



# UW Medicine

## 计划回家

### 华大医疗中心的患者核对清单

本章适用于在华大学医疗中心分娩的患者。它说明了出院前需要安排的事项。请在住院期间及早阅读本章

分娩后的照料和休息是很重要的。提前做好计划也很重要。休息之余您和您的家人需要做一下的事项：

- ❑ 开始阅读**这本手册和其他教育材料**。最好在出院前几个小时看完、这样您就有时间思考所阅读的内容并提出问题。
- ❑ 查看本手册内页的“我的出院清单”。
- ❑ 与您的护士谈谈您的**后续门诊**。您的护士会提醒您为自己预约产后门诊。这需要在回家之前安排好。如您在预约时遇到问题、请立即告诉护士或患者护理技术人员。如需要、他们可以为您提供帮助。
- ❑ 请尽早填妥“出生登记表格（**birth filing form**）”、可参考第3页解说、并使用本手册前可撕页“华盛顿州出生登记表格(**Washington State Birth Filing Form**)”
- ❑ 您可能也需要填写**亲子关系确认表格（Paternity Acknowledgement Form）**、请参照本章第四页内容）。如需要请向我们索取此表格。



后续门诊是很重要的、请在出院前安排好预约。

### 回家的交通

- ❑ 在您住院的早期就安排好、请一位负责任的成年人带您回家。

## 处方药

- 与护士咨询您是否需要打疫苗。
- 如您的医疗保健提供者开了一些处方药供您在家服用、您可以在您家附近的药房或华大医疗中心的药房配药。医院药房接受许多处方健保计划。如需要自付费用、则可用现金、支票、**Visa** 或万事达卡付款。在医院的 **1** 楼和 **3** 楼有自动提款机。
- 如您要用 *电子处方系统* 在其他的药房配药、请告诉您的医生您使用那个药房。请在您住院期间尽早告诉我们。

### 如您收到阿片类药物（**opioid**）止痛药的处方：

- 请务必告知您的医生您目前服用的其他药物。
- 阅读本手册中的“服用阿片类的药物”一章。
- 阿片类药物会使您困倦。如与酒或某些药物同时服用，它们会很危险。在服用阿片类药物时；**切勿**：
  - 开车和操作机器
  - 喝酒
  - 签署法律文件和作重要决定
  - 充当婴儿或其他人的唯一照顾者

## 出院时的医嘱

- 回家之前，您的医生将写下您的 *出院单*。此医嘱告诉您在离开医院之前和在家时需要注意的事项。
- 您的护士会看这些医嘱并帮助您准备出院。

## 华盛顿州出生登记表格

请尽早填妥华盛顿州出生登记表格“**Washington State Birth Filing Form**”表格是在本手册的前面。

表格填妥后、请把它交给护士。**确保在您离开医院之前完成这项工作**。我们将把您的表格送到华盛顿州健康统计中心、以便为您的宝宝发出生证明。

请确保写清楚并填写表格的所有部分。如您没有填写完整的表格（例如、您漏填了宝宝的名字）、您可能需要支付更新和更正的费用。



请在您离开医院之前，填妥并递交华盛顿州出生登记表“Washington State Birth Filing form”。

## 出生证

华盛顿州卫生部的卫生统计中心颁发经认证的出生证明。您可以亲自、通过电话、邮寄或在线申请出生证明。我们会给您提供一份“索取出生证明认证复印件申请表格”。

如您亲自前往申请、就会立即处理。通过电话、邮件或网上申请、大约需时 1 至 2 周。

在金县（King County）申请出生证明：

- **亲自申请：**请至金县人口统计办公室（King County Vital Statistics office）地址：908 Jefferson St., Seattle, WA 98104.
- **电话申请：**致电：206.296.4769.
- **邮件申请：**寄交：人口统计 Vital Statistics, Box 359784, 325 Ninth Ave., Seattle, WA 98104-2499.
- **在线：**请上网：[www.metrokc.gov/health](http://www.metrokc.gov/health).

有关费用、付款方式和人口统计局办公时间的问题、请致电：206.897.5100。

当您收到宝宝的出生证明后、请把它放在一个安全的地方。它是一份重要的法律文件。

## 出生證明信

您会收到一封出生证明信、作为您宝宝出生的短期证明。您可以在宝宝出生后 60 天内用此信代替出生证。

您可以要求将此信寄到家里、或在出院前拿到。

如果您想在出院前拿到出生证明信、您或您的家人可以在工作日上午 9:00 至下午 3:45 带着您填写好的华盛顿州出生申报表到住院部（Admitting）（EA 315 室）、他们会给您宝宝的出生证明信。

