

## Getting Ready to Take Your Baby Home

*For families of newborns*

*Please read this chapter carefully. It explains what you need to do before you leave the hospital after giving birth.*

Care and rest are important after giving birth. In these first hours, most families focus on getting to know their new baby. But don't forget that you must also take care of some business before you leave the hospital.

After you get some rest, you and your family will need to:

- **Plan for your ride home.** Do this long before it is time to leave!
- **Bring your baby's car seat to the hospital.**
- **Read the chapter "Newborn Warning Signs" in your workbook.** Read this chapter **early** in your stay.
- **Review all chapters of your workbook** with your nurse. Your workbook will also be a great resource at home when you have questions.
- Talk with the pediatric team about your baby's **follow-up visit.**
- If you use **Medicaid** or **Washington Apple Health**, you must get a Provider One number for your baby within 21 days after birth. Call your WIC office or the Healthcare Authority at 800.562.3022.



*There is much to do before you are ready to go home!*

## Medical Records

The hospital keeps a medical record of the healthcare services you and your baby received while in the hospital. You may ask to see your record and your baby's, and request copies. To learn how to do this, visit [www.uwmedicine.org/patient-resources/medical-records](http://www.uwmedicine.org/patient-resources/medical-records).

We will not show your medical record or your baby's to others unless you tell us to, or unless we are legally required to do so.

## Your Baby's Healthcare

- While your baby is in the hospital, their care will be managed by either the pediatric doctors or by the family medicine doctors.
- Please tell the hospital team the name of your baby's primary care provider (PCP). If you have not chosen a PCP for your baby, we can help you find one.



*You will need to take your new baby for a well-baby checkup.*

## Your First Well-Baby Checkup

After you take your baby home, you will need to take your baby for a well-baby checkup. If you go home:

- **Less than 48 hours after birth:** Your baby must have a well-baby checkup in the next 1 to 2 days.
- **More than 48 hours after birth:** Your hospital care team will tell you when to take your baby for a well-baby checkup.

**This visit is very important.** Your provider will weigh your baby to make sure your baby is eating enough. Even if your baby is peeing and pooping more, this does not tell us how much your baby is eating. Your baby's weight is the only way to know for sure that your baby is eating the right amount.

If you cannot set up a well-baby checkup for some reason, please talk with your nurse. It is important to have a plan for setting up that visit.

## What to Expect

Your first well-baby checkup visit can last 1 hour or longer. Be sure to bring with you:

- A clean diaper
- A snack for yourself
- A list of your questions



