

## PATIENT JOURNEY

# Checklist

*Even when your doctor declares you ready to go home, there is still a process to be completed for your safety and security. We know it can be a busy time and we want to make sure you have what you need. As you get ready to leave the hospital, think about the help you will need when you get home.*

### GETTING READY TO GO HOME

- How are you getting home? \_\_\_\_\_
- Do you have the help at home that you need?
- Do you have the supplies that you need?
- My health care provider has visited and told me I can go home.
- My baby's health care provider has visited and told me my baby can go home.
- I have reviewed my medications and their side effects with my nurse.
- I understand the signs and symptoms to watch for at home.
- I have completed the birth certificate information and understand how to get a copy.
- I have discussed insurance or payment with the admissions department, if needed.
- My baby has had applicable screenings (p. 20):  Metabolic  Jaundice  Heart Disease  Hearing
- My baby has received any necessary vaccines (such as hepatitis B).
- I understand these are the signs my baby is getting enough to eat: \_\_\_\_\_

### EDUCATION REVIEW

- Postpartum Complications .....p. 7
- Emotional Changes .....p. 14-15
- Safe Positioning During Skin-to-Skin.....p. 18
- Newborn Screenings.....p. 20
- Use of the Bulb Syringe .....p. 22
- ABC's of Safe Sleep .....p. 28
- Car Seat Safety .....p. 30
- Shaken Baby .....p. 32

### WHEN I AM HOME

- Follow-up appointment with my health care provider for \_\_\_\_\_ weeks postpartum.
- Follow-up appointment with my baby's health care provider \_\_\_\_\_
- Place the **POST-BIRTH Warning Signs** flyer in a common area. 