



Preparing

for your
hospital stay
and recovery

Please Complete your Patient Education

Dear Expectant Parent,

Soon, you will be meeting the newest member of your family! To help you prepare for your hospital stay between birth and discharge, we are sharing important patient education. Please take 30-60 minutes to go through the module during your third trimester (be sure to complete it a few weeks before your due date). You are welcome to review it together with your partner or support people!

You will learn:

- + What to expect at the hospital after birth and how to make the most out of your stay
- + What is considered “normal” after birth for you and your baby and when to call for help
- + How to plan for your discharge and arrival back home

Why learn this now?

Things can be hectic in the days after birth in the hospital and you will be tired. Now is a better time for you to be able to remember the information.

Knowing what to expect can help you have a more satisfying patient and new-parent experience.

We look forward to caring for you and your baby!

Sincerely,
Your Piedmont Atlanta Healthcare Team

Visit

piedmont.org/ATLpostpartum
for access code instructions

Your Access Code

pah750em

See other side for instructions
in other languages.



 **Piedmont**

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Multi-Language Access Instructions

Su equipo de atención médica le está dando información importante sobre su próxima estadía en el hospital y recuperación para que la revise antes de tener a su bebé. Escanee el código QR a continuación para obtener instrucciones de acceso.

Sua equipe de saúde está lhe dando informações importantes sobre sua próxima internação hospitalar e recuperação para revisar antes de ter seu bebê. Digitalize o código QR abaixo para obter instruções de acesso.

Votre équipe de soins vous donne des renseignements importants sur votre prochain séjour à l'hôpital et votre rétablissement à examiner avant d'avoir votre bébé. Scannez le code QR cidessous pour obtenir des instructions d'accès.

Ihr medizinisches Team gibt Ihnen wichtige Informationen über Ihren bevorstehenden Krankenhausaufenthalt und Ihre Genesung, die Sie überprüfen können, bevor Sie Ihr Baby bekommen. Scannen Sie den QR-Code unten, um Anweisungen für den Zugriff zu erhalten.

您的医疗团队会为您提供有关您即将住院和康复的重要信息，以便在您生孩子之前进行审查。扫描下面的二维码以获取访问说明。

あなたの医療チームは、赤ちゃんを産む前に確認するために、今後の入院と回復に関する重要な情報を提供しています。アクセス手順については、以下のQRコードをスキャンしてください。

يقدم لك فريق الرعاية الصحية الخاص بك معلومات مهمة حول إقامتك القادمة في المستشفى والتعافي لمراجعتها قبل إنجاب طفلك.
امسح رمز الاستجابة السريعة أدناه للحصول على تعليمات الوصول



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