

PATIENT JOURNEY

Checklist

Even when your doctor declares you ready to go home, there is still a process to be completed for your safety and security. We know it can be a busy time and we want to make sure you have what you need. As you get ready to leave the hospital, think about the help you will need when you get home.

GETTING READY TO GO HOME

- How are you getting home? _____
- Do you have the help at home that you need?
- Do you have the supplies that you need?
- My health care provider has visited and told me I can go home.
- My baby's health care provider has visited and told me my baby can go home.
- I have reviewed my medications and their side effects with my nurse.
- I understand the signs and symptoms to watch for at home.
- I have completed the birth certificate information and understand how to get a copy.
- I have discussed insurance or payment with the admissions department, if needed.
- My baby has had applicable screenings (p. 20): Metabolic Jaundice Heart Disease Hearing
- My baby has received any necessary vaccines (such as hepatitis B).
- I understand these are the signs my baby is getting enough to eat: _____

EDUCATION REVIEW

- Postpartum Complicationsp. 7
- Emotional Changesp. 14-15
- Safe Positioning During Skin-to-Skin.....p. 18
- Newborn Screenings.....p. 20
- Use of the Bulb Syringep. 22
- ABC's of Safe Sleepp. 28
- Car Seat Safetyp. 30
- Shaken Babyp. 32

WHEN I AM HOME

- Follow-up appointment with my health care provider for _____ weeks postpartum.
- Follow-up appointment with my baby's health care provider _____
- Place the **POST-BIRTH Warning Signs** flyer in a common area. 