

NICU Nurse Discharge Checklist

✓ Ongoing Prep (Start Early!)

These items should begin during the hospital stay and be documented as completed before discharge day.

Infant Readiness

- ☐ Stable weight gain trajectory
- ☐ No A/B events for 4-5 days
- ☐ Tolerating full oral feeds (or feeding plan finalized)
- ☐ Maintaining temp in open crib for 24–48 hours
- ☐ Caffeine weaned (if applicable)
- ☐ ROP exam completed (if indicated)
- ☐ CCHD screen or ECHO complete
- ☐ Car seat trial passed (if indicated)
- ☐ Hearing screen passed or follow-up arranged
- ☐ Metabolic screen complete

Parent Education (Document Teaching + Demonstrations)

- ☐ Safe sleep & thermoregulation
- ☐ CPR instruction & return demo
- ☐ Car seat education
- ☐ Bathing & diapering
- ☐ Feeding technique, pacing, volumes
- ☐ Milk/formula mixing demo
- ☐ Bottle assembly
- ☐ Medication education & return demo
- ☐ Home oxygen, apnea monitor, G-button, or vent training (if applicable)
- ☐ “When to call the pediatrician” guidance

Home Care Plan Confirmations

- ☐ Breast milk/formula for home selected
- ☐ Mixing instructions provided + observed
- ☐ Bottle type for home identified
- ☐ Parents have fed baby for 24 hours
- ☐ Prescriptions written + picked up/delivered
- ☐ Home equipment ordered and confirmed
- ☐ Follow-up appointments scheduled
- ☐ AVS printed and reviewed with parents

Day of Discharge Tasks

- ☐ **Weight recorded** (night before or morning of)
- ☐ **Length recorded**
- ☐ **Head circumference measured**
- ☐ Collect breast milk for home (call milk room if needed)
- ☐ Finish any remaining parent teaching/checklist items
- ☐ Confirm follow-up appointments with parents
- ☐ Complete discharge documentation in EMR

