

Baby in Brazil Birth Planning Pack

Pregnancy, hospital, paperwork and first-weeks guide for expats, long-stay visitors and international families in Brazil.

Prepared for Baby in Brazil readers · free downloadable PDF · fact-check base: official Brazilian sources + Baby in Brazil content

[SUS / private / hybrid](#)

[Hospital bag checklist](#)

[Birth paperwork roadmap](#)

[Pediatric first steps](#)

What this download gives the reader

- A clear route planner for public, private and hybrid childbirth care in Brazil.
- A practical hospital bag and document checklist you can actually use.
- A post-birth paperwork roadmap: DNV, civil registry and first family admin tasks.
- Questions to ask your doctor, insurer, hospital and pediatrician before delivery.

How to use this PDF

Use it in three passes: **skim** the quick answers, **fill** the checklists, then **save** the emergency numbers, document list and question sheets on your phone or print them for appointments.

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1) Quick answers before you start

Question	Practical answer
Can international families use Brazil's public system for urgent care?	Yes. The Ministry of Health states that public urgent-care services are free and that foreign tourists can seek care in the SUS urgent and emergency network.
What is the emergency number?	SAMU 192 operates 24/7, the call is free, and the service covers traumatic, clinical, pediatric and gynecologic-obstetric emergencies.
What is the main private-plan maternity trap?	Waiting periods. ANS says plans may impose up to 300 days for full-term childbirth coverage.
What should pregnant families check in a private plan?	Whether the plan includes hospital coverage with obstetrics . ANS notes that this is the segment that includes childbirth and guarantees care for the newborn during the first 30 days after birth.
Which document starts the newborn paperwork trail?	The Declaração de Nascido Vivo (DNV) , issued by the hospital or maternity unit after birth.
How soon should the birth certificate be requested?	The first certificate is free. The official guidance says the request should be made within 15 days after birth, or within 3 months if the family lives more than 30 km from a registry office.

Important use note

This PDF is for planning and navigation. It does **not** replace medical, insurance or legal advice for your personal case. Use it to arrive better prepared at consultations, hospital tours and insurer calls.

2) Choose your route: SUS, private or hybrid

Route	Best for	Main strengths	Watch-outs
SUS / public route	Families prioritizing universal access, emergency backup, vaccines and lower costs.	No premium for public services; broad maternity, postpartum and vaccine infrastructure; strong backup even if you later choose private care.	Language barriers, variable waiting times, and less control over doctor or hospital choice.
Private route	Families who want more control over hospital choice, continuity with one doctor and shorter waits.	Faster scheduling, more choice, often smoother service, stronger chance of English support in major cities.	You must verify network rules, hospital access, reimbursement logic and maternity waiting periods.
Hybrid route	Most expat families.	Use SUS for registration, emergencies, vaccines and public fallback; use private care where speed, comfort or doctor choice matters most.	Requires a clear personal plan so you know which door to use in each scenario.

3) Planning timeline: from positive test to discharge

Before or immediately after arrival in Brazil

Save 192, identify at least one hospital, one UPA 24h and one pharmacy near your home, and prepare a folder with passports, CPF when available, insurance card, medication list, lab history and emergency contacts.

- **Early pregnancy / planning stage:** ask insurers about maternity waiting periods, confirm which hospitals are in-network, and decide whether you want a public, private or hybrid route.
- **At the first prenatal visit:** review vaccines, existing conditions, expected hospital route, language support and what documents your chosen team wants you to carry.
- **Second trimester:** shortlist pediatric follow-up, confirm where you would go after hours, and map how you would reach the maternity unit in daytime and at night.
- **Third trimester:** build a hospital bag, create a printed one-page birth plan, double-check insurance authorizations, and prepare a post-birth paperwork folder.

Rule that prevents last-minute stress

Do not wait until labor starts to figure out hospital access, backup transport, language support, or which documents you need. Families who decide this late usually lose time exactly when they need clarity most.

4) Labor-day action card

Situation	Best first move	Why this matters
Possible life-threatening emergency or obstetric emergency	Call 192 or go to the nearest emergency-ready facility.	The Ministry of Health says SAMU 192 handles emergencies including gyneco-obstetric cases and labor when there is risk to mother or fetus.
Urgent acute symptoms but not clearly life-threatening	Use your planned hospital route or a UPA 24h if you need urgent assessment.	UPA 24h units stabilize patients and decide whether hospital transfer is needed.
Scheduled or expected admission route	Follow your hospital's check-in instructions and take your full document pack.	The safest birth route is the one you have already confirmed with your doctor, insurer and hospital.

- **Carry both paper and phone copies** of passports, insurance details, pregnancy notes, test results and emergency contacts.
- **Use generic drug names** as well as brand names when listing medicines.
- **Add a language note** if your Portuguese is limited: your partner, doula, translator or a short written note can save time at triage.

