

Discharge brochure



Miss, sir

Congratulations on the birth of your baby/babies. We wish you and your family the best of luck with this happy event.

With this brochure, in addition to some practical guidelines for at home, we aim to provide a valuable resource for yourself and any caregivers.

Finally, we draw your attention to the fact that for further concerns or problems you can continue to call on us at any time.

At the Sint-Andriesziekenhuis in Tielt, this can be done through the maternity department on this number:

051 42 52 60

Administration

Declaration

The declaration of your baby must be made within 15 days after the birth (Saturday, Sunday and legal holidays included) at the civil registry office.

On Mondays, Wednesdays and Fridays, a registrar is present in the hospital. The midwife will give you an appointment. If canceled, you can make your own appointment at the city hall.

At this declaration, [the marriage certificate](#) and [the identity cards of both parents](#) must be presented by one of the parents. The hospital transfers the declaration electronically to the civil registry within 24 hours of the birth. At the time of the declaration, you must also complete a sheet in connection with the declaration for the choice of name for your baby. Take this form to the registry office, signed by both parents.

Prescriptions

Have your physician sign the necessary forms:

- a form for the insurance company
- a form for the hospitalization insurance
- a certificate for the employer
- a prescription for the postnatal sessions



Appointments

You will receive a checkup appointment to see your gynecologist after 6 weeks.

The pediatricians also recommend having your baby checked after 1 week and 1 month after birth because of possible heart defects that can only be detected at a late stage. You have to plan these appointments yourself.

If you wish to consult the pediatrician, it is best to make an appointment online at <https://kinderafdeling.sintandriestielt.be> or call 051 42 52 69.

Information for you personally

Hygiene after a vaginal birth or cesarean section

Vaginal bleeding can persist up to six weeks after delivery. You should therefore maintain good hygiene. Shower regularly, rinse, change sanitary pads, etc.

It is best to postpone taking a bath until two weeks after delivery.

Sexual intercourse is not recommended when there is still blood loss.

Wound management

After a vaginal delivery

Any threads from the cut (episiotomy) digest on their own. Usually this takes about two weeks. If they cause too much discomfort, they can be removed.

After a cesarean section

The stitches from a cesarean section should usually be removed after one week. This can be done by your doctor or the midwife at home. After the stitches are out you do not have to cover up the wound. Just make sure it stays clean and dry.

Lifting after a cesarean section

Lifting weights of more than 6 kg should be avoided for about 4 weeks after the cesarean section. Do not drive a car for the first 2 weeks.

Medication

As pain relief, you can use paracetamol (max 4x/d). If this does not help sufficiently, Ibuprofen® (max 3x/d) can also be taken.

Contraception

Talk to your doctor about this before you leave. If you wish, your doctor can give you a prescription for the necessary contraception. Don't just take any contraceptive pill as some are not safe after birth.



Postnatal exercises

These are certainly helpful, obviously not mandatory. You can continue the exercises with a physical therapist of your choice. Ask your gynecologist for a prescription, as these sessions are reimbursed. You can start with these exercises as soon as you have regained your strength at home.

Help at home

Many questions may still arise at home. That is why you can call on an independent midwife or other care providers. An independent midwife does not only take care of mother and baby, but also provides advice, guidance and support. If necessary, she can refer you to your GP, gynecologist and/or pediatrician. You can also obtain information about independent midwives from this website:

<https://www.vroedvrouwen.be/zoek-een-vroedvrouw>

By filling in your address you will receive a list of independent midwives in your area.

Sometimes help may be needed from a maternity carer ('kraamhulp') who will take care of the family for a few hours a day. This person performs household chores. Maternity help is offered by various agencies.



