



KybeleTM
Incorporated
...for safe childbirth worldwide

NEWBORN DISCHARGE INSTRUCTIONS

Warmth

- Keep baby warm at all times
- KMC for preterm and small for gestational age babies

Hygiene

- Wash hands before and after handling baby
- Clean and sterilize feeding tools e.g. cup and spoon, breast pump
- Ensure personal hygiene of mother and baby
- Keep the environment and linens clean
- The first bath of a term, healthy newborn should be delayed for at least 24 hours after birth

Cord care

- Keep the umbilical cord clean and dry by applying 4% chlorhexidine (7.1% chlorhexidine digluconate aqueous solution or gel) to the umbilical cord stump in the first week of life
- Do not use other concoctions on the cord

Feeding

- Feed baby every 2 to 3 hours, or on demand
- Feed slowly, burp baby gently back after feeding
- Observe baby for signs of choking
- Exclusive breastfeeding from birth until 6 months of age

Safety

- Keep home environment safe (small children, pets, side rails, treated mosquito nets)
- Put the baby to sleep on their back during the first year to prevent sudden infant death syndrome

Immunize

- In line with public health immunization schedule

ANGER SIGNS

If you see any of the following danger signs, immediately bring the baby to the nearest health care center for evaluation

- Baby has stopped feeding well
- History of tremors or convulsions
- Fast breathing (above 60 breaths each minute)
- Severe chest in-drawing
- No spontaneous movement
- Fever (temperature above 37.5 °C)
- Low body temperature (temperature below 35.5 °C)
- Offensive cord or if the cord smells
- Jaundice (yellow discoloration) at any age of life

Schedule of Postnatal Visits: Newborns will be referred directly from the postnatal or theatre recovery ward for follow up clinic visit:

- Day 1 (24 hrs)
- Day 3 (48-72 hrs)
- 7-14 days
- 6 weeks

First newborn clinic appointment:

For questions, call: _____

Video link for Warning Signs in Newborns for Mothers:



English



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