

Postpartum/Newborn Information

Length of Stay and Follow-Up Care:

At TMC Labor and Delivery and with routine postpartum care, the usual length of stay at the hospital is 24-48 hours for a vaginal birth and 3-4 days for cesarean birth. The newborn procedures below are done prior to being discharged home.

At the Midwifery Center, the minimum stay is 4 hours, the average length of stay is 6-8 hours, and there are some situations for which the minimum stay is 12 hours. Moms and babies are discharged directly home from the Midwifery Center. If you choose the early discharge option, a RN from El Rio Health does a home visit the following day. At the home visit, mother and baby are assessed and the newborn screenings listed below are performed. This component of care is NOT optional. **If you live more than 30 minutes away, we will ask you to return to the health center for your visit.**

Pediatric Care:

If your baby is born on Labor and Delivery or goes to the regular postpartum unit from the Midwifery Center, your newborn care will be provided by your pediatrician. If your pediatrician does not have privileges at TMC, the TMC pediatric team will care for your baby and then send records to your chosen pediatrician.

At the Midwifery Center, our certified nurse midwives will perform the initial newborn exam and discharge your baby home. The RNs will assess your baby at the home visit and perform the newborn procedure listed below by the second day. Your baby will then need to see his or her pediatrician within the first few days after birth.

Newborn Procedures:

Listed below are the routine procedures that are done on newborns. TMC will help you fill out the birth certificate and will complete any insurance notifications.

Vitamin K: An injection (shot) of Vitamin K is recommended soon after birth to help prevent unexpected bleeding in the newborn. This condition called Vitamin K Deficiency Bleeding (VKDB) and can occur in up to 1.7% of babies who do not receive the injection. *If you choose to give your baby oral Vitamin K instead of the injection, you must ask for a prescription from the midwives, have it filled at a compounding pharmacy prior to labor, and administer the vitamin K at home starting the day of birth and given in multiple doses during the first month of life. It less effective than the injection.* You can learn more at <http://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>

Erythromycin Eye Ointment: A small amount of antibiotic eye ointment placed in your baby's eyes soon after birth is recommended to prevent newborn eye infections that may cause blindness. You can learn more at <http://evidencebasedbirth.com/is-erythromycin-eye-ointment-always-necessary-for-newborns/>

Hepatitis B Vaccine: The hepatitis B Virus causes Hepatitis B disease, which can cause chronic liver disease and liver cancer. The virus is spread through blood and body fluids and is preventable through a three dose vaccine series. The first dose is recommended at or soon after birth. You can learn more at <http://www.cdc.gov/vaccines/vpd/hepb/public/index.html>

Hearing Screen: Hearing screening is an easy, painless and quick test for hearing loss. The CDC recommends that all babies get screened before they are one month old.

Bloodspot Genetic Screen: With just a few drops of blood the state of Arizona is able to test babies for over 25 different medical conditions. Finding these conditions soon after birth can help prevent some serious problems. You can learn more at http://azdhs.gov/lab/aznewborn/newbrnscrn_ga.htm.

Critical Congenital Heart Disease (CCHD) Screen: Up to 8 of 1,000 babies is born with heart disease that cannot always be seen by physical exam. <http://www.marchofdimes.org/baby/congenital-heart-defects.aspx>.

Circumcision: Pediatricians may or may not provide circumcision at the hospital or in their office. You will need to research your insurance coverage and pediatrician's services to learn more about your options. The American Academy of Pediatrics policy statement on circumcision may be found at www.aap.org

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