

Welcome to postnatal care!



Our booked
appointments:

/ at / at
/ at / at



SÖDERSJUKHUSET

As new parents, you have different circumstances and different needs prior to discharge from the maternity ward (BB). The time you spend in hospital is individual, ranging from six hours to a few days. It is your requirements that determine the inpatient time.

After you have given birth, the following criteria must be met prior to discharge

Your bleeding is normal

You do not have a fever

You can urinate as normal

You can move around for shorter distances

You have received information about adequate pain relief

You have had a conversation with a midwife about your delivery

You have received information about breast-feeding, manual pumping and feeding the baby

You have received information about tears and infections

You have received an appointment for follow-up and any other return visits to BB Sös, and you feel confident about what to expect regarding yourself and your baby

For your new-born, the following criteria must be met prior to discharge

Your baby has been latching on correctly or feeding is going according to plan and there is a plan for breast-feeding/feeding your baby, until your next contact with the ward

Your baby has been examined by a paediatrician; POX has been carried out

You have received information about your new-born's breathing, 24-hour routine, skin colour and jaundice in new-borns.

An appointment for a return visit has been made or PKU sampling has been performed

Remember that you are responsible for the following visits

Hearing screening, drop in Mon-Fri 09.00-15.30

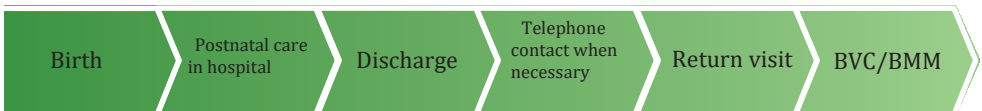
Booking of first visit to the paediatric care clinic (BVC)

Booking of post-maternity visit with your midwife at the midwife clinic

The care chain – to whom can I turn?

After discharge from the hospital, many questions may arise. You will receive support from us at Sös up to one week after birth.

Afterwards you should contact BVC and midwife clinic if necessary.



During the first week after the birth of your baby, you can contact: BB out-patient clinic tel.: 08-123 613 25 daily from 08:00-16:00 for advice. If you have questions about your baby, breast-feeding or your health, please leave a message on the voicemail and a midwife will call you back.

After hours, you can contact the BB ward you stayed at'.

BB ward 63 tel.: 08-123 612 63

BB ward 73 tel.: 08-123 612 73

BB ward 85 tel.: 08-123 638 60

If you need urgent help For the child:

Call 112, otherwise 1177 Vårdguiden.

If you need urgent help For the mother:

Call 112, otherwise 1177 Vårdguiden.

You can read your medical records on 1177.se



Breast-feeding centre BB Sös

We support you with your breast-feeding when you need it

You are offered telephone advice, online visits and booked visits at the clinic.

Midwives specialised in breast-feeding are working at the breast-feeding centre.

The voicemail for the breast-feeding centre is open for you with children more than 7 days old.

Telephone hours 08.00-12.00 weekdays Tel.: 08-123 613 25

Postnatal care BB Sös –
The first period with your baby



The initial breast-feeding period



www.1177.se/stockholm/efter-forlossningen



Information for those who have taken a taxi to/from BB Sös. Scroll down to the heading “Patient travel for childbirth”.



SÖDERSJUKHUSET

SJUKHUSBACKEN 10, 118 83 STOCKHOLM, TEL. 08-123 610 00

SL Bus 3, 4, 164, COMMUTER TRAIN STOCKHOLM SÖDRA

WWW.SODERSJUKHUSET.SEafterpost