

**NAVHOSPBREM NORTHWEST BEGINNINGS
BABY DISCHARGE INSTRUCTIONS**

A. Diet:

Breastmilk: Feed on demand. 8-12 feeding in 24 hours. Offer feeds at least two-three hours. Moms are advised not to drink alcohol while breast feeding.

Formula: Feed on demand. Encourage feeds every three-four hours when using formula

B. Activities:

- 1) Have baby secured in car seat at all times while driving.
- 2) Infant to sleep on **back no** stomach or side sleeping!
- 3) Have everyone wash hands prior to handling baby.
- 4) _____

C. Signs and Symptoms to report:

- 1) Temperature over 100.4°F or less than 97.5°F rectally.
- 2) Inconsolable crying or irritability despite feeding, comforting and diaper changes.
- 3) Labored breathing i.e. grunting, nasal flaring, possible color changes (blue, dusky).
- 4) Poor feeding (no feedings in eight hours).
- 5) Increased redness, increased swelling, increased bleeding or foul smelling drainage from circumcision or umbilical site.
- 6) Fewer than six-eight wet diapers a day (by five days of life).
- 7) Projectile vomiting or vomiting that persists between and after feedings.
- 8) Purulent (thick, foul smelling) drainage from eyes.
- 9) Persistent hives or body rash.
- 10) Hard and/or pellet-like stools.
- 11) Listlessness, lethargy – especially with poor feeding.
- 12) Increasing jaundice (yellow or orange color) appearance to skin or eyes since leaving the hospital.
- 13) Any symptoms you feel you need to report.

If your baby has any of the above symptoms: Call or go to **Emergency Room or clinic** depending on the hours or severity of symptoms. See phone numbers on back.

D. Other Instructions:

- 1) Blood for newborn metabolic screening test (NMS) will be drawn at two week well baby check.
- 2) Wipe umbilical cord with alcohol swabs after diaper changes, paying particular attention to the creases and folds. Cord stump will dry up and fall off seven-ten days after birth.

E. Consults: _____

F. Follow-up appointments:

- 1) Ward Clerk will make your baby a two week well baby check up.
- 2) Please call TRICARE to make six-eight week post partum check up.
- 3) Post Partum Care Clinic: (Rm 4404) with an RN, (see appt. card/sheet).

G. Verification: I have received, read and understand the above instructions. I have received a discharge class about care of mother and infant.

Signature of Patient/Responsible Person

Date

Time

RN Signature

POISON CONTROL CENTER

Information Available at:

CHILDREN'S ORTHOPEDIC, HOSPITAL & MEDICAL CENTER

SEATTLE, WASHINGTON

24 hour toll free 1-800-732-6985

OTHER IMPORTANT NUMBERS:

Navy Hospital Bremerton Physician Answering service (for after hours): 360-475-5700

WIC: 1-800-841-1410

La Leche league: 1-800-525-3243

Pacific Mother Support INC (Breast pumps, supplies and Lactation Consultant): 1-800-578-2260

TRICARE appointment Line: 1-800-404-4506

Pediatrics Clinic: 360-475-4216

Post Partum Clinic: 360-475-4470

Family Practice Clinic: 360-475-4579

Emergency Room: 360-475-4286

Bangor Clinic: 360-315-4391

New Parent Support: 360-476-7445

WA. Assoc. Lactation Consultant: 1-800-578-2260