A) DISCHARGE INSTRUCTIONS: NEW MOM

Signs and Symptoms to Watch For

⚠️ Contact your doctor or Telehealth Ontario (24 hrs) at 1 (866) 797-0000 if you develop any of the following:

- Fever (temperature at or above 38°C or 100.4°F) or chills
- Painful breasts (hot, red, tender), along with a fever or flu-like symptoms
- Sudden, heavy vaginal bleeding
- Any foul smelling vaginal discharge
- Burning or pain when passing urine
- Redness or pain in your legs
- An unhappy, depressed or anxious feeling that does not go away in a few days. You cry a lot. You feel unable to cope or care for your baby.

⚠️ Go to the nearest emergency room right away if you are having any of the following:

- Vaginal bleeding that soaks 2 pads in 1 hour
- Difficulty breathing or chest pain
- Thoughts of harming self or others.

What You Should Know

The “Having your Baby at Humber River Hospital” booklet has important information for you to go home with. It contains key information you need to know when caring for yourself after the birth of your baby.

Read the booklet online: http://bit.ly/2haPN3G

Follow-up Appointment

See your family doctor or obstetrician ______ days/weeks after you have your baby. Call your family doctor or obstetrician to book this appointment.

Please turn over for “Discharge Instructions: New Baby”
B) DISCHARGE INSTRUCTIONS: NEW BABY

Signs and Symptoms to Watch For

⚠️ Contact your baby’s doctor or Telehealth Ontario (24 hrs) at 1 (866) 797-0000 if your baby:

- Looks yellow. In darker skinned babies, look at the colour of the nose, mouth and eyes.
- Is very sleepy. You have trouble waking your baby or baby is sleeping more than 6 hours.
- Is feeding poorly or has little interest in food.
- Has less than 2 to 3 good-sized size of green/brown/yellow poops every day.

- Has less than 3 to 6 wet diapers every day.
- Has a fever over 38°C (100.4°F), or coldness, with a temperature under 36°C (96.8°F).
- Has vomiting, diarrhea, or constipation.
- Is bleeding or has a smelly yellow-green discharge coming from the umbilical cord.

⚠️ Go to the nearest emergency room or call 9-1-1 right away if:

- Baby is breathing hard
- Baby is making grunting or wheezing sounds, or
- Baby’s skin turns pale or bluish.

What You Should Know

The “Having your Baby at Humber River Hospital” booklet has important information for you to go home with. It contains key information you need to know when caring for your new baby.

------------------ Read the booklet online: http://bit.ly/2haPN3G ------------------

Follow-up Appointment

Bring your baby to see your family doctor or the paediatrician _______ days after leaving the hospital. Call your family doctor or your baby’s paediatrician to book this appointment.

Register your Baby

Within 30 days of your baby’s birth, visit ServiceOntario’s Newborn Registration Service website to register your child’s birth online and apply for a birth certificate and Social Insurance Number. For more information, please call toll-free: 1 (800) 267-8097.

To begin, please go to: www.ServiceOntario.ca/newborn. You will need the following information:

Room # ___________________ Delivering Doctor’s Name: _______________________________________

Newborn’s Name: ________________________________________________________________________

Date of Birth: _______ / _______ / _______ Time of Birth: _____________________________

Gestational Age: __________________ weeks Birth Weight: __________________ grams