



UW Medicine

您必须留在医院

但您的宝宝已经可以回家

这小册解释了当您因医疗的原因必须留在医院，而您的宝宝又准备好回家时，会发生什么事情。

我的宝宝可以和我一起住在医院吗？

有时、婴儿在母亲可以离开医院前已可以出院了。如果发生这种情况、而您又住在母婴室、您的宝宝可以有下列的选择：

- 与您一起
- 来母婴室看望您

请注意、当您是病人时、您就不能照顾宝宝、因为您可能需要接受医疗护理。也就是无论您的宝宝是和您一起住在一个病房里、还是来母婴室探望您、都必须有另一位成人照顾者一直陪伴着您的宝宝。

12岁以下的儿童来探访您时也必须有一名负责任的成年人随时陪同。



如您的宝宝可以回家时、您却需要留在医院、成年的照顾人员可以带宝宝来探望你。

宝宝办出院手续后、我留仍住医院的情况如何？

无论您决定宝宝是留在医院陪您还是回家：

- 我们会为您的宝宝制定出院后续计划。
- 我们会取下宝宝住院时的身份带和安全标签。
- 您的宝宝将没有护士、也不会得到医院的护理。

我应该如何处理宝宝的脏衣服和其他个人物品？

- 请勿将个人物件放在清洗篮里。我们使用的洗衣服务公司也为其他许多医院洗涤。我们是无法拿回您的物件的。
- 请向护士要一个绿色的物品袋，以便把宝宝的脏衣服带回家。
- 每当您起身时、记得把所有玩具、衣服和电子设备从床上拿开。以确保我们为您更换床单时、您的私人物品不会被送到洗衣洗衣服务公司。

如我担心不能陪伴宝宝怎么办？

- 当您自己需要留住医院、而宝宝要出院时是非常有压力的。如您开始感到沮丧、请与您的护士交谈。我们可以帮助您找到一些资源、可以帮助您处理好在住院期间作为新父母的问题。
- 您的家人和其他亲人也会感到有压力。他们可能不明白为什么医院不再照顾您的宝宝。请给他们看这本手册、如他们需要更详细的解释、也请告诉我们。
- 如您的支持人或您自己对住院或出院计划有任何疑问、请向您的护士要求召开**护理会议**。在这次會議中、您的醫生、社工和護士團隊會與您和您的支持者一起坐下來。我们将讨论在离开医院之前您需要达到什么样的要求、并与您一起制定出院计划。

您有疑问吗？

我们很重视您的提问。当您有疑问或顾虑时、请与您的医生或护士交谈。

Staying in the Hospital

When your baby is ready to go home

This handout explains what to expect when you must stay in the hospital for medical reasons and your baby is ready to go home.

Can my baby stay with me in the hospital?

Sometimes babies are ready to go home before their mother can leave the hospital. If this happens, and you are staying in the Mother Baby Unit, your baby can either:

- Stay with you
- Come visit you

Please note that while you are a patient, you **cannot** be your baby's caregiver since you may need to receive medical care. This means that whether your baby stays in the hospital with you or visits, another adult caregiver **must** be with your baby at all times.



If you need to stay in the hospital when your baby is ready to go home, an adult caregiver can bring your baby to visit.

Other children under age 12 who come to visit must also have a responsible adult with them at all times.

What can I expect when my baby is discharged from the hospital?

Whether your baby stays with you in the hospital or goes home:

- We will make a discharge follow-up plan for your baby.
- We will remove your baby's ID bands and security tags.
- Your baby will not have a nurse and will not receive nursing care.

What should I do with my baby's soiled clothes and other personal belongings?

- Do **not** put personal belongings in the linen hamper. The service we use does laundry for many hospitals. We will not be able to get your belongings back.
- Ask your nurse for a green belongings bag for carrying soiled baby things home.
- Whenever you get up, remember to remove all toys, clothes, and electronic devices from the bed. We want to make sure your belongings do not go to the laundry when we change your sheets.

What if I have concerns about not being with my baby?

- Being in the hospital when your baby is ready to go home can be very stressful. If you start feeling frustrated, please talk with your nurse. We can help you find resources that will help you handle being a new parent while still being in the hospital.
- Your family and other loved ones will also be feeling stress. They may not understand why the hospital is no longer taking care of your baby. Please show them this handout. Tell us if they need more explanation.
- If your support person or you are having any issues with your hospital stay or discharge plan, ask your nurse for a **care conference**. In this meeting, your doctor, social work, and nurse teams will sit down with you and your support person. We will talk about what needs to happen before you can leave the hospital and work with you to create a discharge plan.

Questions?

Your questions are important. Talk with your doctor or nurse if you have questions or concerns.