

DISCHARGE INFORMATION

Your baby will be discharged once his/her condition is stable, he/she is sucking from breast and gaining weight.

Here is some information which may help you when you and your baby go home.

Remember you are an essential member of the Health Care team looking after your baby. You know your baby best! Your baby needs you and your family's love and care to grow into the best adult he can be.

Please continue using the **Family monitoring booklet** you used in hospital. If your baby shows any danger signs, or your baby stops feeding well, go immediately to your nearest clinic or hospital. Do not wait for your next scheduled visit.

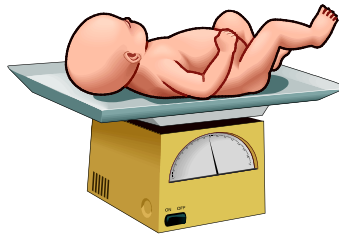
Keep your baby in the **KMC position** until your baby gets irritable/restless and no longer enjoys it. For a preterm baby this should be at least until your baby weighs 2500g.

ROAD TO HEALTH BOOK and WELL BABY CLINICS

When your baby is discharged the staff will give you your baby's Road to Health book (clinic card). **This is a very important document and you should keep it in a safe place.**

Schools and employers often ask for this document. Remember to always take this card with you when your baby attends clinic or you need to take your baby to hospital. This document also needs to be taken to home affairs when you go to register the birth.

On the **third and seventh days** after your baby is discharged you need to return to the hospitals out patient department.

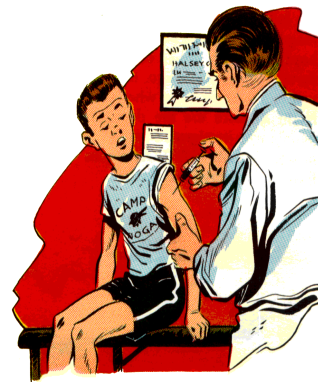


Thereafter every week or two you need to take your baby to your local well baby clinic for the staff to check your baby to ensure your baby is well, growing and developing and for immunization. Your baby should gain at least 100-140g a week. The clinic staff will explain to you when to come back after you have been for the first time.

IMMUNIZATION

On discharge (even if your baby was sick or premature), your baby starts his immunization programme with BCG (tuberculosis-TB) and polio immunizations. If your baby stayed for longer than 6 weeks in hospital he would also have received additional immunizations.

This helps prevent your baby from getting childhood diseases. Your baby may be a little out of sorts or even have a slight temperature after immunization. He will have a pimple like spot on his right arm which may develop into a boil and he may get enlarged glands under his arm. This is normal and will take about 3 mths to heal. Your baby will then need to receive further immunizations at the well baby clinic at: at 6, 10 and 14 weeks. Please see the immunization table in your Road to Health Book.



OTHER APPOINTMENTS

Sometimes your baby may need to attend special clinics or hospitals after discharge. It is important to keep these appointments for your baby's well being. Your baby may appear well, but may be experiencing a problem within his / her body. The nurse will give you an appointment card and a discharge summary when you leave the hospital, take them and your road to health card with you to any appointments or if you see any other health care worker.

REGISTERING YOUR BABY

Your baby must be registered within 14 days of discharge. This can be done at your hospital or at your local home affairs office. You need to take the following with you.

- Your I.D. document.
- The Father's ID Document.
- The notification of birth form -given to you on your discharge
- Your baby's Road to Health card.

If you delay registering your baby you may have to pay a fee.



Common problems:

JAUNDICE

Your baby may develop jaundice in the 1st week. He will have a yellow colour to his skin and maybe his eyes. This is usually normal and can be treated by allowing your baby to lie in the sun for 10– 15 minutes without clothes on in the early morning or late afternoon. If your baby becomes jaundiced in the first two days or if becomes irritable or lethargic and won't suck- it is serious and you must immediately take your baby to hospital as he could get brain damage.

THRUSH

Ensure you bath daily and clean your hands before breast feeding to ensure your baby doesn't get an infection from you.

Bottle feeding is the most common cause of thrush as the bottles or teats are not sterilized properly. Please check the hand out on "Feeding your baby" for instructions on this.

