

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.

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. 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