从您的宝宝出生到宝宝满 60 天之内都可以取得出生证明信。华大医疗中心 UWMC 只能为每个家庭提供一份出生证明信。出生证明信如遭遗失；恕不补发。

社会卫生服务部（DSHS）接受出生证明信原件作为出生证明。如您目前接受 DSHS 的援助、您必须向 DSHS 申报宝宝出生的消息。

## 社会安全号码 (Social Security Number)

您需要为宝宝申请一个社会安全号。最简单的方法是在填写本工作手册附页；“华盛顿州出生登记表格”时勾选“为孩子申请社会安全号码”一项。申请后需要 6 到 8 周的时间才能收到宝宝的社会安全号码。

如您不能等上 2 个月才拿到宝宝的号码、请到任何一个社会安全办公室亲自申请。

要找到您当地的办公室、请上网：

<https://secure.ssa.gov/apps6z/FOLO/fo001.jsp>

当您去社会安全办公室时、务必携带：

- 经过认证的宝宝出生证副本
- 出生证明信
- 宝宝在医院时脚上戴的身份(ID)带
- 宝宝在医院时婴儿床上的姓名卡

## 亲子关系确认表格 (Paternity Acknowledgement Form) (亲子关系宣誓书 Paternity Affidavit)

如您是一位单身母亲、并希望在出生证上填写宝宝父亲的名字、您和宝宝的父亲都需要在宝宝出生后 10 天内填写一份亲子关系确认的表格。请向您的护士或社工索取有关填写此表格的小册子。

表格必须由您和孩子的父亲在公证人面前签字。父母双方需要向公证员出示他们目前的政府颁发的带照片的身份证明、如驾驶执照、护照或州政府颁发在有效期内的身份证。

**.若要在 UWMC 填写亲子关系确认表且预约免费公证服务、请致电 206.598.4144。或、请您的护士或社会工作者提供帮助。**

如您在宝宝出生后 5 天内到入院部递交亲子关系确认表、医院会把该表格及出生证明的资料寄给华盛顿州卫生部。如您在宝宝出生 5 天以后才填写表格、您必须亲自将表格寄到表格上的地址。

## 病历

- 医院会记录您在医院期间所获得的医疗服务。您可以要求查看记录并索取副本。要了解如何操作、请上网站：

[www.uwmedicine.org/Patient-resources/medical-records](http://www.uwmedicine.org/Patient-resources/medical-records)。  
未经您的许可、我们不会将您的病历显示给他人、除非法律要求这样做。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

## 您有疑问吗？

我们很重视您的提问。如您对出身文件有疑问、请咨询您的护士。

以下华大医疗中心的电话号码可能对您 有助：

病历及公证：206.598.3478

在以下的部门也有公证人：

- 挂号部：206.598.4310
- 社工 (仅限住院病人):  
206.598.4349
- 资讯发布：206.598.3343
- 健康资讯管理部：  
206.598.3976



## Planning to Go Home

### *A checklist for patients at UW Medical Center*

*This chapter is for patients who have given birth at UW Medical Center. It explains what needs to happen before you leave the hospital. Please read this chapter early in your hospital stay.*

Care and rest are important after giving birth. Planning ahead is important, too. After you get some rest, you and your family will need to:

- Start reading your **workbook and other educational materials**. Try to finish several hours before discharge so you have time to think about what you have read and ask questions.
- Review “My Discharge Checklist” on the inside front cover of this workbook.
- Talk with your nurse about your **follow-up visit**. Your nurse will remind you to make a postpartum clinic appointment for yourself. This needs to happen before you go home. If you have problems setting up an appointment, tell the nurse or patient care technician right away. They can help you, if needed.
- Fill out the **birth filing form** as soon as you can. See the section on the next page **and** use the tear-out page, “Washington State Birth Filing Form,” at the front of this workbook.
- You may also need to fill out the **Paternity Acknowledgement Form** (see the section on page 4 of this chapter). We will give you this form if you need one.



*Your follow-up visit is very important. Set up your appointment before you leave the hospital.*

## **Your Ride Home**

- Early in your stay, make a plan with the responsible adult who will drive you home.

## **Prescriptions**

- Talk with your nurse about any vaccines you may need.
- If your healthcare provider prescribes medicines for you to take at home, you can fill your prescriptions at your local pharmacy or at the UWMC pharmacy. The hospital pharmacy accepts many prescription plans. If a co-pay is needed, you can pay with cash, check, Visa, or Mastercard. There are cash machines (ATMs) on the 1st and 3rd floors of the hospital.
- If you want to use the *e-prescribe system* for an outside pharmacy, tell your doctor which pharmacy you will use. Do this early in your hospital stay.

