

Postpartum Discharge Education Checklist

Nurse or lactation consultant has verified that:

- ✓ Baby is positioned and latched correctly to both breasts
- ✓ Baby is swallowing while feeding
- ✓ Mother verbalizes that she knows when the baby is swallowing
- ✓ If swallowing is in doubt then pre-and post-feed weights have been done to determine intake
- ✓ Supplementation if needed has been discussed including hand expression and the use of donor human milk
- ✓ Mother knows when and how many times per 24 hours to feed the baby
- ✓ Mother has been taught 5 behavioral feeding cues if baby is sleepy
 - Rapid eye movements under eyelids
 - Sucking movements of mouth and tongue
 - Hand-to-mouth movements
 - Body movements
 - Small sounds
- ✓ Mother knows that feedings lasting longer than 30 minutes indicate feeding difficulties and will call lactation consultant immediately
- ✓ Mother knows that persistent, inconsolable crying may indicate underfeeding and will call lactation consultant/healthcare provider immediately
- ✓ Mothers who are diabetic, obese, have a history of endocrine problems may have delayed lactogenesis II and have been taught to feed the baby 10-12 times each 24 hours until onset of copious milk production
- ✓ Mother has been taught hand expression and will hand express colostrum or pump breastmilk if baby cannot latch or does not swallow milk during breastfeedings. This will be fed to baby by spoon, dropper, cup during each feeding attempt
- ✓ If mother is in doubt whether or not baby has swallowed colostrum/milk she should hand express or pump and feed the baby
- ✓ Mother has name and contact information for community lactation consultant or other lactation support person
- ✓ Mother has or will secure a breast pump if necessary
- ✓ Mother has appointment with healthcare provider at 2 days post discharge or earlier if necessary
- ✓ Mother has been taught signs of jaundice and to contact her healthcare provider if these are seen
 - Yellowing of the sclera
 - Yellowing of skin
 - Yellow color is seen in skin after pressing gently on baby's nose
 - Mother should call physician immediately if baby's skin becomes more yellow, especially on the abdomen, arms or legs or baby becomes listless or is difficult to awaken or has high pitched cries
- ✓ Mother has been taught signs of dehydration and to contact her healthcare provider immediately
 - Mother has been taught diaper outputs and that no wet diaper for longer than 6 hours indicates a call to healthcare provider, as does uric acid crystals after day 2, strong smelling or dark colored urine, or failure to see transitional/yellow stools.
 - Other signs indicating a call to the healthcare provider include excessive sleepiness, irritability, less elasticity in the skin, decrease or absence of tears, dry mouth and lips

