



NeoNest NICU Discharge Tool

A simple tool to help you feel confident as you get ready to go home.

Discharge Summary

Name: _____

Gestational Age: _____

Birth date: _____

Discharge date: _____

Birth weight: _____

Discharge weight: _____

Discharge Checklist

- ☐ Feeding plan clarified
- ☐ Medications explained
- ☐ Supplies ready (thermometer, diapers, bottles)
- ☐ CPR & choking training done
- ☐ Pediatrician appointment booked
- ☐ Discharge paperwork in hand
- ☐ Eye exam and hearing test explained
- ☐ Car seat fit checked
- ☐ Saved key numbers (pediatrician, after-hours)
- ☐ Reviewed reflux precautions and safe sleep
- ☐ Practiced care routine solo

Next Steps

• Follow-Up Appointments

Type	Date
Pediatrician	_____
_____	_____
_____	_____
_____	_____
_____	_____

• Medications

Medication	Dose/Time
_____	_____
_____	_____
_____	_____
_____	_____

What to know

• Feeding Plan

Amount and Timing

• Health and Safety

Fever, Safe Sleep, Red Flags

This tool is for educational purposes only and does not replace official discharge instructions or medical advice.

© 2025 NeoNest · neonestcare.com