### **If you receive a prescription for opioid pain medicine:**

- Be sure to tell your doctor about any other medicines you are taking.
- Read the chapter “Opioid Use” in this workbook.
- Opioids can make you sleepy. They also can be dangerous if taken at the same time as alcohol or some medicines. While you are taking opioids, do **not**:
  - Drive or use machinery
  - Drink alcohol
  - Sign any legal papers or make important decisions
  - Be the only one responsible for the care of another person or your baby

## **Your Discharge Orders**

- Before you go home, your doctors will write your *discharge orders*. This list tells what you will need before you leave the hospital and when you are at home.
- Your nurse will see these orders and help you get ready for discharge.





Fill out and turn in the Washington State Birth Filing form **before** you leave the hospital.

## Washington State Birth Filing Form

As soon as you can, fill out the Washington State Birth Filing form. The form is in the front of this workbook.

After you fill out the form, give it to your nurse. **Make sure to do this before you leave the hospital.** We will send your form to the State of Washington Center for Health Statistics so that a birth certificate can be made for your baby.

Make sure to write clearly and fill out all areas of the form. If you do not complete the whole form (for example, if you leave off the baby's name), you may have to pay for updates and corrections.

## Birth Certificates

The Center for Health Statistics in the Washington State Department of Health issues certified birth certificates. You can order a birth certificate in person, by phone, by mail, or online. We will give you a copy of the "Order Form for a Certified Copy of a Birth Certificate" to help you.

If you make your order in person, it will be processed right away. Orders by phone, mail, or online take about 1 to 2 weeks.

To request a birth certificate in King County:

- **In person:** Go to the King County Vital Statistics office, 908 Jefferson St., Seattle, WA 98104.
- **By phone:** Call 206.296.4769.
- **By mail:** Send your request to Vital Statistics, Box 359784, 325 Ninth Ave., Seattle, WA 98104-2499.
- **Online:** Go to [www.metrokc.gov/health](http://www.metrokc.gov/health).

For questions about costs, methods of payment, and Vital Statistics office hours, call 206.897.5100.

When you receive your baby's birth certificate, put it in a safe place. It is an important legal document.

## Birth Verification Letter

You will receive a Birth Verification Letter as short-term proof of your baby's birth. You can use this letter in place of a birth certificate for up to 60 days after your baby is born.

You can have this letter sent to your home, or you can get it before you leave the hospital.

If you want to get a Birth Verification Letter before you leave the hospital, you or a family member can take your completed Washington State Birth Filing form to Admitting (Room EA 315) weekdays from 9 a.m. to 3:45 p.m. They will give you your Birth Verification Letter.

Birth Verification Letters are available from the time of your baby's birth until your baby is 60 days old. UWMC can give only one Birth Verification Letter to each family for their baby's birth. We **cannot** replace a lost letter.

The Department of Social and Health Services (DSHS) accepts an original Birth Verification Letter as proof of birth. **If you get DSHS assistance, you must tell DSHS about your baby's birth.**

## **Social Security Number**

You will need to get a Social Security number for your baby. The easiest way to request one is to check the box that says, "Social Security Requested for Child" on the Washington State Birth Filing form in this workbook. It will take 6 to 8 weeks for you to receive your baby's Social Security number.

If you cannot wait 2 months for your baby's number, go to any Social Security office and apply in person. To find your local office, visit <https://secure.ssa.gov/apps6z/FOLO/fo001.jsp>.

When you go to the Social Security office, you must bring:

- A certified copy of your baby's birth certificate
- The Birth Verification Letter
- Your baby's hospital identification (ID) band
- The name card from your baby's hospital crib

## **Paternity Acknowledgment Form (Paternity Affidavit)**

If you are a single mother and want the name of your baby's father on the birth certificate, both you and the baby's father will need to fill out a Paternity Acknowledgement Form within 10 days of your baby's birth. Ask your nurse or social worker for a booklet about this form.

The form must be signed by both you and the baby's father in front of a notary. Both parents will need to show the notary their current government-issued **photo** identification, such as a driver's license, passport, or current state ID card.

**To fill out the Paternity Acknowledgment form at UWMC and make an appointment for free notary services, call 206.598.4144. Or, ask your nurse or social worker for help.**

If you turn in the Paternity Acknowledgment form at Admitting Department within 5 days of your baby's birth, the hospital will send it and the information for the birth certificate to the Washington State Department of Health. If you fill out the form more than 5 days after your baby's birth, you must send it yourself to the address on the form.

### **Medical Records**

- The hospital keeps a record of the healthcare services you received while you were in the hospital. If you wish, you can ask to see your record and request a copy. To find out 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 to others without your permission, unless we are legally required to do so.

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**

## Questions?

Your questions are important. If you have questions about birth documents, talk with your nurse.

These UWMC numbers may also be helpful:

Medical Records and Notary Services: 206.598.3478

Notary Services are also available at:

- Registration: 206.598.4310
- Social Work (for inpatients): 206.598.4349
- Release of Information: 206.598.3343
- Health Information Management: 206.598.3976