Check your baby's mouth often for white deposits that look like milk on the cheeks and tongue and check the bottom for a red rash.

If there is, take the baby to clinic as he needs to be treated for a fungal infection called thrush.

NAPPY RASH

If your baby develops a nappy rash, the following can be done:

- Change the nappy immediately after it is soiled.
- Wash the area with soap and water (you can add a little bicarbonate powder to the water).
- Beaten egg white can be smeared on the area.
- Healing creams are available e.g. (Fissan paste).
- Keep the nappy off as much as possible.
- If the rash does not heal take the baby to your clinic.

STICKY EYES

Clean the eye with a clean cotton wool ball dipped in a cup of cooled boiled water with ¼ tsp salt added.

Clean from the inner corner to outer corner.

Use a clean ball each time you clean and for each eye.

If eyes continue to be sticky take your baby to the local clinic.

DIARRHOEA

Your baby may develop diarrhoea and vomiting if this happens take your baby to the local clinic as soon as possible. Until then give your baby as much as he will drink of the following **Sugar Salt Solution** after **each** loose stool or vomit. This can save your baby's life!!

8 teaspoons sugar

1/2 teaspoon salt in

1 litre of cooled boiled water.

STOMACH CRAMPS AND COLIC

Be sure to wind your baby thoroughly halfway through and at the end of feeds. This can be done by holding him vertical on your chest or sitting him on your lap and gently rubbing or patting his back.

If the baby's tongue is at the top of his mouth or his lips look white this may mean he still needs to wind.

Give ¼ - ½ **teaspoon** of the following if necessary:

1 ml telement + **2 capfuls** Gripe Water in

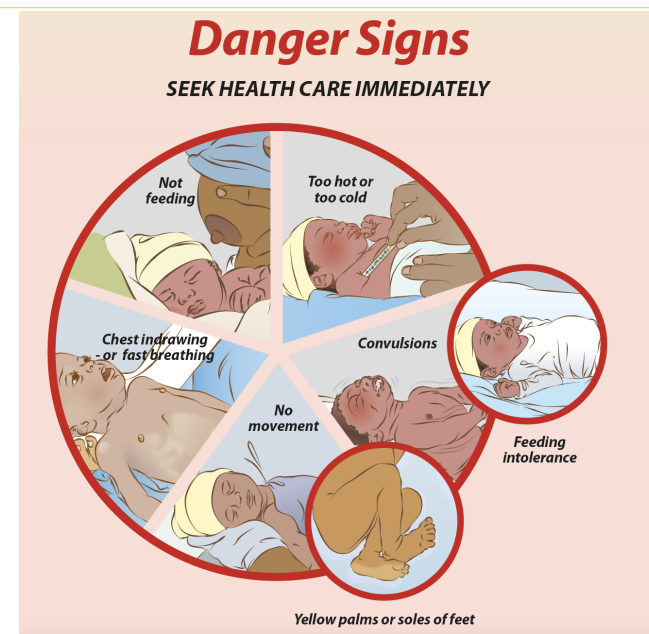
20mls cooled boiled water.

Colic causes great concern for many mothers. The cause of it is unclear but it is suspected in babies who cry non-stop for no apparent reason and cannot be soothed.

It should get better by 3 months.

Winding baby well, motion (like rocking or driving in a car) and other comfort methods can help.

Take time out for yourself as it can be very frustrating. Remember you are not a bad parent. See a doctor if it persists.



DANGER SIGNS

If your baby has any of the following signs he must, **IMMEDIATELY**, be seen by a health care worker – clinic, hospital, family doctor or paediatrician.

These signs are:

- Change in body temperature – cold (most often) or fever
- Behaviour change – irritable or excessively quiet
- Breathing rapid, irregular or stops intermittently
- Fails to feed for 2 feeds
- Diarrhoea or repeated vomiting
- Convulsion/seizure/fit

Don't hesitate if you are worried. You know your baby better than anyone else.

*We hope that this information has helped you.
We wish you and your baby all of the best!!!*



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Department:
Health
PROVINCE OF KWAZULU-NATAL

