

**Congratulations on the birth of your baby. During this time, your provider and nurses will support you and your baby to recover and get ready to go home.**

# Going Home with Your Baby

**Your anticipated discharge date and time is:** \_\_\_\_\_

In order to be ready to go on time, please organize the following:

- ✓ Your Baby's Car Seat
- ✓ Please bring your car seat, assembled and ready, to the hospital at least 2 hours before your anticipated time of discharge so that your nurse can review any questions you may have.
- ✓ A Ride Home
- ✓ Your Belongings and Supplies Packed

Please ensure the above check list is complete. We have limited ability to accommodate beyond your discharge date & time unless medically indicated.

**Your provider and nurse will support your transition home by providing the following materials:**

- ✓ Going Home with Your Baby Booklet and discharge education materials
- ✓ Your Baby's Feeding Plan
- ✓ Information for who your primary health care provider (PHCP) is and how and when to contact them
- ✓ Information on role of the Public Health Nurse and how to contact them
- ✓ Any requisitions for bloodwork to be done after discharge (if needed)

If you have any questions regarding your discharge, please ask with your nurse.

## Questions

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