



Congratulations And Welcome To Sprout!

By registering the new baby with us we have most of the information we need to take care of him or her. Your portal account is best for scheduling, non-urgent questions, forms and refills and viewing and printing growth and immunization records. OhMD is the secure texting app we use for urgent and same day communication. **Please make sure you have OhMD set up on your phones before you go into labor;** call us if you need a new invitation.

In advance:

I encourage you to watch the [“Breastfeeding in the first hour”](#) video. I highly recommend the Stanford Breastfeeding resources (<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>) including [The ABCs of Breastfeeding](#). There are many other newborn resources on my website (<http://sproutpediatrics.org/health-references-resources>).

Tell the hospital that Dr. Kemmerle/Sprout Pediatrics will be the baby’s doctor when you register. At Salem Health the hospital pediatricians take care of babies in the hospital but the baby **must be assigned to me at delivery** in order for all information to flow smoothly to the state newborn screening lab, immunization registry, and our office. Other hospitals also have providers assigned to newborns.

In labor and after delivery:

Please send an OhMD text before being discharged from the hospital! We are always excited about new babies, so please feel free to text us before delivery too.

In the hospital I strongly recommend you:

- ↓ Give the baby the standard Vitamin K injection and eye ointment.
- ↓ Complete the usual screening tests: hearing, congenital heart disease and state newborn screen.
- ↓ I also encourage giving the recommended hepatitis B vaccine in the hospital for several reasons. If you have questions please ask in advance.
- ↓ If you are interested in circumcision for your son I do the procedure in my office and there are several resources posted on SproutPediatrics.org. I prefer to do the surgery shortly after the two-week well check, so we can schedule it then. I am happy to discuss any of these recommendations and answer questions in advance.

It is very helpful to have a weight at the time of discharge; babies are often weighed very early in the morning and there can be a significant difference between a “discharge weight” that was measured 8-16 hours before discharge and a weight measured at the actual discharge time. This affects our assessment of feeding, jaundice and weight loss at our first visit.

If it has been more than 4 hours since the baby was last weighed **when you are getting ready to go home, ask them to weigh the baby again.**

date	time	weight
Birth		
Discharge		

When you text me before being discharged we will arrange a time for me to go to your house for the first checkup. All babies need to be seen within 24-72 hours after going home to check for jaundice, weight loss and feeding progress. We will decide when based on the baby’s information and the hospital pediatrician’s recommendation.

Please feel free to text us with any questions, and we look forward to meeting your new little one!