

## What is the hospital discharge procedure?

- Together you and your doctor will decide when you and your baby are ready to go home.
- Our nurses will help you with any remaining paperwork and review discharge instructions.
- For security, we will verify name bands during your stay and when you are ready to go home.
- You will need someone to drive you and your baby home with an appropriate and properly installed carseat. (It's good to practice installing before your delivery date.)

## How long will I be in the hospital?

Certainly the length of stays vary, but typically:

- For a vaginal delivery, 24 hours
- C-section, 2-3 days

## What should I know about my insurance?

It's good to know what your insurance plan will cover, for both you and your baby — well before your baby is due. Including:

- If pre-authorization is required for maternity care
- If your plan covers both you and your baby
- If your plan covers your baby if he/she needs additional care
- The authorized length of stay for vaginal and cesarean births
- Whether a follow-up home visit is covered

Remember that our nurses cannot answer insurance questions, but if you need additional assistance, someone in our administrative offices can help.



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# What to expect when you're expecting

## Frequently Asked Questions



the memorial hospital  
at craig



### When should I go to the hospital?

- If your water breaks
- If you have bloody discharge similar to starting your period
- If your contractions are 3 to 5 minutes apart for one hour
- If your doctor instructs you to do so

### What should I bring to the hospital?

- Nightgown/pajamas, if it makes you more comfortable than a hospital gown
- Bathrobe
- Slippers
- Nursing bra
- Clothes to wear home
  - For you: comfortable clothes that fit mid-pregnancy
  - For baby: blankets, clothes, diapers, etc.
- Cosmetics, toiletries
- Camera/video camera
- Personal comfort items
- Please leave all valuables, such as jewelry, credit cards and cash at home



### Who can be with me during labor and delivery?

It's really up to you. You may invite a support person, and/or family members to stay with you during labor and delivery.

Remember this is a special time for you. Be realistic about who should be with you. It's okay to limit the number of people during this intimate experience. After the baby is born is usually a better time for a crowd of people.

### What about meals?

We have a great meal program at The Memorial Hospital that includes delicious and healthy meals. Let us know if you have any dietary restrictions. We will also be asking you about scheduling a special celebration meal during your stay with us.



### What is your approach to caring for me and my baby?

- We encourage you to touch and hold your baby at delivery and during recovery.
- Our staff can help you learn to hold, feed, diaper, swaddle and dress baby as you request.
- We will respect your needs and wishes for privacy and rest.

### What about paper work?

There will be some paperwork as you bring a new life into the world. Including:

- Birth certificate form
- Application for Social Security
- Paternity affidavit
- Newspaper birth announcement
- VNA consent form for post-partum home visit

