



CATHY J. BERRY, M.D.
& ASSOCIATES | Joining Hands in Women's Wellness

When to Call the Office with Contractions/Rupture of membranes:

- If this is your first baby:*** Call when your contractions are 5-7 minutes apart lasting 45 seconds to 1 minute each, this lasting for 1 whole hour.
- If this is NOT your first baby:*** Call when your contractions are 10-12 minutes apart, lasting for 45 seconds to 1 minute each, this lasting for 1 whole hour.
- If you experience a trickle of fluid, or a large gush of fluid from the vagina. You must call the office immediately.
- Should you experience vaginal bleeding more than the "show".

DANGER SIGNS: The following should be IMMEDIATELY reported to our office:

- Any** decrease in fetal movement
- Vaginal bleeding
- Sudden severe swelling of the face or fingers
- Visual changes (dimness, blurring, spots, floaters, flickers, "sparkles")
- Severe abdominal pain or cramping (that is not relieved by bowel movement or rest)
- Persistent vomiting
- Chills and fever (over 100 degrees)
- Sudden gush of water from vagina

Length of Hospital Stay After Delivery: In an uncomplicated vaginal delivery your hospital stay will most likely be 2 full days. In an uncomplicated cesarean section delivery, your hospital stay will most likely be 4 full days.

Planning your Discharge: You will need to make sure to have someone who is available to bring you and your baby home. You will be required to watch several videos to ensure understanding of safe baby care. They also require you to bring in your car seat to ensure it is safe and you know how to safely put the baby in it. It is also helpful to have someone who can assist you at home for the first 2 weeks after delivery.

Discharge of the Baby: The baby is usually allowed to remain in the hospital if the mother must remain for medical reasons. If the baby must remain in the hospital for medical reasons, the mother may still be discharged on the appropriate day above. The physician whom you have chosen for pediatric care will discharge your baby. If your pediatrician is one that does not round on babies at Crouse, you will need to call prior to discharge to schedule an appointment with their office as soon as possible.

Once Discharged: Please contact our office as soon as possible to schedule post-partum appointments. Depending on your delivery and risk level during pregnancy you may be seen 1-2 weeks post-partum or 6 weeks post-partum. Should you deliver over the weekend, please contact our office that Monday morning.

Central New York Regional Immunization Information System: Cathy J. Berry, MD and Associates work with our local county health departments and other area health care providers in participating in the Central New York Regional Immunization System (also known as the Immunization Registry). The Registry is a computerized system which will hold your child's immunization record. Your participation in The Registry will help you keep track of your child's immunizations, and make an immunization record available to you as needed for school or other health care providers. Participation is voluntary and if you so choose, your written consent will be obtained at your child's first pediatric visit.

Below is a list of activities that will be occurring during your stay.

Also, there is a list of important extensions that are useful during your stay as well.

Scheduled Activity

Anticipated Time Frame

Patient Teaching	Throughout Your Stay
Lactation Support/Teaching	Throughout Your Stay
Lab work	Throughout Your Stay
Hepatitis B Immunization for baby	Within 12 hours of birth
Verification of Contact Number and Baby's Last Name	Within 24 hours of birth
Birth Certificate Information	Within 24 hours of birth
Hearing Screening	Within 36 hours of birth
Baby Photos	Within 36 hours of birth
Circumcision (if applicable)	Within 30 hours of birth
Bilirubin Screening	Prior to Discharge
Cord Clamp Removal	Prior to Discharge
Screen for Metabolic Disorders	Within 36 hours of birth
Mandated Educational Videos	1 Day before Discharge

Important Extensions:

Birth Certificates	Extension 7795
Neonatal Intensive Care Unit (NICU)	Extension 7577
Lactation Services	Extension 7179
Patient/Guest Relations	Extension 8781
Crouse Hospital Gift Shop	Extension 7001
Dietary Services	Will be on the Menu
Mother/Baby Education	Channel 86 for English Channel 87 for Spanish