

## When you get home...

One of our nurses will call you 1-2 days after you get home to see how you and your baby are doing.

You will receive a survey in about two weeks. We would appreciate if you would take 5-10 minutes and complete it. We pay close attention to the feedback.

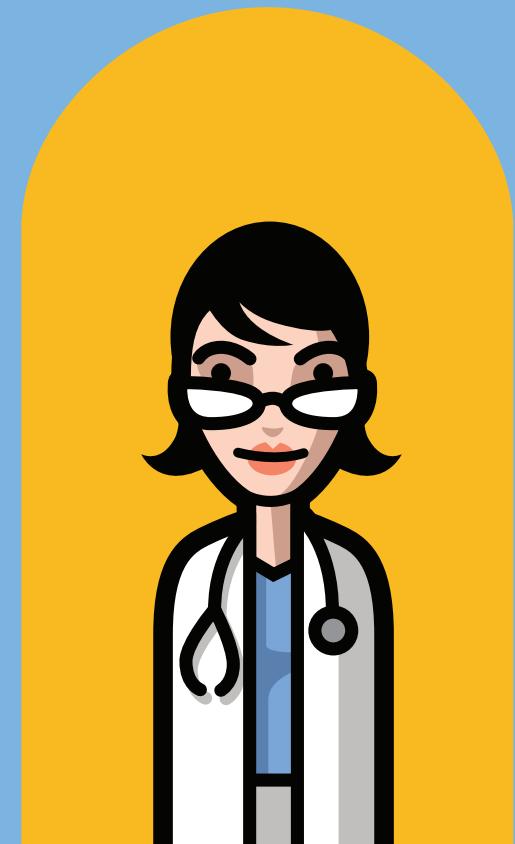
**If you have questions about your baby, please call:**

- Your clinic:  
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- BabyLine (for babies 6 weeks or younger):  
612-333-2229  
800-845-9297
- CareLine:  
612-339-3663  
800-551-0859



# Welcome to the Postpartum Unit

**What you can expect after your baby is born**



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# Our goal is to do everything we can so you have a positive childbirth experience.

Welcome to the Postpartum Unit!

Postpartum refers to the period just after delivery. Now that you've had your baby, you probably wonder what happens next. Here are some of the most common questions that our patients have.

## When are meals served?

- Breakfast – 8:00 a.m.
- Lunch – 1:00 p.m.
- Dinner – 6:00 p.m.

## What if I miss a meal or am still hungry?

- There is a small kitchen on the unit that has snacks as well as frozen meals. Let your nurse or patient care assistant (PCA) know if you would like access to the kitchen.

## When will I see a doctor or midwife?

OB doctors, midwives, pediatricians, and residents generally see patients in the morning. They start as early as 6:30 a.m.!

## How often will I see my nurse?

We want you and your family to have time to bond with your new baby. We will try to limit our interruptions. Your nurse will check on you at least every two hours. Please use your call light whenever you need help or have a question.

## How much pain should I expect to have?

You can expect some pain after childbirth. The amount of pain will depend on what type of delivery you had and your pain tolerance. We want to do everything we can to help you manage your pain. Please let your nurse know about your pain. Together we can decide the best way to meet your needs

## What are the visiting hours?

11:00 a.m. – 8:30 p.m.

The baby's father, or your main support person, as well as baby's siblings, are welcome at any time. To help our families bond, please respect the visiting hours.

## Where should my friends and family park?

There are two parking ramps—the West Ramp and the South Ramp. The West ramp closes at 9:00 p.m. The South Ramp is open 24 hours a day. The rates are the same for both ramps. Valet parking is available at the South and West entrances. Please get your parking ticket stamped for a discounted rate.

Frequent visitors can purchase 5 exits for \$15.00 at the Parking office or the Bright Corner Gift Shop.

## What must I do before discharge?

- You and your baby will seen by the doctor or midwife.
- Your nurse will go over discharge information.
- You'll get your discharge medications.

## If I have forms for the doctor to sign, when is the best time to ask for this?

Please mention your forms as early as possible. If you leave them until the last minute, your discharge could be delayed.