

Normal Newborn Discharge Guidelines

Prompt Normal Newborn Discharge Guidelines

Assumption: Given the likelihood of community spread of COVID-19 and hospital resources, it is recommended that prompt newborn discharge is supported, provided the following criteria are met:

Criteria for prompt discharge—24 hours of life or older

1. Voiding and stooling confirmed.
2. Adequately feeding. For first time mom, latch score is >7 or bottle feeding/supplementation as per guideline.
3. Normoglycemia per algorithm.
4. Car seat evaluation completed. Suggested that this occur a few hours prior to 24 hours of life.
5. Newborn screen/CCHD completed—no change in requirement of 24 hours of age.
6. Discharge should not be delayed by a circumcision. In newborns who have met criteria #1 and #2, circumcision could be done as early as 18 hours as provider comfort allows.
7. Primary Care Provider or home care follow up is ensured.

Disqualifiers for early discharge (not comprehensive)

1. Newborns of mothers being ruled out or treated for chorioamnionitis.
2. Neonatal abstinence syndrome newborns.
3. Newborns inadequately treated for Group B Strep.
 - a. Appropriate antibiotics not given within four hours of initiation or two doses completed as per care pathway.
4. Hyperbilirubinemia that precludes discharge as per current care pathway.
5. Child protective services/social work care plan not completed.

COVID-19+/PUI Couplets Discharge Guidelines

Assumption: Prompt discharge is acceptable if above criteria is met, with the following additions:

1. Ensure there is a healthy caregiver at home. Arrange for two droplet masks to be supplied at discharge for mom or caregiver.
2. Discharge with hand-off to PCP ensured.

Additional important points to communicate

- Breast milk—either expressed or at the breast—is still the best choice, even with COVID-19 + mom.
- MD to MD hand-off to PCP is especially important given current COVID-19 pandemic pressures on the health care system.
- Education for discharge should include how to care for your newborn if exposure is in question (no known vertical transmission).
- Social work planning is important to begin at the time of admission to Labor & Delivery to ensure adequate time for care planning.