Information for postnatal caretakers

Report labor and delivery

- Gestational age:
- G P
- Attending physician:
- Physician at delivery:
- Course of labor: spontaneous - induction - optimization
- Reason for induction:
- Epidural: yes - no
- GBS: positive - negative
- Delivery date at
- Method of delivery: spontaneous - vacuum - cesarean
- Placenta: spontaneous - manual

Postnatal stay in hospital

Blood type:

Given medication:

- Analgesics:
- Lactation inhibitors:
- Other:

Points of interest for aftercare

- Perineum: episiotomy - rupture
- Sectional wound: stitches may be removed at/...../.....
- Hemorrhoids:
- Other:
- Medication:



Information about your baby

Maternity report

Newborn examination

- Gender M / F
- Weight:
- Height:
- Head circumference:
- Apgar score: after 1 min. after 5 min. after 10min.
- Examination at birth:
- Jaundice: max. bilirubin mg/dl on day
 bilicheck: head chest
- Phototherapy:
- Blood test ('hiel prik'): / /
- Course of nutrition:

Discharge

- Going home on: / /
- Weight at discharge:
- Nutrition:
- Medication:
- Check-up planned on / / at

Nursing of the baby

During your stay you will have learned how to care for and observe your baby, take its temperature, nurse it or give it a bath.

The navel has to be washed daily with soap and water. It is important that it remains clean and dry. Therefore, the umbilical stump is better not placed in the diaper. It is not necessary to disinfect the navel. A soiled navel should be cleaned with water and soap.

In case of a malodorous umbilical stump or redness of the umbilical rim, it is best to contact an independent midwife, family doctor or pediatrician.



Neonatal screening

A very small number of children are born with a congenital metabolic disorder. These congenital disorders are present from the fertilization but are not expressed until after birth.

A congenital disorder can lead to diseases that usually involve brain damage. If the congenital disorder is detected early, in most cases it can be treated in a simple way and serious or chronic conditions can be prevented.

Learn more at <https://www.vlaanderen.be/departement-zorg>

The examination is free and not mandatory, but is strongly recommended. In case of refusal of the examination, a document must be signed.

The blood collection for this test is done between the 3rd and 5th day after birth of your baby. This is usually done at the maternity ward, but in the case of home -or outpatient births the family doctor or midwife will take the blood sample at home.

If the result of the test is abnormal, the doctor will be notified and a second test is required. This is usually done after 3 weeks, at the latest after the first blood draw. If the abnormal result is also confirmed by the second test, appropriate treatment can be started.



Nutrition

Breastfeeding

Breast milk is the ideal food for any baby. Breastfeeding has many benefits for mother and child. For the first 6 months of life, the baby can be exclusively fed by breast milk.

Pumping

There may be several reasons why you start pumping. It is important that it is done properly so that your milk production is nicely maintained. Choose a pumping method that suits you best. Pumping also requires some practice.

The hygiene of your pumping set is also important. After use, wash your bottles and shields with lukewarm water and a detergent. Rinse with clean water and dry with a clean towel. Store the pumping set in a dry place. Sterilizing once a day is sufficient.

Storage of breast milk

- Storing breast milk at home:

Pumped breast milk should be stored in a clean and hygienic place. This may be done at room temperature until the next feeding (max 4h). For larger quantities, it is better to store the milk at the back of the refrigerator: storage (max 48h).

- Freezing breast milk:

The pumped breast milk must cool before freezing.

Do not overfill the jars and label them with day and time. Always use the oldest breast milk. Thaw the breast milk by putting it in the refrigerator the night before or heat it up by putting the jar in a hot water bath. Make sure the water does not get in contact with the milk.

- Reheating breast milk:

Breast milk may be given at room temperature unless you prefer to heat up the milk. Preferably do this in a bottle warmer, but **never in the microwave**. If the temperature is too high, the antibodies will be destroyed, and the baby may also get burned.

- Bringing breast milk to the hospital:

If your baby is staying in the preterm ward while you are already discharged from the hospital, it is best to bring pumped and/or frozen breast milk with you in a cooler.

Bottle feeding

How to prepare:

Use non-sparkling, bottled water suitable for infant formula. It is very important to be hygienic when preparing the feeding. Prepare bottle by bottle, not for the entire day!

- To obtain a 100 ml bottle, take 90 ml of water + 3 scooped measures
- For a 133 ml bottle: 120 ml of water + 4 scoops
- For a 166 ml bottle: 150 ml of water + 5 scoops
- For a 200 ml bottle: 180 ml of water + 6 scoops
- For a 233 ml bottle: 210 ml of water + 7 scoops
- For a 266 ml bottle: 240 ml of water + 8 scoops

Vitamins

D-ixX

Vitamin D is important for the development of bones and teeth. The usual dose is to give 2 drops 1x/day into the baby's mouth.

