

# Itinerary for Family Centered Care At Inova Fairfax Hospital Womens Services

3300 Gallows Road, Falls Church VA 22042-3300, MAIN PHONE 703 776 4001

## What to expect before discharge:



### MOTHER

#### FOR VAGINAL DELIVERY:

Within the first **24 hours**

- Perineal care
- IV removed
- Ice to perineum, Sitz bath reviewed

#### FOR C-SECTION DELIVERY:

Within the first **6 hours**

- Perineal care
- Sit on side of bed, dangle legs
- Tolerate clear liquids

Within the first **12 hours**

- Out of bed to bathroom
- Perineal care
- Maintain Pain Control

Within the first **24 hours**

- Foley catheter removed
- IV removed
- Dressing removed from incision
- Shower
- Walk in hallway at least once
- Flatus
- Regular diet tolerated

- CBC lab test

Within the first **48 hours**

- Walk in hallway 3 times

#### FOR BOTH TYPES OF DELIVERY:

Within the first **24 hours**

- Rhogam, if indicated
- MMR vaccine, if indicated
- T-Dap vaccine, if indicated
- Understand Side Effects of any medications
- Discuss Plan of Care with each RN

### BABY

*As soon as possible*

- Initiate Skin-to-Skin and/or breastfeeding
- Confirm pediatrician

Within the first **12 hours**

- Birth Certificate form completed
- First bath given
- Hepatitis B Vaccine administered, if desired

**Within the first *24 hours***

- Baby assessed by your own pediatrician or one provided by the hospital
- At least 1 wet diaper/ 1 stool diaper

***After 24 hours***

- Lactation Consultant will meet you
- Hearing screen completed
- Metabolic screen (PKU) drawn
- Child ID Blood Sample (if desired)
- Transcutaneous Screening for Jaundice
- Pulse Oxygen Saturation screened
- Proof of Birth letter received

- First appointment scheduled with a pediatrician prior to discharge

***Anytime***

- Circumcision, if desired for baby boy
- Car seat available
- Take home outfit/blankets for baby
- Professional Hospital Pictures
- Turn in \$12 check or money order for each birth certificate

***Day of Discharge***

- Discharged by OB and Pediatrician and papers signed with RN

## What does it all mean?

- ❖ If you intend to breastfeed, placing the baby to the breast, or skin-to-skin as soon as possible will increase your success. Even if you do not plan to breastfeed, placing your baby skin-to-skin will aid in your baby's transition to life outside the womb, help him to regulate his temperature, and promote bonding and a happy baby!
- ❖ To ensure adequate time for processing, please complete the Birth Certificate form either the day of or the morning after your delivery. Once the Birth Certificate office has processed the information, they will have you review the information and sign a form. If parents are not married, the father of baby must be present in order to be named on the birth certificate. Please make arrangements in advance if this is the case. Lastly, you will receive a Proof of Birth letter. If you choose to pay \$12 (only check or money orders accepted) you will receive the Birth Certificate and Social Security card within 6-8 weeks.
- ❖ Before discharge, please schedule your baby for an appointment with a pediatrician at 3-5 days of life. Your pediatrician may advise an appointment sooner if needed.
- ❖ First baby bath will be done when baby's temperature is stable.
- ❖ Hepatitis B Vaccine (if desired) will be given within the first 12 hours of life.
- ❖ Circumcisions are done, if desired, anytime, according to your doctor's availability. After your baby's circumcision is performed, he will need to remain in the hospital for 1-2 hours for monitoring.
- ❖ Metabolic screen (PKU) will be drawn from the baby's heel at or after 24 hours of life. Please refer to booklet provided.
- ❖ If desired, you will receive a blood sample to be used for identification purposes. Please refer to educational sheet provided.
- ❖ Your baby's blood oxygen saturation level (Pulse Ox) will be screened at or after 24 hours of life. This screening takes about 5 minutes, involves placing a probe on the baby's hand and/or foot and is painless.
- ❖ Your baby will be screened for jaundice at about 24 hours of age. This screening is painless and involves placing a probe which takes readings through the baby's skin (transcutaneous) on her forehead. Your pediatrician may order additional lab work or treatment if indicated.
- ❖ Professional newborn photos are offered by *Our 365*. If desired, place the magnet from your wall on the outside of your door, promptly, to receive information and set up an appointment.
- ❖ You must bring in a car seat that is less than 6 years old and intact.
- ❖ Foley catheters are discontinued as soon as possible to reduce any risk of infection.
- ❖ Your IV will be removed when your doctor determines that you are ready (generally, when stable and tolerating oral fluids).
- ❖ Your nurse will assist you with perineal care, keeping your genital/urinal area clean and dry
- ❖ After a C-Section, ambulating (walking) in the hallway will help your recovery process along, help you to pass flatus (gas), resulting in faster healing and overall less pain.
- ❖ A CBC (blood test) is drawn on all C-Section mothers on the first morning after their delivery. This helps your doctor check for infection and amount of blood loss.
- ❖ If you have a negative blood type (ex A- B-) and your baby has a positive blood type (ex A+ B+) you will receive Rhogam within 24 hours of delivery.
- ❖ You will receive the Measles, Mumps, & Rubella Vaccine (MMR) if appropriate.
- ❖ The Tetanus, Diphtheria, Pertussis (T-Dap) vaccine will be administered if desired and if you are a candidate.
- ❖ Your doctor and you will decide when it is appropriate for discharge.