5) Hospital bag and document checklist

Category	Bring these items
Identity and admin	Passport or ID, CPF when available, insurance card, hospital confirmations, doctor contacts, emergency contact sheet, cash or card for incidental costs.
Pregnancy records	Prenatal booklet, lab results, ultrasound reports, blood type, medication list, allergy list, high-risk notes if any, discharge or transfer instructions if already given.

Category	Bring these items
Comfort items	Phone charger, water bottle, glasses, toiletries, change of clothes, snacks if allowed, lip balm, hair ties, slippers, light blanket or wrap.
Support person	ID, phone charger, contact list, snacks, change of clothes, list of hospital rules and visitation limits.
Newborn basics	Going-home clothes in more than one size, light blanket, car-seat plan if applicable, diapers and wipes if your hospital requires them, and any items specifically requested by your maternity unit.

6) After birth: paperwork roadmap

Step	What to do	Practical note
1. Get the DNV	Collect the Declaração de Nascido Vivo issued by the hospital or maternity unit.	This is the key document that starts the civil registration process.
2. Register the birth	Go to the civil registry or linked maternity registration point to request the birth certificate.	The first certificate is free. Official guidance gives 15 days after birth, or 3 months if you live more than 30 km from a registry office.
3. Organize family admin	Store scanned copies, update your insurance or employer records, and note the next steps for residency, consular or nationality processes relevant to your family.	Requirements can vary by nationality and family structure, so confirm your specific route early.
4. Set pediatric follow-up	Book the first baby follow-up and keep the vaccination and health record organized from day one.	A good first-weeks system prevents lost records and delayed vaccines.

Extra value for families using digital tools

The Ministry of Health says the child's digital health booklet is available in **Meu SUS Digital**. It can show vaccine history, next doses and reminders. To link it, the responsible adult and the child need active Gov.br accounts.

7) First 30 days: the smartest priorities

- Keep one folder with the DNV, birth certificate, discharge papers, prescriptions, vaccine notes and pediatric contacts.
- Confirm where you will go for routine baby follow-up and where you will go **after hours** if something worries you.
- Do not assume your insurance automatically handles every newborn step; ask for the exact timeline and documents they need.
- Track feeding, weight, jaundice concerns, medication instructions and return dates exactly as your clinician explains them.

- Use the first month to simplify your system: one medical folder, one emergency route, one clear pediatric plan.

8) Questions to ask before delivery

Ask your hospital	Ask your insurer or payment office
<ul style="list-style-type: none"> • Do you have 24/7 obstetric emergency coverage? • What documents do you require at admission? • Are neonatal ICU and pediatric support available onsite? • Can we pre-register? • What are the partner and visitor rules? • Do you offer any English support? 	<ul style="list-style-type: none"> • Does my plan include hospital coverage with obstetrics? • What waiting periods still apply to my contract? • Which maternity hospitals are in-network? • Is any authorization needed before admission? • How is newborn coverage handled in the first days? • What costs can still be billed separately?

9) One-page birth plan template

Fill this page before the final prenatal month and keep a paper copy in your bag.

Field	Write your answer here
Hospital / maternity unit	_____
Primary doctor / team	_____
Backup hospital or emergency route	_____
Support person and phone	_____
Language support plan	_____
Insurance or payment notes	_____
Birth preferences I want to discuss with the team	_____ _____
Newborn first-hours priorities I want clarified	_____ _____
Pediatric follow-up plan	_____

10) Official source shortlist

Use these official resources to verify live details before you act. Rules, app flows and local routes can change.

Official source	What to verify there
Ministério da Saúde / Saúde do Viajante	Urgent-care services for travelers, SAMU 192 and UPA 24h guidance.
Agência Nacional de Saúde Suplementar (ANS)	Waiting periods, hospital coverage with obstetrics and plan rules.
Receita Federal	CPF application routes for foreigners.
Meu SUS Digital	Health records, vaccinations, exam results and family access tools.

Official source	What to verify there
Ministério da Saúde / Vaccination calendar	Pregnancy and child vaccination schedule.
Civil registration guidance on gov.br	Birth certificate basics, DNV and deadlines.

Final print-and-save checklist

Before birth, keep these four things easy to reach: **(1)** passports and IDs, **(2)** insurance details or payment plan, **(3)** pregnancy records and medication list, and **(4)** your confirmed emergency route. That simple setup prevents most avoidable day-of-delivery stress.

11) Questions to confirm locally before delivery

Confirm this item	Write the final local answer here
Chosen maternity hospital and exact entrance	_____
Backup urgent route after hours	_____
Insurer hotline / authorization path	_____
Civil registry or linked maternity registration point	_____
Pediatric follow-up contact	_____
Interpreter / language support plan	_____

Bookmark these official resources

Ministério da Saúde traveler health and vaccination pages · ANS consumer guidance for waiting periods and obstetric coverage · Receita Federal CPF service · Meu SUS Digital and the child digital booklet pages.

Suggested landing-page CTA: **Download the Birth Planning Pack** · pregnancy route planner, hospital bag, birth paperwork roadmap and first-weeks checklist.