

# Packing for the Hospital

## Don't Forget

- Health insurance forms
- Pen
- Cell phone and charger or important phone numbers
- Cash/change, for vending machines or hospital cafeteria, and credit cards

## Labor Needs

- Wooden/plastic back/neck massager
- Lip balm
- Lollipops (to help combat dry mouth)
- Massage lotion
- Focus point (picture or item chosen)
- Snacks for labor support person
- Music



## Documenting your Days

- Camcorder (for after delivery)
- Camera
- Batteries
- Journal (a personal way to document your days)

## Heading for Home

- Comfortable clothes; loose fitting pants and flat shoes. Maternity clothes are best.
- Coat or sweater (depending on weather)
- Baby outfit which should include a cap, onesie, socks, nursing or receiving blanket and appropriate outerwear
- Car seat (practice installing it ahead of time)

## Postpartum Needs

### The Necessities

- Your favorite pillow
- Robe
- Pajamas (hospitals do supply gowns)
- Light sweater (hospitals tend to be cold)
- Slippers
- Nursing bra
- Breast pads or shields
- Underwear (several pair)
- Socks (several pair)
- Toothbrush
- Toothpaste
- Soap
- Moisturizer
- Body lotion
- Deodorant
- Shampoo and conditioner
- Hairbrush
- Contact lens supplies and/or glasses
- Change of clothing for support person if staying overnight

### The Niceties

- Hairdryer
- Makeup
- Your favorite music
- Magazines
- Books (at least one on nursing)
- Healthy snacks

Allouez Health Center  
(920) 436-1360

Howard Health Center  
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St. Mary's Health Center  
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Plymouth Health Center  
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# What to Expect at the Hospital After Your Baby is Born

When your baby is born, tests and screenings are done to ensure that he or she is healthy and ready to go home with you. Doctors and nurses will frequently check on your baby in your room or in the nursery to do these examinations.

## Immediately After Birth

- Your baby's health care provider will use a bulb syringe to remove fluid from his or her nose and mouth, so your baby can begin to breathe.
- Your doctor or your partner will cut the umbilical cord. The doctor will collect a tube of blood from the cord to check your baby's blood type and may use it for other tests.
- If you had a vaginal delivery and you and your baby are both in good condition, your baby should be placed on your abdomen and dried off. Your baby will be covered with a warm towel or blanket and given a cap to keep his or her head warm.
- **Apgar Score:** measures and rates your babies skin color, heart rate, breathing, muscle tone, and reflex responses immediately following birth to give an accurate assessment of your baby's progress. This examination will occur one minute and five minutes after delivery to ensure that your baby is adapting well to his or her new world.
- **Physical Assessment:** is done immediately after birth. Nurses and doctors will get vital statistics to record your baby's weight, length and head circumference.
- **Eye Prophylaxis:** is a drop of medication put in your baby's eyes to keep them from getting any bacterial infections during delivery.
- **Identification:** is simply putting a bracelet on the wrist or foot of you and your baby with a matching number. In some cases identification also includes footprints and fingerprints. Identification will eliminate any confusion as to who your baby belongs to.
- **Vitamin K:** is a shot given to your baby a few hours after birth because newborns lack the necessary bacteria to produce vitamin K on their own. Vitamin K is needed for clotting of blood.



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# What to Expect at the Hospital After Your Baby is Born

## Feeding

Within the first hour, if both you and baby are up to it, you can begin to breast-feed. Most babies are highly active after birth which is a great time to bond and try breast-feeding. It may take a little time for your baby to start feeding, but most newborns are able to feed within the first hour or so. If you need help, don't hesitate to talk with a nurse or lactation consultant.

## Baby's Hospital Stay

During the remainder of the hospital stay, your baby will undergo more examinations; have a bath and possibly other procedures.

- **Reflexes:** examine several of the automatic reflexes a baby should have at birth to help identify brain and nerve activity. Reflex tests examine your baby's ability to startle, respond to touch, suck, and much more.
- **Genetic Testing:** a simple blood test done as a precaution to identifying any illnesses or genetic disorders your baby may have.
- **Hearing Screening:** is done to make sure your baby's hearing is developing and there is no lack of stimulation in this area of the developing brain.
- **PKU (Phenylketonuria) Screening:** tests to make sure your baby can create his or her own amino acids, which build protein in the body.
- **Hepatitis B vaccine:** your baby should get the first dose of the hepatitis B vaccine before being discharged from the hospital. If you're a hepatitis B carrier or your status is unknown, your baby should be vaccinated within 12 hours after birth.
- **Circumcision:** if your baby is a boy and you decide to have him circumcised, this will typically be performed one or two days after birth. The procedure only takes 5 to 10 minutes.
- **Bath:** After your baby's temperature has remained stable for at least a few hours, a nurse will sponge bathe and wash your baby's hair. Baths usually take place in the nursery, where the baby is put under radiant heat to warm up after.



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# What to Expect at the Hospital After Your Baby is Born

## Mom's Hospital Stay

- After delivery, the nurses and doctors will help take care of you to make sure your body is healing.
- Nurses will check your vitals hourly.
- When you are up for it, you can eat and take a shower.
- You are welcome to have visitors. Make sure you give yourself and your newly grown family the time you need to bond together during these first few days. Keep in mind that it is okay to tell other family members or friends that you are not ready for visitors at this time.
- Nurses will help you and your partner learn how to diaper and bathe your newborn, care for the umbilical cord and prepare your baby for the car seat to go home.
- Typically, if you have a vaginal delivery, you will stay at the hospital for 1 to 2 days. For a cesarean (c-section) delivery, you will stay at the hospital for 3 days.



## Birth Certificate

It is required that every birth is registered in the county and state in which the baby is born. You will fill out a form to start the birth certificate process and you can also request a social security card for your baby at this time. The hospital will register the birth certificate for you; the original is kept in your state or county office.

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