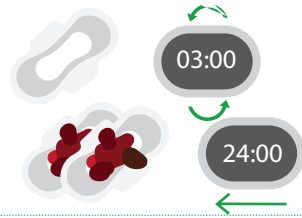




Postnatal

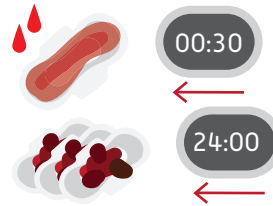
NORMAL

ALWAYS CALL IN THE EVENT OF:

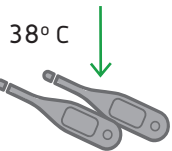


- A new maternity sanitary towel every three hours
- 2 large clots within 24 hours

Bleeding

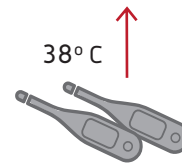


- saturated maternity sanitary towel within a half hour
- 3 or more large clots within 24 hours

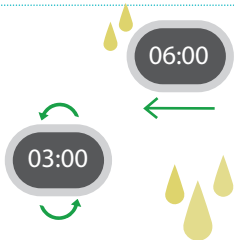


- Take your temperature 2x per day
- Temperature is under 38° C

Fever



Temperature is above 38° C



- Able to pass water within 6 hours after childbirth
- Able to pass water every three hours
- Strong flow

Passing water



- Unable to pass water 6 hours after childbirth
- Only droplets when passing water
- Urge to pass water remains despite having passed water.



- Pink/coloured skin colour
- Blue hands and feet

Colour of the baby



- Blue (including tongue and lips)
 - Pale/grey
 - Yellow
- Also call when the baby is sluggish/drowsy



- Babies breath faster than adults
- Irregular breathing
- Snoring/ noises while breathing

Baby's breathing



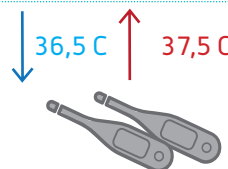
- Breathes more than 60x a minute
- Difficulty with breathing
- Groans
- Retraction of the ribs
- Nostrils flair when breathing in

36,5 C - 37,5C



- Take a rectal temperature reading 2x a day
- Temperature between 36.5° C and 37.5° C
- Hands and feet often feel cold

Baby's temperature



- Temperature is under 36,5° C
- Temperature is above 37,5° C

Concern



- Always call if concerned or worried
- Any questions on the information supplied



Emergency: please contact your midwife.