



Cathy J. Berry, M.D., & Associates

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LENGTH OF HOSPITAL STAY AFTER DELIVERY

- ❖ Pregnancy, labor and delivery are states of “wellness”. The trend in hospitals today is toward early discharge for anyone who is not sick. Most of our families recognize this and want to get home as quickly as possible once it is medically safe to do so.
- ❖ Also, due to the number of deliveries, early discharge allows room for other patients waiting to be transferred from the Labor-Delivery-Recovery area. In working together, we hope to make this a positive experience for everyone.
- ❖ In an uncomplicated vaginal delivery, your hospital stay will probably be two full days, and four full days for a Cesarean Section.

PLANNING YOUR DISCHARGE

This information will help make your discharge from the hospital as easy and as organized as possible. It is important that your plans include:

1. Having someone available who will take you and your baby home on the day of discharge. A car seat is necessary for your baby.
2. Having someone who can assist you at home as needed for the first two weeks after you return home.

The usual discharge time is between 10:00 and 11:00 AM on the morning of the discharge day. Please plan to attend Newborn/Parenting Classes on the first day of postpartum so that you won't delay your discharge on the second day.

IMPORTANT

Please call your OB/GYN office as soon as you deliver (Monday – Friday, 9:00 am – 4:30 pm) so we can cancel your next appointment. If you delivered on the weekend, please call early Monday.

Cathy J. Berry, MD & Associates – WEST at Chestnut Ridge - 638-0263

Cathy J. Berry, MD & Associates – MAIN at 101 Pine Street. - 422-8105

CENTRAL NEW YORK REGIONAL IMMUNIZATION INFORMATION SYSTEM

Cathy J. Berry, MD & Associates works with our local County Health Departments and other area health care providers in participating in the Center New York Regional Immunization System (also referred to as the Immunization Registry). The Registry is a computerized system which will hold your child's immunization record. Your participation in the Registry will help you keep track of your child's immunizations, and make an immunization record available to you as needed for school or other health care providers. Participation is voluntary and if you so choose, your written consent will be obtained at your child's first Pediatric or Family Practice visit.

DISCHARGE OF THE BABY

The baby is usually allowed to remain in the hospital as long as the mother has to remain for medical reasons.

If the baby has to remain in the hospital for medical reasons, the mother may still be discharged on the appropriate day as noted above.

The physician whom you have chosen for pediatric care will discharge your baby.

WHEN TO CALL IF YOU THINK YOU ARE IN LABOR:

You may hear these instructions many times from many people. Please notify the office when:

1) Contractions are:

First Baby: Every 5 minutes or less, for at least an hour, lasting 45+ seconds and throughout which you can not talk.

Second (or more) Baby: Every 10 minutes or less, for at least an hour, lasting 45+ seconds and throughout which you can not talk.

2) Whenever you think your “water has broken,” even if you are not contracting. (Rupture of the membranes and loss of amniotic fluid).

3) Vaginal bleeding that is more than spotting.

4) Severe, steady, unbearable pain.

5) Also, please call our offices if you experience ANY significant change in fetal movement.

Loss of the mucous plug or a small amount of blood (streaks) without contractions as described above is **not** the onset of labor. It is not necessary to call for these; however, feel free to call if you have any questions.

PLEASE DO NOT LEAVE FOR THE HOSPITAL WITHOUT CALLING FIRST UNLESS IT IS AN EMERGENCY:

Call the number of the location where you are seen, DAY OR NIGHT. After regular office hours, you will speak to our answering service who will relay your message to the on-call physician who will call you back.

It is important for you to remember that we only see patients at Crouse Hospital. We will not see you in the hospital if you choose to seek care at one of the other area hospitals.