

Kindergeneeskunde

Discharge information concerning newborn babies after admission

This discharge information is intended for patients and their parents/caregivers, who were admitted to the Emma Kinderziekenhuis. In the letter below a number of focus points are mentioned regarding care at home.

Temperature

- Take your baby's temperature in the evening before going to sleep and the next morning. If it is between 36.5 and 37.5 degrees, you do not need to take your baby's temperature every day, unless you are in doubt.
- Until the age of 3 months, you should always contact your GP if your baby has a temperature above 38.0 degrees. On weekends or outside office hours, you can call the GP post in your region.

Nutrition

- The nutrition at discharge can be found in the discharge summary.
- Increasing the food is mainly at the request of your baby. If you feel like your baby wants a little more food, you can increase the food by 10-20 ml per feeding per day.
- If your baby is growing well, has about 6 wet diapers a day and is lively, you know he is getting enough nutrition. It does not matter whether your baby is breastfed, bottle fed or a combination of both.
- In case of doubt, you can always consult the Parent and Child Team (Consultatiebureau).

Maternity care

- To be eligible for delayed maternity care, you must first call your health insurance provider to confirm whether you are insured for this and contact the maternity care provider yourself.

Safe sleeping

- Your baby may only lie on his back at home and you should regularly turn the head from left to right.
- Do not place any additional support materials in your baby's bed.
- Make the crib as close as possible to the foot of the bed and don't place any unnecessary toys or blankets near your baby's head.
- If your baby is swaddled, make sure you have an official swaddle bag and no loose cloths.

The Parent and Child Team (Consultatiebureau)

- You must inform the parent and child team yourself to let them know your baby has been discharged from the hospital. .
- There is a weighing consultation hour at the parent and child team, here you can weigh your baby.
- If the hearing test or the heel prick test for newborn babies were not performed in the hospital, this will also be done by the parent and child team.

Vaccinations

- Vaccinations are done through the parent and child team, unless otherwise agreed with the pediatrician.
- Call the parent and child team for the RS vaccination.
(born from October to March, vaccination within 2 weeks of birth)
(born from April to September, vaccination in September or October)

Who should you contact?

Keep your patient information at hand.

For questions **up to 24 hours** after discharge:

Emma Acut Ward	020-566 5858
Emma Sport Ward	020-566 4471
Emma Tuin Ward	020-566 3368

- **After these 24 hours** and within 10 days of the baby's birth, please call your obstetrician.
- After this period, you can call your GP or the Parent and Child Team.

Pediatric Outpatient Clinic. Monday through Friday, 9:00 AM - 4:00 PM	020-566 80 00
In case of emergency or acute distress	1 1 2
For urgent questions in the evening, on weekends, or at night Amsterdam UMC AMC location	020-566 91 11