**Team Members Who Will Be Working With You**

- Your obstetrician and/or family doctor/midwife
- If necessary or requested, a pediatrician
- Nurses
- Pharmacist
- Lactation consultant (Breast feeding support)
- Social worker

**Follow-up Appointments for Mom and Baby**

**Baby's appointment must be booked for 48 hrs. after discharge:**

**Mom's appointment must be booked for approx. 6 weeks after delivery:**

Appointments may be made for breast feeding assistance with the breast feeding clinic:

Phone (905) 681-4840

**Healthy Babies Healthy Children (HBHC)**

Healthy Babies Healthy Children (HBHC) is a voluntary program to help families with babies and young children (prenatal to age 6) get the information, support or services they need. The goal of the program is to ensure that all children in Ontario get off to the best possible start in life.

**In the Hospital:**

- A postpartum assessment is completed on all families giving birth in Ontario. The purpose of this assessment is to identify families who might benefit from receiving community supports. There are questions about your baby’s health, your health, and your family situation.
- You will be asked for written consent to share the information on the assessment with the Health Department.

**After You Leave the Hospital:**

- With your consent a Public Health Nurse will call you within 48 hours of your discharge from hospital. She will ask your questions about how you and your baby are doing. If you wish, a Public Health Nurse will make an appointment to visit.
- If you and your family have a lot of stresses, you will be encouraged to have a Family Assessment in your home to decide what community services would be most helpful to you.

**Any Time You Have Questions or Concerns:**

**CALL (905) 693-4242** and ask to speak to a Public Health Nurse about your baby’s health and development. She will provide information and support and may refer you to appropriate services.

**Notes:**

Keep track of your questions and concerns. Please feel free to ask any member of the team.

A Public Health Nurse will visit while in hospital and call you after discharge. You may be offered a home visit by a Public Health Nurse.

This pathway is a guideline only.

Please review before your birth.

Add any questions or goals that you may have for your hospital stay.

Please bring this pathway with you to the hospital - your nurse will be reviewing it with you.
<table>
<thead>
<tr>
<th><strong>YOUR GUIDE</strong></th>
<th><strong>FROM BIRTH TO 4 HOURS AFTER DELIVERY</strong></th>
<th><strong>FROM 4 TO 24 HOURS AFTER DELIVERY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Treatments or Procedures</strong></td>
<td>- You, your partner and your baby will have ID bracelets applied&lt;br&gt;- You may have an IV&lt;br&gt;- You will have a catheter&lt;br&gt;- You will be in recovery room in Birthing for approximately one hour</td>
<td>- You will still have an IV&lt;br&gt;- You will still have a catheter (unless ordered out by your doctor)&lt;br&gt;- You may have bloodwork done if ordered by your doctor</td>
</tr>
<tr>
<td><strong>General Care</strong></td>
<td>- Baby will be weighed and examined at your bedside, including temperature and heart rate&lt;br&gt;- You will be checked often for:&lt;br&gt;  - temperature&lt;br&gt;  - blood pressure &amp; heart rate&lt;br&gt;  - abdominal incision&lt;br&gt;  - vaginal blood loss&lt;br&gt;  - checking position of your uterus&lt;br&gt;- You will have catheter care</td>
<td>- Baby will be checked for temperature, appearance, etc.&lt;br&gt;- You will be checked every 4 hours for vital signs, position of uterus and vaginal blood loss&lt;br&gt;- You will have catheter care and a post-op wash&lt;br&gt;- You will be assisted to do deep breathing and coughing and leg exercises.&lt;br&gt;- When you are able, you may shower.&lt;br&gt;- You will be assisted to be up walking.</td>
</tr>
<tr>
<td><strong>Medications</strong></td>
<td>- Always let the nurse know if you have pain. Medication will be given as ordered by your doctor.&lt;br&gt;- You may be given antibiotics in your IV if ordered by your doctor&lt;br&gt;- Your baby will be given ointment in it's eyes and an injection of Vitamin K to help with blood clotting</td>
<td>- You will be receiving medication as necessary to control your pain or any nausea&lt;br&gt;- Antibiotics will be given by IV if ordered by your doctor</td>
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<tr>
<td><strong>Drinking and Eating</strong></td>
<td>- You may have fluids or food as ordered by your doctor.</td>
<td>- You may have fluids or food as ordered by your doctor</td>
</tr>
<tr>
<td><strong>Teaching</strong></td>
<td>- We encourage skin to skin contact between mother and baby within the first hour of birth to assist you and your baby to adjust after the birth.&lt;br&gt;- You will be assisted with breast feeding, latching and hand expression.&lt;br&gt;- You will be taught deep breathing and coughing and leg exercises&lt;br&gt;- You will be shown how to operate your bed, call bell and telephone&lt;br&gt;- Infant security will be explained</td>
<td>- If you are able, you may be assisted to get out of bed&lt;br&gt;- You will be assisted with breast feeding and nipple care&lt;br&gt;- You will be shown how to position your baby for sleeping and how to burp your baby.&lt;br&gt;- Infant security will be reinforced&lt;br&gt;- Your nurse will review this pathway with you</td>
</tr>
<tr>
<td><strong>Getting Ready To Go Home</strong></td>
<td>- You will be given a white folder with government forms</td>
<td>- Baby's HEALTH card form will be given to you to complete and hand back in to your nurse&lt;br&gt;- Your nurse will review the contents of your white folder with you</td>
</tr>
</tbody>
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**FROM 24 TO 48 HOURS AFTER DELIVERY**

