



## **NICU Discharge Preparedness Checklist for Preterm Babies**

*(Free Downloadable PDF from Ikshana Home Healthcare, Dubai)*

### **Before Discharge (Hospital Preparation)**

- Have a clear conversation with your neonatologist regarding your baby's discharge plan
- Confirm corrected age with neonatologist
- Check the discharge medications and methods of administration
- Car seat
- Master CPR & choking rescue for preemies (our nurses will retrain you)
- Obtain emergency contacts: Pediatrician, pulmonologist, Ikshana's 24/7 line (+971 50 943 4100)

### **Home Setup Essentials**

- Sanitized nursery with humidity control (40-60%)
- Preemie-safe sleep space: Firm mattress, no loose bedding
- Emergency kit: Bulb syringe, thermometer, saline drops
- Feeding supplies: Breast milk storage containers, Specialized bottles if advised
- + backup formula in case of emergency

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## First 72 Hours Critical Tasks

- Know the warning signs (change in the normal pink color, fever, refusal of feeds, fast breathing)
- Feeding journal: Volume, duration, spit-up frequency
- Jaundice check: Morning/evening skin color assessment
- Cord care: Keep it dry and diaper consistently below the navel area
- Urine and stools: frequency and quantity

## Developmental Milestones (0-12 Months)

- 1-3 months: Eye tracking, grasp reflex
- 4-6 months: Head control, social smiling
- 7-9 months: Rolling over, babbling
- 10-12 months: Crawling, pincer grasp
- Pro Tip: Our pediatricians use corrected age (not birth age) for milestone tracking!

## How to Use This Checklist

1. Download & Print (Link: [Insert URL] – gated behind email submission)
2. Review with Ikshana's Team during your free pre-discharge consult
3. Emergency Notes Section on back for:
  - o Medication schedules
  - o Specialist appointment dates
  - o Weight gain progress

*Let us help your baby transition from NICU to nursery with confidence, care, and love.*