

Your *Passport* to home.

Planning to go home begins at admission! Everyone has a role to play!

Delivery date & time: _____

Anticipated Discharge date & time: _____

Admission

Welcome to the EvergreenHealth Family and Maternity Center.

We are all working for a safe birth and discharge home!

Bringing a new baby into the world comes with joy and wonder; and also many forms and consents that need to be completed before you leave for home.

You will have time to get it all done, but we recommend you begin completing these early in your hospital stay.

- Your Care Team
- Admission paperwork
- Consents & forms
- Education materials
- Bring the assembled car seat to room

My newborn provider is:

Surgical birth

During your pre-admission visit we reviewed a lot of information about you and spent time discussing what to anticipate on the day of surgery as well as how to prepare.

The items listed below are a portion of what will occur during this time. We will address any questions you have along the way.

- C-Section pre-op surgical prep
- IV access placed
- Lab tests drawn
- Surgery & Anesthesia consents
- Pre-op medications
- Pain management
- Fetal monitoring
- Continued education with Care Team

Recovery (0-2 hours)

This time is primarily for bonding of mother and baby in the first hour.

The second hour is a time to transition to parenthood and start learning how to care for your newborn.

- Skin-to-skin time for the first hour
- Baby's first feeding & initiating of the feeding log
- IV medications for mom
- Baby's medications
- Baby's footprints
- Baby ID bracelets
- Halo safety/security device
- Foley catheter for mom's urine collection

Postpartum (2-18 hours)

The early postpartum phase is focused on caring for your baby, education about feeding, diapering, and understanding baby's cues.

Staff will cluster care to minimize interruptions during this time. Your family support person(s) will take a more active role in caring for you and your newborn and we will help them learn what to do.

- Feeding at least every 2-3 hours; continue using the feeding log
- Talk with your RN about starting to eat and drink
- Lactation RN visit
- Sit at the edge of the bed by 6 hours
- Foley out at 18 hours
- Newborn provider will assess your baby prior to discharge

Postpartum (18-24 hours)

The later postpartum phase is focused on many tests and tasks that need to be completed for a timely discharge.

You are becoming more independent in caring for your baby and self, continue feeding every 2-3 hours and use the feeding log.

- Review discharge information
- Remember to urinate every 2 hours
- Newborn class, class is at 10:00 a.m. daily
- Hearing Screen
- Postpartum clinic (P2C2) appointment confirmed
- 18 hour — newborn tests
 - Metabolic screen
 - Jaundice screen
 - Heart screen
 - Blood draw
 - Weight check
- Complete forms & give to your RN

Postpartum (24 hours to discharge)

Congratulations! You are ready to take baby home.

Once your providers have written discharge orders and all tests and tasks are completed, you will be ready to care for yourself and your baby at home.

- Shower & dress in your own clothes
- Discharge information reviewed with Care Team
- Prescriptions picked-up
- Vaccinations and Rhogam given, if needed
- Cord clamp removed
- Car seat test, if needed
- Jaundice check
- Weight check

_____ Grams

_____ Pounds

- No name* form, if needed
- Remember to make follow-up appointments
- Bella Baby photography visit, if desired

Baby's Daily Feeding Log

Evergreen Hospital Breastfeeding Center (425) 899-3494

Feeding Start Time																	Total
Right Breast (records minutes)																	Breast feedings
Left Breast (records minutes)																	
Wet Diaper																Wet Diaper	
Bowel Movement M econium/ B rown/ G reen/ Y ellow																Bowel Movements	

Feeding Start Time																	Total
Right Breast (records minutes)																	Breast feedings
Left Breast (records minutes)																	
Wet Diaper																Wet Diaper	
Bowel Movement M econium/ B rown/ G reen/ Y ellow																Bowel Movements	

Feeding Start Time																	Total
Right Breast (records minutes)																	Breast feedings
Left Breast (records minutes)																	
Wet Diaper																Wet Diaper	
Bowel Movement M econium/ B rown/ G reen/ Y ellow																Bowel Movements	