



# UW Medicine

## 做好带宝宝回家的准备

提供给新生儿家庭的资讯

请详读本章。它解说了分娩后离开医院之前需要做些什么。

分娩后的护理和休息是很重要的。在最初的几个小时里、大多数家庭都专注于新生的宝宝。但是请不要忘记、离开医院之前、您还必须处理一些事务。

在休息一下后、您和您的家人就要准备下列的事项：

- 坐车回家的计划。早在您回家前就请安排好！
- 把宝宝的车座带来医院。
- 阅读本手册“新生儿警告标志”一章。在您住院期间、请早详读本章。
- 与护士一起复习本手册所有的章节。以后在家时如有疑问、这手册可成为重要的资源。
- 与儿科团队讨论安排宝宝的随访。 *在出院前有许多事需要处理！*
- 如您使用州政府扶助健保（**Medicaid**）或华州苹果健保（**Washington Apple Health**）；则必须在宝宝出生后 21 天内申请提供者一号 **Provider One** 的编号。请致电 **800.562.3022**、或致电您的妇婴幼儿童营养补助计划 **WIC** 办公室或医疗管理局。



## 病历

医院会保存您和宝宝在医院期间接受的医护病历。您可以要求查看或取得副本。详情请上：

[www.uwmedicine.org/patient-resources/medical-records](http://www.uwmedicine.org/patient-resources/medical-records).

除非您告知我们、或者除非法律要求；否则我们不会将您的病历或婴儿的病历显示给他人。

## 宝宝的护理

- 在宝宝住院期间、是由儿科医生或家庭医学医生为他们护理。
- 请告诉医院团队您宝宝初级保健提供者（PCP）的名字。如您尚未为宝宝选择初级保健提供者（PCP）、我们可以提供协助。



您需要带新生的宝宝去做一个健康婴儿的体检。

## 宝宝第一次的健康体检

带宝宝回家后，您需要按下列符合您的情况，带新生的宝宝去做健康婴儿的体检：

- **出生后不到 48 小时：**宝宝必须在接下来的 1 到 2 天内做一次健康检查。
- **出生 48 小时后：**医院的护理团队会告诉您何时带宝宝做健康检查。

**这次的体检是非常重要的。**医疗提供者会给宝宝称体重、以确保宝宝吃得足够。即使您的宝宝排尿和排便增多、但还是不能告诉我们宝宝吃了多少。婴儿的体重是唯一确定婴儿吃饱了的方法。

由于某种原因您无法为宝宝的体检安排预约、则请您与护士谈论。一定要计划好来看这门诊。

## 门诊要带些什么？

第一次带宝宝去做健康儿童的体检约要一个小时。请务必携带：

- 一块清洁的尿布
- 为自己带点吃的
- 您要问的问题





## 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.

## 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



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



