

The Schedule while you are in the hospital

Name _____

	Day of parturition	Day 1 after childbirth	Day 2	Day 3	Day 4	Day 5
Date	() ()	() ()	() ()	() ()	() ()	() ()
Explanation	<p>Congratulations on your baby! You are more exhausted than you expected after having a baby because of bleeding. Have a good rest. Please use the nurse call if you have any trouble.</p> <p>☀ Visiting hours to mothers 8:00-20:00</p>	<p>☀ get-up time 6:30</p> <p>Let's go to a babyroom and start breastfeeding from 1 p.m. Please prepare for that.</p> <p>Today's breastfeeding time</p> <p>13:00 16:00 20:00</p> <p>* Other than the above time, We might call you when your baby is hungry.</p> <p>Please make an appointment for 10 days checkup.</p>	<p>We will demonstrate you how to bath a baby only for a primipara. We will tell you the date before that. (For a multipara, please tell us if you'd like to have a look.)</p> <p>A nutritionist from a formula company will tell you how to make baby formula.</p> <p>Time : 11:00-11:30 (Tue or Thu or Sat) Place : at the cafeteria</p> <p>Breastfeeding time</p> <p>6:30 10:00 13:00 16:00 20:00</p>	<p>Midwife will tell you how you should do after you are leaving a hospital.</p> <p>☀ Time : 11:00-11:30 ☀ Place : at a babyroom or a cafeteria ☀ Date : Mon or Wed or Fri</p> <p>Please make an appointment for 1 month checkup.</p>	<p>Congratulations. You're leaving a hospital before having lunch.</p>	
Guidance or Talk	<p>☀ Visiting hours to babies 11:00-12:30 14:00-15:30 17:00-19:30 You can see your baby through the window.</p> <p>☀ Lights-out time 22:00 ☀ A night round of inspection 0:00 3:00 (for security reasons)</p>	<p>* We are feeding a baby during night so that you can take a rest.</p> <p>We'll take a picture of you and your baby at a babyroom.</p>	<p>☀ We are feeding a baby during night so that you can take a rest.</p>	<p>• We will take a blood sample. • If you have anemia, a doctor will prescribe some iron medicines.</p>	<p>A doctor will examine you. Please wait at your room until you are called. Time : 8:45-9:30 A doctor will give you the birth certificate.</p>	<p>Please bring your baby's clothes at 10 a.m. breastfeeding time.</p> <p>Be sure that you've got your baby's eye drops.</p>
Checkup	<p>We are going to check you after childbirth. (Taking your temperature, measuring your blood pressure, checking your uterine contraction, amount of bleeding, and so on.)</p> <p>Sometimes, it's easy to lose too much blood right after childbirth. So please use the nurse call when you feel too much bleeding or feel bad.</p>	<p>We'll take a picture of you and your baby at a babyroom.</p>	<p>☀ We are feeding a baby during night so that you can take a rest.</p>	<p>• We will take a blood sample. • If you have anemia, a doctor will prescribe some iron medicines.</p>	<p>A doctor will examine you. Please wait at your room until you are called. Time : 8:45-9:30 A doctor will give you the birth certificate.</p>	<p>Please bring your baby's clothes at 10 a.m. breastfeeding time.</p> <p>Be sure that you've got your baby's eye drops.</p>
IV drip Medicines	<p>We will pull out the IV drip in 6 hours after childbirth. You can take medicines if you have any pains after we make sure that your bleeding is not so much.</p>			<p>If you need any medicines, please tell us. For example, painkiller, laxative, etc...</p>		<p>Don't forget to get medicines if you asked.</p>
Checkup	<p>In an hour, in two hours, at the first time you walk after childbirth.</p>	<p>in the morning</p>				
Meal	<p>You can have meals in two hours after childbirth or after we make sure that your bleeding is not so much. You can drink some water or tea. We will serve you an ice cream only once.</p>	<p>We'll serve you the celebration dinner, the special lunch, the special dinner and so on, after childbirth. * Special lunch will be served on Monday and Thursday. Special dinner will be served on Tuesday or Friday. (Have fun at the cafeteria.)</p> <p>* Special dinner starts at 6 p.m. and finishes at 8 p.m. We're afraid that visitors will not be able to see mothers during the time.</p>				<p>No lunch</p>
Cleanliness	<p>We will wipe your body and help you change clothes. You can take a shower after you walk all right.</p>	<p>You can take a shower everyday. You need to make a reservation every day. You can change a clothes anytime. Please tell us.</p>				<p>Don't take a bath, take a shower until 1 month checkup.</p>
Activities	<p>Don't walk by yourself at the first time you walk after childbirth. Please call us at the first time you'd like to go to a restroom. After that, if there is no problem, you can walk around by yourself.</p>	<p>You are free to go around in the hospital.</p>				
Your baby's plan	<p>We will give your baby some Vit.K. syrup and some formula. After babybirth, we'll check your baby's condition.</p>	<p>• We will bath your baby and check a general condition every morning. • We'll check babies' jaundice everyday, and take a blood sample if need be.</p>	<p>Please tell us if you'd like to spend time with your baby at your room. (It's available if you use a single room.) A pediatrician doctor will check up your baby. We will perform a hearing test if you have a request.</p>		<p>We will give your baby some Vit.K. syrup.</p>	<p>We will take a blood sample to check inborn errors of metabolism. * If a pediatrician doctor could happen to check up your baby this day, you will leave a hospital in the afternoon after having lunch</p>
Paperwork Payment	<p>☀ Please bring your Hospital Admission Application form and your Health Insurance card to the reception desk on the 1st floor. ☀ Please bring the document of Lump-Sum Allowance of the Childbirth if you have, as fast as you can. * We are sorry, but it is not available on Sunday and holiday.</p>		<p>If you'd like to know a rough estimate, please tell us. * it is not available on Sunday and holiday.</p>			<p>You will get a bill at around 11 a.m. Please wait at your room. (A debit card or a credit card are acceptable.) (If you will leave on holiday, you should pay on the day before that.) * You need to bring your patient ID card, when you pay the bill.</p>

*There might be a change in schedule.