

**HOSPITAL PRE-REGISTRATION**

If you have not already done so, please complete and send in the pre-registration forms for the hospital at which you are planning to deliver.

- **MAPLE GROVE HOSPITAL**  
<https://www.maplegrovehospital.org/pre-admission-form> (can be completed online)
- **NORTH MEMORIAL MEDICAL CENTER**  
<https://www.northmemorial.com/birthcenter/>

**GROUP B-STREPTOCOCCUS (GBS) STATUS**

- Your provider performs this vaginal/rectal culture between 35-37 weeks gestation.
- It is important to know your GBS status (positive or negative) when you are admitted to the hospital. If you are GBS positive, you will require antibiotics in labor or after your bag of water breaks.

**FMLA/Short-Term Disability Forms**

- If you have not already done so, discuss with your employer any forms that will need to be completed prior to your maternity leave. Please complete the forms to the best of your abilities and bring them to your next clinic visit. Once received in clinic, you can expect your forms to be completed within 4-7 business days.

**LABOR PRECAUTIONS / INSTRUCTIONS**

- Please call North Clinic if you think you are in labor: regular, painful contractions that are  $\leq 5$  minutes apart for at least 2 hours and getting stronger and closer together over time. Please call if your bag of water has broken, your baby is not moving normally or if you have vaginal bleeding. Please call **763-587-7916** to speak to an ObGyn nurse or to leave a message for the on-call physician through the answering service. You do not need to call the hospital directly.

**BABY'S PHYSICIAN**

- If you haven't already decided on a doctor for your newborn, now is a good time to consider your options. North Clinic Family Medicine physicians take care of newborns and children as well as adults at all our office locations. There are also other physicians in the area who care for babies and children.

**CIRCUMCISION**

- If you are having a baby boy and plan to circumcise, please check with your insurance company regarding coverage prior to going to the hospital. Some insurance companies will not cover circumcisions in the hospital, and the cost of circumcisions is roughly double in the hospital compared to the cost in clinic after discharge.

**LACTATION CONSULTING AVAILABLE**

- Karen Ladin, APRN, CNP and Cristen Singer, APRN, CNP are certified lactation counselors. Karen sees patients primarily at our Robbinsdale office while Cristen sees patients primarily at our Plymouth office. Both are available to see patients with issues or concerns regarding breastfeeding.

**POSTPARTUM FOLLOW-UP**

- Please be sure to call North Clinic shortly after you go home from the hospital to schedule your postpartum check at 4-6 weeks postpartum unless otherwise instructed by your doctor.