

WHAT SHOULD I PACK FOR THE HOSPITAL?

The hospital OB department will supply many of the items you will need during your labor and also for the time after your baby is born. **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 rinse
- Cosmetics
- Warm Socks or slippers and a robe
- Clips or tie back for your hair, brush or comb
- Lip balm
- Music CDs of your preference
- Camera, film and batteries
- List of phone numbers and people to notify
- Cell phone, calling card
- Going home outfit for yourself and outfit and blanket for your baby.
- Baby book
- A car seat to take your baby home in

The OB department does have high speed internet available for you to use as needed.

WHEN SHOULD I CALL OR COME TO THE HOSPITAL?

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

Call your Provider or the hospital OB department if you experience:

- Sharp or persistent abdominal pain
- Bleeding from the vagina
- Persistent or severe headache
- Blurred vision
- Bag of waters (membranes) leak or break
- Vaginal bleeding occurs
- Uterus contracts 4 or more times per hour before 37 weeks of pregnancy
- Contractions with a regular pattern of every 5 minutes or less after 37 weeks of pregnancy
- Unusual pressure in pelvis, lower back, abdomen or thighs
- Change in the usual pattern of baby's movement
- Any of your body's signals are of concern

Gundersen Clinic, Waukon: 563-658-3000

Franciscan Clinic, Waukon: 563-568-3449

Veterans Memorial Hospital: 563-568-3411



QUESTIONS YOU HAVE ABOUT...

WHAT DO I PACK?



WHEN SHOULD I CALL?



HOW WILL I FEED MY BABY?

IS MY CAR SEAT SAFE?



Veterans Memorial Hospital

563-568-3411

HOW WILL I FEED MY BABY?

Towards the end of your pregnancy you will probably begin to think about feeding choices for your new baby. Your decision will depend on your personal experiences and your family's situation. If your feeding choice is formula our hospital has Similac or Enfamil available. If you have decided on breast feeding or contemplating it as a choice to feed your baby you may have some questions as to what to expect. As natural as breast feeding is, it is actually a learned skill. experience. Any information that we can offer to you before your baby is born will make this learning experience more familiar for both you and your baby.

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

Talk to your provider if you would like to schedule a class or contact one of the following educators at Veterans Memorial Hospital @ 1-563-568-3411 ext # 423

Diane Allison, RN, IBCLC

Amy Bowden RN, CBFE

Gail Lansing RN, CBFE

WHAT WILL I NEED FOR THE BIRTH CERTIFICATE?

Iowa law requires that each entitled parent be issued a certified birth certificate of their newborns birth record. 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 vital records registrar officials.

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

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

Certified copy of birth	=	\$20.00
Registration of birth	=	\$20.00
<u>Social Security Card</u>	=	<u>No Charge</u>
Total Due		\$40.00

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 MY CAR SEAT IS SAFE?

Child Restraints or Car Seats are required by Iowa State law. Our staff at VMH cannot discharge your baby without an appropriate car seat to secure them in your vehicle.

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. Our hospital has 3 Child Passenger Safety Technicians. These 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 your vehicle.

To check your Car Seat appropriately we ask that you bring the following with you when we check your car seat.

- **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 you deliver your baby contact one of the following Car Seat Technicians to schedule an appointment.

Diane Allison @ 1-563-568-3411

Gail Lansing @ 1-563-568-3411

Chris Anthony @ 1-563-419-54 41

Your new baby is precious cargo and we want to show you the safest way possible to travel safely with them.