Your Care After Giving Birth
In the hospital and at home

October 2018
My Discharge Checklist

I can go home when:

- I have read and checked off all the workbook chapters.
- I have my medicines and I understand my plan of care.
- I have had a doctor’s exam.
- I have received any immunizations I need.
- I have pharmacy information ready to give my doctor for discharge prescriptions.
- I have confirmed with my nurse or doctor that there is a doctor’s order for my discharge.
- I can “teach back” my self-care instructions, medicine doses, and follow-up plan.
- I have set up my follow-up clinic visit. My visit is set for:
  Date: ________________________________
  Time: ________________________________
- I have signed my discharge form.
# Table of Contents

## Your Care After Giving Birth

<table>
<thead>
<tr>
<th>My Discharge Checklist</th>
<th>Tracking Your Medicines</th>
<th>Washington State Birth Filing Form</th>
<th>Inside front cover</th>
</tr>
</thead>
</table>

### Section 1

**In the Hospital**

- Welcome to the Mother Baby Unit: What to expect
- Your Safety While in the Hospital: Partnering with hospital staff to keep you safe
- After Your Vaginal Birth: Your plan of care
- After Your Cesarean Birth: Your plan of care
- Your Medicine Doses: Keeping track
- Opioid Use: When you need to take opioid pain medicines
- Being Near Your Baby: When your baby is in the Neonatal Intensive Care Unit

### Section 2

**Getting Ready to Go Home**

- Planning to Go Home: A checklist for patients at UW Medical Center
- Planning Your Family: Thinking about the future
## Section 3
### At Home

Taking Care of Yourself at Home: Self-care and follow-up  
Constipation: Causes and tips  
Baby Blues and More: Postpartum mood disorders

### Appendix

Staying in the Hospital: When your baby is ready to go home

---

<table>
<thead>
<tr>
<th>I have reviewed this chapter</th>
<th>My nurse did “teach back” with me about this chapter</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

**Helpful Phone Numbers and Websites**  
**Who to Call**  
*Inside back cover*  
*Back cover*
Helpful Phone Numbers and Websites

Childbirth, Parenting, and New Baby Classes
Phone .................................................. 206.789.0883
To register ........................................ www.parenttrust.org
Email ................................................ greatstarts@parenttrust.org

UW Medical Center (UWMC) .................. 206.598.3300
www.uwmedicine.org/services/obstetrics
Labor & Delivery Unit .................................. 206.598.4616
Mother Baby Unit (Postpartum) ................... 206.598.5600
Neonatal Intensive Care Unit (NICU) .......... 206.598.4606
Hall Health Center ................................................. 206.685.1011
Maternal and Infant Care Clinic (MICC) .... 206.598.4070
Pediatric Care Center (UWMC-Roosevelt) ... 206.598.3000
Prenatal Diagnosis Clinic ............................... 206.520.5000
Women’s Health Care Clinic (UWMC-Roosevelt) 206.598.5500
Community Care Line (24 hours a day) ......... 206.744.2500
Lactation Services ............................................... 206.598.4628

UW Neighborhood Clinics
www.uwmedicine.org/services/obstetrics
Factoria Clinic .................................................. 425.957.9000
Kent/Des Moines Clinic ................................. 206.870.8880
Northgate Clinic .................................................. 206.528.8000
Ravenna Clinic .................................................. 206.525.7777
Shoreline Clinic .................................................. 206.542.5656
Woodinville Clinic ............................................. 206.485.4100
Who to Call

Call 911 if you have:
- Chest pain
- Problems breathing or shortness of breath
- A seizure
- Very heavy bleeding (*hemorrhage*)
- Thoughts about hurting yourself or your baby
- Bleeding that soaks through 1 pad an hour
- Blood clots that are the size of an egg or bigger
- An urgent concern about your health

Call your clinic right away if:
- Your incision is not healing.
- Your incision opens, or leaks fluid or blood.
- Your incision area is more red, swollen, tender, or painful.
- Your leg or thigh is red, swollen, or painful.
- You have chills or a fever of 101°F (38.3°C) or higher.
- You have a headache that will not go away, even after drinking water and resting.

Call your clinic within 24 hours if:
- Discharge from your vagina smells bad.
- It’s hard to pee (urinate), or you have pain or burning when you pee.
- Incision pain keeps getting worse.
- It’s hard to eat or sleep.
- You feel depressed, sad, or anxious.
- You have a concern you feel cannot wait until your next clinic visit.

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

Clinic Name

Phone

Remember to make your follow-up clinic appointment!