

## Special Delivery Unit Daily Plan

There is a lot to remember after you deliver a baby and they are admitted to an ICU. The plan below will help you to stay on schedule for pain medicine, breast pumping, meals and rest. You can use this chart to help you stay organized in the hospital and after discharge. In the chart below, mark off the times that you are *supposed* to do each activity. It may help to set a cell phone alarm to remind you when it is time to pump or take your pain medication. If you have questions or concerns after discharge, call us at 1-800-IN-UTERO (1-800-468-8367) and ask to speak with the obstetrician on-call.

Date:  _____	Pain Medicine	Breast Pumping Pump every 2-3 hours, for 15 minutes each time. Chart time and amount pumped in your pumping journal. Do not go more than 6 hrs at night without pumping. Plan at least one pumping between 10pm and 3 am.	Nutrition <ul style="list-style-type: none"> <li>• Eat 3 meals a day plus snacks.</li> <li>• Drink 6-8 glasses of water</li> <li>• Plan to rest or nap everyday</li> <li>• Take good care of yourself.</li> </ul>	Notes
Time:				
7 am				
8 am				
9 am				
10 am				
11 am				
12 pm				
1 pm				
2 pm				
3 pm				
4 pm				
5 pm				
6 pm				

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<b>Date:</b> <hr/> <b>Time:</b>	<b>Pain Medication</b>	<b>Breast Pumping</b> Pump every 2-3 hours, for 15 minutes each time. Chart time and amount pumped in your pumping journal. Do not go more than 6 hrs at night without pumping. Plan at least one pumping between 10pm and 3 am.	<b>Nutrition</b> <ul style="list-style-type: none"> <li>• Eat 3 meals a day plus snacks.</li> <li>• Drink 6-8 glasses of water</li> <li>• Plan to rest or nap everyday</li> <li>• Take good care of yourself.</li> </ul>	<b>Notes</b>
7 pm				
8 pm				
9 pm				
10 pm				
11 pm				
12 am				
1 am				
2 am				
3 am				
4 am				
5 am				
6 am				

Additional notes for daily plan and questions for the health care team:

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