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 Eat 3 meals a day plus snacks. Drink 6-8 glasses of water Plan to rest or nap everyday Take good care of 	Notes
Time:			yourself.	
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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Date:	Pain	Breast Pumping	Nutrition	Notes
	Medication	Pump every 2-3 hours, for 15 minutes each time. Chart time and	• Eat 3 meals a day	
		amount pumped in your pumping	plus snacks.Drink 6-8 glasses	
		journal. Do not go more than 6 hrs	of water	
		at night without pumping. Plan at	Plan to rest or	
1		least one pumping between 10pm	nap everyday	
Time:		and 3 am.	• Take good care of	
7 pm			yourself.	
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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