

## What should I pack for the hospital?

The hospital OB Department will supply many of the items you will need during your stay.

### You may want to bring personal items such as:

- Hard candy or gum for labor
- Focal point for labor
- Items for back massage; lotions, oils, etc.
- Contact lens case and eyeglasses
- Toothbrush and toothpaste
- Hair shampoo and conditioner
- Cosmetics
- Warm socks or slippers and a robe
- Lounging outfit
- Ponytails, brush or comb
- Lip balm
- Cell Phone
- Camera
- Going home outfit for yourself and baby
- A car seat to take your baby home in



## When should I call or come to the hospital?

Trust your instincts. If you feel that something is not quite right with you or the baby, then it is the proper time to call or be evaluated. However some of the signals that your body experiences when labor is beginning are the same “signals” that can occur normally in pregnancy. It is up to you to determine if what you feel represents a change from your normal experience, and if so seek the advice of a nurse or your provider.

### Call your Provider or the OB Department if you experience:

- Sharp or persistent abdominal pain
- Persistent or severe headache
- Blurred vision
- Bag of water (membranes) leak or **break**
- Vaginal bleeding
- Uterus contracts 4 or more times per hour before 37 weeks
- Unusual pressure in pelvis, lower back, abdomen
- Change in the usual pattern of baby's movement
- Contractions with a regular pattern of every 5 minutes, lasting 1 minute, for 1 hour after 37 weeks

**Gundersen Clinic: 563-568-3000**

**Mayo Clinic Health System: 563-568-3449**

**Veterans Memorial Hospital: 563-568-3411**



WHAT DO I PACK?  
WHEN SHOULD I CALL?

## QUESTIONS YOU HAVE ABOUT...

HOW WILL I FEED MY BABY?  
IS MY CAR SEAT SAFE?



*Veterans Memorial  
Hospital  
Maternal Services  
Department*

## How will I feed my baby?

Towards the end of your pregnancy you will begin to think about feeding choices for your new baby. If your feeding choice is formula our hospital supplies Similac or Enfamil. If you have decided on breast feeding or contemplating it you may have some questions as to what to expect. As natural as breast-feeding is, it is a learned skill and information that we can offer to you before you baby is born will the learning experience more familiar.

Visit with your provider about questions or concerns you may have about feeding choices. If you would like to know more about breastfeeding VMH offers a class that will introduce you to what to expect within the first few hours and days after delivery. You can meet with a Lactation Educator Consultant who will discuss latch, feeding positions, how to know when your baby is getting enough milk, and more.

Talk to your provider if you would like to schedule a class or contact one of the following consultants at Veterans Memorial Hospital 568-3411.

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**Brianne Leikvold, RN LEC**

**Natalie Kelly, RN LEC**

**Gail Lansing, RN LEC**

**Diane Allison, RN IBCLC**

## What will I need for the birth certificate?

After your baby is born you will be asked to complete a worksheet for your baby's birth certificate. This information will be filed with appropriate local and state record registrar officials.

A social security card for your baby will be issued to you directly from the Social Security Administration throughout the mail. There is no cost involved, this is a free service by Social Security Administration.

There is a fee payable to the Iowa Department of Public Health for your baby's birth certificate.

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Certified copy of birth	=	\$15.00
Registration of birth	=	\$20.00
Social Security Card	=	No Charge

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Total Due	=	\$35.00
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Payment is accepted only by check or money order to the Iowa Department of Public Health. Cash will not be accepted by the state. Payment for the birth certificate is required before discharge. Please have your plan for payment decided when you come to the hospital.

## How do I know if my car seat is safe?

Car seats are required by Iowa State law. Our staff at VMH cannot discharge your baby without an appropriate car seat.

We know your new baby's safety is very important to you so we offer Car Seat Safety Checks before delivery or before you are discharged from the hospital if you are interested by Child Passenger Safety Technicians if you are interested.

The Technicians will check your car seat for safety issues, current recalls and will show you the best and safest place to install the seat in you vehicle. If you choose to have your car seat checked we ask that you bring the following:

- Car Seat—(never involved in a car crash)
- Car Seat Manual
- Car Manual for vehicle installation

If you would like your car seat checked before the delivery of your baby contact the OB Department to set up an appointment with one of our Car Seat Technicians.

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**Natalie Kelly, RN**

**Bailey Estebo, RN**

**Kari Smith, RN**

