

What to expect at the hospital

When you are admitted to the hospital, the maternity unit will contact THC. A provider will come visit you and your baby after delivery or if delivered overnight, in the morning.

Immediately after delivery

There are several check-ups that need to happen after your baby is born. However, most of these can wait for at least one hour to give you and your baby time to bond.

- Skin to skin contact immediately after delivery
- APGAR testing: done at 1 minute and 5 minutes after birth. A provider will check your baby for breathing, appearance, reflexes
- Breastfeed within the first hour to help stimulate milk production and bonding
- Rest! Both you and the baby will need it.

Newborn Health

- Newborn screening for metabolic conditions
 - They will take a drop of your baby's blood with a heel stick
 - Some screening conditions include: Cystic Fibrosis, Sickle Cell Disease, Hypothyroidism, phenylketonuria

<http://www.healthvermont.gov/children-youth-families/health-care-children-youth/newborn-screening>

- Prevention after birth
 - Eye ointment or drops: to prevent infections from possible STIs after delivery. Gonorrhea and chlamydia can cause blindness if untreated. Even if you have tested negative in the past, many women do not have symptoms of infection. The ointment and drops are safe for your baby.
 - Vitamin K shot: newborns do not have enough vitamin K to clot blood. The shot prevents dangerous bleeding problems.
 - Hepatitis B vaccine: all newborns should receive first shot (of 3) before leaving the hospital. Infection with hepatitis B can cause serious liver damage.
 - Hearing test: small microphones are placed on the baby's head to test their hearing.
- Full physical exam: soon after birth, your baby will be measured and weighed, listen to their heart and lungs, inspect their eyes, clean the umbilical stump

See more at: <https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/your-babys-first-hours-life>

Post-delivery stay

- The 5 physicians at THC share hospital duties 24/7. A provider will visit you each day in the hospital
- *Skills to work on*: holding baby, soothing techniques, cleaning umbilical stump, diaper changes, swadling, dressing, feeding & lactation support, taking a temperature
- Many families find spending an extra night or two to be very helpful

Preparing for discharge

- Newborn office visit will be scheduled within a day of discharge
- Carrier inspection
- **Contact us with any questions! 802-454-8336**