

DISCHARGE INSTRUCTIONS TO PARENTS

Aster HOSPITAL

We'll Treat You Well

Digital Version



FEEDING

- Always wash your hands before preparing the formula feed and direct breast feed
- Every two to three hourly feeding as advised.
- Feed your baby about 8-10 times a day or whenever baby demands.
- Burp the baby after each feed
- Sterilize the bottles and supplies before and after feeding.
- Discard formula left behind after 1 hour of preparation.



BREAST MILK STORAGE

- Freshly pumped breast milk is always the best for the baby.
- Storage of breast milk

o 4 hours in room temperature

o 3days in the refrigerator with strict temperature control

o 3months in freezer with separate door

o 6 to 12 months in deep freezer

o Once refrigerated thaw the milk to room temperature and use it immediately. Do not refreeze

SLEEPING, BATHING AND CLOTHING

- Always keep the baby clean and dry.
- Always put your baby to sleep on back with face up.
- Baby should sleep on a flat firm surface.
- Avoid pillows,soft toys or soft clothing in the vicinity.
- Baby should sleep on a separate crib kept close to the mother.
- Continue Kangaroo care at home
- Keep the cord dry and give only sponge bath.
- Make sure your baby's clothes are neat and tidy.
- Keep the baby warm however avoid excess heat.A room temperature of 24 to 26 is desirable.
- Do not over dress your baby

MEDICATION

- Continue the same medication as advised in discharge summary till next follow up.

BASIC SAFTEY

- Do not leave your baby alone.
- Make your home no smoking zone
- Limit contact with visitors and avoid overcrowding.
- Do not take your baby around people who are sick.
- Make sure you are trained well in CPR

WHEN TO TAKE YOUR BABY TO A DOCTOR

- Poor feeding, less active
- Bluish or yellowish discoloration
- Continuous vomiting.
- Dark yellow or greenish vomiting
- Fever.
- Any abnormal movements.
- Chocking or any life -threatening events
- Blood in stool.
- Fast or heavy breathing and holding the breath.
- Excessive, irritable and high-pitched cry
- Redness around the cord or significant bleeding from umbilicus
- Anything else perceived as abnormal by the parents.

FOLLOW-UP WITH A PEDIATRICIAN

- On the scheduled date.
- If baby has any above-mentioned symptoms,please see a doctor at the earliest
- Bring Baby book when you visit the pediatrician so that the pediatrician can update your baby's growth parameters
- Please Keep immunization card in a safe place.



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PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
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DEPARTMENTS

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