

When will I go home?

Before you are discharged home from the hospital, the following criteria must be met:

MOTHER

- Condition is stable
- Bleeding is normal
- Pain is well-controlled
- Voiding (peeing)
- Walking
- Aware of self-care
- Aware of infant safety and injury prevention (car seat safety, safe sleep practices, sudden infant death syndrome risk reduction)
- Aware to book 6 week postpartum visit with care provider

NEWBORN

- Feeding well or has feeding plan established
- Has voided and stoolled (peed & pooped)
- Has been assessed by physician or midwife
- Bloodwork and Newborn Screen complete after 24 hours of life
- You have booked follow up appointments (within 24-48 hours of discharge)

There are important links and information in your JBH folder!

Register your newborn's birth on the Government of Ontario website to obtain their temporary health card.

