

Your Discharge Checklist

For new mothers

“Discharge” is the term for leaving the hospital. Every patient who stays overnight in the hospital has a discharge plan. This plan has many steps.

This checklist can help you keep track of where you are in the discharge process and what still needs to be done before you can go home.

Special Note: *If you must leave by a certain time because of transportation or other issues, please tell your nurse **at least 3 hours** before you need to leave. We will do our best to meet your needs.*

Checklist for the Mother

Tasks

- Your doctor has seen you and cleared you for discharge.
- You received any needed immunizations.
- You have the medicines you will need at home.
- You understand what follow-up care you will need, and an appointment was made for you, if needed.



This checklist can help you keep track of where you are in the discharge process.

Forms

- The Washington State Birth Filing form is filled out and filed.
- The Paternity Acknowledgement form is filled out, if needed.

Education

- You understand how to take care of yourself at home. You asked questions and understand the answers.
- You have reviewed the “Warning Signs” section in your book *Caring for Yourself and Your New Baby*.

See “Checklist for the Baby” on next page.

Checklist for the Baby

Tasks

- Your baby's doctor has seen your baby and cleared your baby for discharge.
- Your baby had a hepatitis B immunization shot.
- Your baby had these screenings:
 - Hearing
 - Transcutaneous bili
 - Pulse oximetry
 - Newborn metabolic screening
- Your baby's cord clamp was removed.
- Your baby's security tag was removed.
- You have received these items:
 - Baby band
 - Crib card
 - Footprints
 - Immunization record
 - Stored breast milk
 - Thermometer
- Your car seat is in your room.
- You have practiced with your car seat, if your baby is premature.
- You understand what follow-up care your baby will need, and a follow-up appointment was made.

Education

- You understand how to take care of your baby. You asked questions and understand the answers.
- You have reviewed these sections in your book *Caring for Yourself and Your New Baby*:
 - "Warning Signs"
 - "How Is Breastfeeding Going?"

Review this section with your nurse, if you are breastfeeding.