We recommend giving vitamin D supplements to your child up to 6 years, whether your child is breastfed or bottle-fed.

Sometimes a higher dosage is necessary if advised by the pediatrician.

It is best to give the vitamins at a fixed time.



Hiccups

Hiccups are common with a baby. This is because the diaphragm of the newborn is not yet fully developed. Hiccups can occur during feeding, but can also start out of nowhere. You usually cannot prevent it. It helps when you make sure the baby drinks slowly and burps after each feeding.

Sneezing

Babies sneeze often, this is completely normal. This is their way of clearing their nose. In case of a blocked nose, you can flush the nostrils with physiological water. When doing this, hold the baby's head to the side, spray some water in the upper nostril and the mucus will come out through the lower nostril.

Clipping nails

A baby's nails are fragile and should not be cut too early. Preferably not before the baby is 6 weeks old. Cut the nails straight. Use a pair of nail scissors with a blunt tip. Do this at a time when the baby is calm. If the baby is not yet 6 weeks old, cotton mittens or socks can prevent scratching.

Crying and comforting

Crying is the most important method of communication for a baby. In this way he lets you know he is not feeling well and wants to connect. A baby can also cry for no reason. There is usually a peak of crying in the evenings and around the age of 6 weeks.

In these moments, the baby needs comfort. Find a way that suits you and your baby. Know that pampering cannot be done before 6 months and that comforting your baby is very important for bonding.

How to comfort

- Does the baby suffer from too many stimuli? Then provide a quiet environment.
- Carrying or rocking the baby.
- Give a bath.
- Is the baby bored? Then provide distractions. Remember that also a baby can lose interest after a short time.
- Stay calm yourself. After all, a baby feels what you feel.



Preventive measures regarding Sudden Infant Death Syndrome (SIDS)

1. Sleep environment

Place the baby on a firm mattress adapted to the bed or crib. Do not use a pillow. Avoid hanging or choking, by making sure the baby's face is not surrounded by toys or other objects that can cover the baby's face.

2. Sleeping position

Always lay your child on its back unless your doctor, for medical reasons, recommends a different position.

3. Room temperature

Make sure your child is not too cold or too hot to sleep.
Room temperature between 18 - 20°C is recommended.
Cover your baby lightly. A sheet and blanket or a sleeping bag (adapted to the size of your child) are sufficient. Preferably do not use a down blanket, because the baby may get stuck underneath.

4. Smoke-free environment

Smoking, both during and after pregnancy is strongly discouraged. Don't let anyone smoke in front of your child, not in the house, not in the car.

5. No drugs without a doctor's prescription

Do not give your child any medicine without a doctor's prescription, and certainly no cough syrup or sedatives.
When breastfeeding, it is best not to take any medication yourself without consulting your doctor.

6. General recommendations

- Respect your child's sleep rhythm and make sure they get enough sleep. The room in which it sleeps should be ventilated daily.
- One should avoid the presence of pets in the room when the baby is sleeping.
- During the summer, make sure your baby drinks regularly to avoid dehydration.
- Never leave your baby alone in the car.



Reasons for vigilance

When your baby has fallen asleep after a heavy cry, it's best to go check to make sure everything is okay.

Consult a doctor as soon as possible if your child shows one or more of the following signs:

- A rectal temperature rise above 38°C or below 36°C with a baby younger than 6 months
- A recent change in behavior: baby is very calm or agitated, more than usual
- Your baby moans while sleeping or whilst being awake
- Your baby vomits regularly or won't eat
- Your baby has trouble breathing

Also consult your doctor when:

- The baby is unusually pale in appearance
- Perspires unusually during sleeping for no apparent reason
- Breathes loudly or snores without having an infectious disease

Check-ups

For urgent cases, please contact the pediatric ward:
T 051 42 52 70

To make an appointment with the pediatrician:

- Secretary office of pediatrics T 051 42 52 69
- Online agenda 24u/24
<https://kinderafdeling.sintandriestielt.be>

'Kind en Gezin' will contact you by telephone within two weeks after the birth to schedule further appointments for the hearing test and further follow-up.

Useful links

- www.sintandriestielt.be
- www.vbov.be
- www.kindengezin.be



Questions?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Uw gezondheid, onze zorg.

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