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wonders
through
excellence,
service,
innovation,
and caring*

HOSPITAL TO HOME

A Recipe for Success

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The Sparrow Health System logo, consisting of the word "SPARROW" in a white, serif font inside a dark teal rectangular box.

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HOSPITAL TO HOME: A RECIPE FOR SUCCESS

Your new arrival will bring some exciting changes to your family and maybe a few questions as well. Inside this pamphlet you will find answers to questions both first-time and experienced parents may have about the hospital once the baby arrives.

What should I bring to the hospital?

- Robe, slippers
- Newborn outfit
- Name of baby's doctor or clinic
- Car Seat!
- Your social security card or driver's license (for birth records identification)
- Comfortable clothes for Mom to go home in

When will I go home?

Birth experiences vary greatly and the time needed for appropriate medical evaluation will depend upon your particular experience. As a general rule of thumb, you can expect the following:

- Uncomplicated vaginal birth with a normal healthy full-term newborn CAN go home 24-36 hours after delivery.
- Likewise, a normal cesarean birth with a normal healthy full-term newborn CAN go home 48-72 hours after delivery.
- Your physician(s) will evaluate you and your baby and advise you if a longer stay for additional medical evaluation or care is needed.

How soon after going home do I need to see my doctor?

Your physician will advise you when to schedule a follow-up appointment in the office. In most cases, this will include a six-week postpartum check-up and other visits if indicated.



How soon after going home does my baby need to see a doctor?

A well baby check-up should occur in the first few days of life. If the check-up falls on a weekend or holiday when your baby's physician is not available, you may be invited to bring your baby to a free well baby clinic held at the hospital. The Mother Baby Center staff will provide details in the event this service is needed.

You should call your baby's doctor at any time if you believe a problem has developed.

What if I need help with breastfeeding?

- A breastfeeding class is held at 10 a.m. each day.
- A lactation consultant is available to personally assist with specific breastfeeding concerns while in the hospital.
- After leaving the hospital, a lactation consultant is available by phone from 8 a.m. to 4:30 p.m. daily to answer breastfeeding questions.
- If extra help is needed after hospital discharge, an appointment can be made to return with the baby to the Mother Baby Center for personal assistance (fees may not be covered by insurance).



What other community resources can be arranged before I go home?

- Referral for baby supplies, cribs and car seats.
- WIC (Women, Infants and Children) nutritional assistance can be initiated.
- Information about paternity evaluation (genetic testing to determine fatherhood) is available.
- Public Health Nursing for home visits.
- Home based counseling through Community Mental Health.
- Home based individualized parenting program through MSU Cooperative Extension.