

# DISCHARGE HOME

Once you and your baby have been cleared for discharge by the medical team, you will be allowed to go home.

✓ You must bring a car seat with you, and we will verify that the baby is properly strapped in before you leave the unit.



**10 am to 8 pm**

✓ Discharges start at 10 am and end by 8 PM: the times vary depending on the hour your baby was born.

✓ When you leave the hospital, your **CLSC** will be informed of your delivery. If this is your first baby or if there are concerns about your health or your baby's health, the CLSC should contact you within **24-48 hours of your discharge**.

## FOLLOW-UP

✓ For the **6 weeks** following your delivery, you can present to the **birthing centre triage** for pregnancy/delivery related concerns (mastitis, infection, postpartum depression...)

✓ If you are concerned about your baby's weight, or baby is showing signs of jaundice, you can call the maternity unit (up to seven days after your delivery) to speak with a nurse. She will assess you over the phone and arrange appropriate follow-up care based on the needs of your newborn.

**Call 514-934-1934 extension 36081.**

The Newborn follow up clinic on the maternity unit can see your baby up to 7 days after baby is discharged. For other issues, or after those 7 days, you must go to the Montreal Children's Hospital emergency department with your baby.

✓ For your **POSTPARTUM FOLLOW-UP**, call the **OBS clinic** at **514-843-1603** to schedule an appointment with your doctor **8-10 weeks after your delivery**. Your doctor may adjust your visit depending on your specific situation.