- You will have bloodwork done if ordered by your doctor<br>- Your IV will be discontinued - if ordered by your doctor<br>- Your catheter will be discontinued if ordered by your doctor<br>- Your baby will have bloodwork done at your bedside for universal newborn screening, and bilirubin (to check for jaundice)<br>- You will be checked, including a weight<br>- You will be checked twice daily<br>- You will be able to shower and walk in the hall<br>- You may have fluids or a normal diet as ordered by your doctor<br>- Your baby's bloodwork will be done at your bedside for universal newborn screening, and bilirubin (to check for jaundice)<br>- You will be checked twice daily<br>- You will be able to shower and walk in the hall<br>- You may have fluids or a normal diet as ordered by your doctor<br>- Baby's HEALTH card form will be given to you to complete and hand back in to your nurse<br>- Your nurse will review this pathway with you

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**FROM 48 HOURS TO DISCHARGE**

- You will be shown how to operate your bed, call bell and telephone<br>- You will be assisted with breast feeding and nipple care<br>- You will be shown how to position your baby for sleeping and how to burp your baby.<br>- Infant security will be reinforced<br>- Your nurse will review this pathway with you
- You will be taught how to take your baby's temperature<br>- You will have catheter care<br>- Baby's OHIP card form needs to be completed and handed in<br>- Your baby's bracelet number needs to be checked with yours and signed for<br>- You will be taught warning signs for yourself and baby
- To assist your breastfeeding journey you may book a breastfeeding follow-up appointment
- Your nurse will review this pathway with you
- Your baby's bloodwork will be done at your bedside for universal newborn screening, and bilirubin (to check for jaundice)<br>- You will be checked twice daily<br>- You will be able to shower and walk in the hall<br>- You may have fluids or a normal diet as ordered by your doctor
- Baby's HEALTH card form will be given to you to complete and hand back in to your nurse
- Your nurse will review the contents of your white folder with you
- You and your baby need discharge orders from your doctor
- Your baby's OHIP card form needs to be completed and handed in
- Your baby's bracelet number needs to be checked with yours and signed for
- You will receive an enema if necessary
- Your baby's bloodwork will be done if not done before

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**THIS IS YOUR GUIDE FROM DELIVERY TO DISCHARGE**

- You will continue to receive medication as necessary to control your pain<br>- You may be given a laxative if ordered by your doctor<br>- If you are RH negative and you require a RhoGam injection, it will be given before discharge.<br>- You may have fluids or a normal diet as ordered by your doctor<br>- Baby's bloodwork will be done if not done before<br>- You will be shown how to operate your bed, call bell and telephone<br>- You will be assisted with breast feeding and nipple care<br>- You will be taught how to position your baby for sleeping and how to burp your baby.<br>- Infant security will be reinforced<br>- Your nurse will review this pathway with you
- You will be taught how to take your baby's temperature<br>- You will have catheter care<br>- Baby's OHIP card form needs to be completed and handed in<br>- Your baby's bracelet number needs to be checked with yours and signed for
- You will continue to receive medication as necessary to control your pain<br>- You may have a normal diet<br>- Breast feeding information will be given about engorgement, tender nipples, hand expression and pumping<br>- Bottle feeding information will be given if applicable<br>- Your nurse will review this pathway with you
- Instruction will be reinforced re: diapering, dressing, bathing, cord care, axilla temps (baby) and normal infant voiding and stooling<br>- You will be taught warning signs for yourself and baby<br>- To assist your breastfeeding journey you may book a breastfeeding follow-up appointment<br>- Your nurse will review this pathway with you