) ................................. 206.744.2500
UW Medicine Insurance and Registration ............... 206.598.4388
When to Call

Call 911 if your baby:
- Is having a medical emergency.
- Has a problem that you feel cannot wait and your baby’s clinic is closed.

Call your baby’s clinic right away if your baby has:
- An underarm temperature of 100.4°F (38°C) or higher.
- Red or hot skin around their belly button.
- Shortness of breath, a hard time breathing, or is breathing fast for several minutes.
- A hard time waking up for feedings, is too tired or not interested in eating, is rarely alert, and is floppy.

Call your baby’s clinic within 24 hours if your baby:
- Does not seem satisfied after feedings and has fewer wet and dirty diapers than you expect.
- Is not breastfeeding at least 8 times in 24 hours (or not bottle feeding at least 6 times in 24 hours).
- Has yellowish skin or eyes.
- Coughs or chokes a lot during feedings.
- Vomits green liquid, vomits more than 2 times in a day, or vomits and has diarrhea.

Call your baby’s clinic at any time if you have questions or concerns about your baby’s health. If it is after hours, a recording will tell you what to do.

_____________________________ ___________________
Clinic Name Phone

Remember to make your baby’s follow-up clinic appointment!

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