

**WOMEN'S HEALTH
AND CHILDBIRTH CENTER**

800 Ste. Genevieve Drive
Ste. Genevieve, MO 63670
P | 573.883.7706
F | 573.883.4400



Postpartum Stay – Day 1

HEALTH CHECKS FOR MOM

- Vital signs every 15 minutes in first hour, then every 4 hours for 24 hours
- Fundal checks every 15 minutes in first hour of recovery, then as needed (checking to see if uterus is firm)
- Peri-care checks (assessing for normal limits of bleeding)
- Pain medications provided as needed or every 6 hours
- Full assessment once per shift

HEALTH CHECKS FOR BABY

- Vital signs every 30 minutes in first two hours, then every 4 hours for 24 hours
- Full assessment by RN and Respiratory Therapist at birth, then once per shift
- Weight, length, head circumference, chest circumference
- Newborn medications if desired or indicated (vitamin K injection, antibiotic eye ointment)
- Blood sugar check (and recheck if indicated)
- Pediatrician may or may not be at delivery, if not, they will come within 24 hours

POSTPARTUM SUPPORT

- Assistance with feeding baby (bottle or breastfed)
- If breastfeeding, assistance with latching/pumping
- Assistance walking to restroom
- Assistance with Peri-care (we provide dermaplast spray, Tucks pads, Peri-pads, Peri-bottle, mesh underwear)
- Newborn care education
- Postpartum care education

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Postpartum Stay – Day 2 and 3

HEALTH CHECKS FOR MOM

- Vital signs once per shift, and as needed
- Fundal checks once per shift, and as needed
- Peri-care checks (assessing for normal limits of bleeding)
- Pain medications provided as needed or every 6 hours
- Full assessment once per shift
- Provider rounding check in

HEALTH CHECKS FOR BABY

- Vital signs once per shift, and as needed
- Full assessment once per shift
- Pediatrician visit
- First bath and newborn photos after 24 hours old
- Circumcision for male infant if desired
- Infant labs after 24 hours old (H&H, Bilirubin, PKU)
- Hepatitis B vaccine if desired

POSTPARTUM SUPPORT

- Continued assistance with feeding infant as desired
- Assistance with peri-care as desired
- Newborn care education
- Postpartum care education
- Newborn follow up appointment scheduling
- Postpartum follow up scheduling
- Postpartum paperwork
(birth certificate, affidavits, breastfeeding referral, baby announcement, Patient Portal, education videos & forms)