

PATH TO DISCHARGE

THERMOREGULATION

- Out of isolette or off heat in warmer
- Stable temperatures consistently
once off heat (97.7 - 99.3 F)

FEEDING

- Feeding enough to gain weight consistently
- No feeds through NG tube
- Understanding the basics of bottle and breastfeeding - cues, bottle levels, how to bottle and breastfeed together successfully

ALARMS

- Free from desaturation or bradycardia episode for 2-5 days before discharge

PARENT INVOLVEMENT

- Participation in daily cares - Feeds, cues, diaper, feeding plan, bathing, dressing
- Feel comfortable with YOUR baby -

DISCHARGE TASKS

- Congenital Heart Screen or ECHO
- Car Seat Trial
- Pediatrician and follow-up appt.
- Car seat and CPR videos
- State Infant Screen 1 2 3**
- Hearing screen
- Vaccines Hepatitis B 2 month 4 month
- Formula / Diet teaching**
- Home medical education (DME) and equipment training**
- Home medication and teaching**
- Circumcision**
- Synagis**
- Discharge Education and paperwork

THERE ARE PLACES IN THE HEART THAT YOU DON'T EVEN KNOW EXIST UNTIL YOU LOVE A CHILD
- ANNE LAMOTT



Please ask your NICU care team for clarification or any questions you have!

**If indicated

NICU JOURNEY

ADMISSION TO LEVEL 2

- Level 2 NICU guidelines
 - Ease consent and enrollment
 - Visitation sheet and visitors choices
 - Hand washing and how to scrub
 - Infection prevention measures
 - Machine and monitor orientation
- FEEDING**
- Begin working on bottle or breastfeeding when developmentally appropriate
 - Learn feeding cues - Hands near mouth, rooting, tongue out, sucking, and others. You will learn which your baby shows often
 - Tolerating full feeds by mouth - Ad lib (free volumes) means removal of NG tube
 - Lactation consult for breastfeeding help

Please refer to your NICU orientation materials as well as ask your NICU care team any questions you have

THERMOREGULATION

- Isolette from servo control (set temp) to air (baby) control. When on air control, baby can be swaddled and dressed.
- When baby has stable temperatures in isolette on air control, baby can be moved to crib or bassinet.

PARENT INVOLVEMENT

- Parents can room in with baby, and are encouraged to help with cares and feeds
- Skin to skin time with parents is helpful for development outside the womb



OXYGENATION

- Baby may need extra oxygen support while they grow. Baby may utilize oxygen methods like Nasal Cannula or Bubble CPAP before they are able to go to room air (if they can)
- Goal of adequate oxygenation is 90%-100%

ROUTINE EXAMS

- Baby may get certain exams as a routine part of the NICU stay - eye exams and developmental assessments
- Common exams in the NICU are x-rays, ultrasounds, echocardiograms, and MRI

ALARMS

- Bradycardia (Brady) Any heart rate drop to 80 beats per minute or below
- Desaturation (Desat) - Any drop of oxygenation (SpO2) to below 90%