

Passport to Discharge

For Families at Newton-Wellesley Hospital



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Congratulations on the new addition to your family!

To help you and your loved ones prepare for discharge please follow these important steps:

Step 1: Talk to your nurse about the discharge process.

You and your nurse will review:

- Car seat safety
- Infant swaddling
- Lactation resources
- The discharge process
- Any questions you may have

Step 2: Please complete this checklist to ensure you're ready for discharge.

- Become familiar with your baby's car seat. We recommend practicing with strap adjustments prior to discharge day and having the car seat in your room the night before you leave.
- Confirm your baby's birth certificate is finalized with the birth registrar.
- Ensure your breast pump has been delivered.
- Review lactation resources.
- Review any questions with your provider.
- Retrieve your prescriptions.
- Send personal belongings home that are not needed for day of discharge, or pack belongings in your vehicle the night before you leave.
- Arrange valet pick-up outside the West Lobby. Please see instructions for valet service in discharge packet.

If you have any questions after you have been discharged, please call your OB, Midwife (CNM) or Pediatrician, who will be happy to assist you.

Notes/Questions:
