

## Information about our Clinic for You and Your Newborn

Our experienced staff is very pleased you've asked us to be involved with your child's care. The following information will give you an overview of things you need to know about us and our clinic so that we can work together to give your child the best medical care possible. Please feel free to ask your nurse or our staff all of your questions.

### The First Visits to the Clinic After Discharge from the Hospital

Routine visits to the pediatrician are very important so that we can assess growth and development, check for problems and give you instructions for ongoing and future care of your child. At the end of each visit to our clinic, or after a phone conversation with one of our staff members, please be sure that you know when you are expected to come back for another visit.

Upon discharge from the nursery, you will be asked to schedule an initial visit at the clinic, or perhaps the hospital nurse will schedule it for you. This visit usually occurs one or two days after discharge. At this visit, we check the baby's weight loss or gain and we also check their skin color for jaundice and monitor this as needed.

At the end of the first clinic visit, you will be instructed to return for a follow-up visit. If you need help with breast feeding, an appointment can be scheduled with the lactation doctor. If all is going well otherwise, the next visit will likely be at around 1 month of age, but more frequent visits might be recommended.

### Immunizations

Immunization schedules change every so often, so we will let you know when you can anticipate your child's first shot, and we will let you know when the next shots can be expected. For more information from the American Academy of Pediatrics, go to:

[www.aap.org/healthtopics/immunizations.cfm](http://www.aap.org/healthtopics/immunizations.cfm)

### HIV/AIDS

If you feel you have risk factors for HIV/AIDS and would like for you or your infant to have a blood test, inform your physician. If a mother has HIV or AIDS, medication can prevent her child from catching it from her.

### Newborn Screening for Metabolic Disorders

All states require that each newborn be tested for selected metabolic disorders. These are diseases caused by an abnormal accumulation of chemicals which are naturally produced by the body. These disorders are rare, but are often serious and even potentially life-threatening. Others may slow physical development or cause mental retardation. Unfortunately, most infants with these disorders show no early signs of problems, but a diagnosis can be made with newborn screening at birth. With confirmatory testing, diagnosis and treatment, such disorders can often be managed successfully.

Blood is collected after 24 hours of age, before your baby is discharged from the hospital. We will inform you of the results at the one month check-up. If there is an abnormality, you will be contacted. Many times, an abnormal result is a "false positive," so further testing will be arranged.

For more information about Nebraska's Newborn Screening Program and the disorders that we test for, go to [www.hhs.state.ne.us/nsp/](http://www.hhs.state.ne.us/nsp/).

### Office Hours and Phone Calls

On this website, you can find information about our office hours. Please note that we have evening hours Monday through Thursday and week end hours, in addition to our regular office hours. Please call as early as possible in the morning or afternoon so that we can best meet your time preferences.

Unfortunately, there may be times when we run behind on our schedules and you have to wait in our office. This is sometimes due to patients coming late, parents asking us to see a second ill child who doesn't have an appointment, or an emergent situation comes up. Any of these things, among others, can throw us off schedule. We make it a priority to stay on time, so please be patient with us.

We have phone triage nurses available during regular office hours. They are specially trained to answer questions about your child and work closely with our physicians to give you the best advice. They return calls in the order in which they are received. Consider checking this web site and our recommended links to find answers to your questions. **Prescriptions and routine questions should be handled during daytime office hours.** Please notify the receptionist immediately if the call is regarding an urgent condition. **Please call 911 if your child is in a life threatening situation.** You may contact us anytime day or night at **489-3834**. After office hours, the answering machine will direct you to call **Telephone Line to Care at 219-7777**. You will talk to an experienced nurse about any urgent problems that can't wait until the office opens in the morning. This after-hours phone nurse will relay calls to the on-call physician when necessary.