



## Your important health information

# Going home after your baby is born

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Congratulations! Bringing your new baby home is an exciting but busy time. Here are some things you can expect now that your baby is born.

### Discharge from hospital

You should expect to go home on the day of your baby's birth or the next morning if:

- all is well with you and your baby
- you have had an uncomplicated vaginal birth.

### Preparing for discharge

- Morning discharge time is 9.30am.
- Arrange flowers and gifts to be taken home the night before. This will help you to concentrate on getting only you and your baby ready in the morning.
- You may be asked to wait in the discharge lounge on the postnatal ward If you are unable to be picked up at the discharge time,.

### Before leaving the hospital

Make sure you have:

- ✓ Any medicines that the doctor has prescribed
- ✓ A medical certificate if required
- ✓ A Discharge Summary letter for your Maternal & Child Health Nurse (MCHN)
- ✓ Centrelink and baby birth certificate registration forms
- ✓ Baby's Green Child Health Record book
- ✓ Provided the correct address and contact phone number to your midwife for your Midwifery in the Home (MITH) visits
- ✓ Received your Maternity Parent Information Pack
- ✓ Collected your Baby Bundle, if this is your first baby.

Remember if you are going home in your own car, you will need to have an appropriate child restraint fitted – visit the VicRoads website for up to date information

<https://www.vicroads.vic.gov.au/safety-and-road-rules/vehicle-safety/child-restraints>

### At home

You will be contacted by one of our Midwifery in the Home (MITH) midwives within 24 – 48 hours of discharge from hospital with details of your follow up visit. Visits may consist of either a home visit, a ward visit or a visit in Special Care Nursery (If your baby is admitted to SCN).

A Maternal and Child Health Nurse (MCHN) will visit you at home within the first two weeks. The nurse will assess you and your baby and organise following visits to your local maternal and child health centre.

Your 6 week check up with your general practitioner (GP) for both yourself and your baby is recommended to make sure that your body has healed well after the birth. It is also an opportunity to discuss ongoing health concerns contraception, pap smears and immunisations.

### When to ask for help

- You pass large blood clots
- You have persistent bright red blood loss after one week
- Your vaginal loss has an unpleasant smell
- You or your baby have a high temperature
- You have persistent pain that is more than cramping
- Your baby is not feeding, not passing urine or not passing stools
- You have concerns about you or your baby

### Further Information

If you have any questions regarding this information, please contact:

#### Werribee Mercy Hospital

Maternity Services:  
Phone: 03 8754 3400

#### Further help and information is available from

#### Werribee Mercy Hospital Breastfeeding Support Service.

Phone: 03 8754 3407

#### Your GP (local doctor)

#### Maternal & Child Health Line (24 hour service)

Phone: 13 22 29

#### Australian Breastfeeding Association

Phone: 1800 686 268 Breastfeeding Helpline

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

#### Nurse on Call 24 hour service

Phone: 1300 606 024

[www.health.vic.gov.au/nurseoncall](http://www.health.vic.gov.au/nurseoncall)

#### The Royal Children's Hospital

[www.rch.org.au](http://www.rch.org.au)

#### PANDA (Postnatal and Antenatal Depression Association)

Phone: 1300 726 306

Helpline available

10am – 5pm Monday to Friday

[www.panda.org.au](http://www.panda.org.au)

### Acknowledgements

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