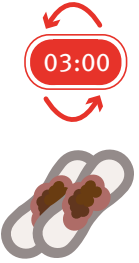
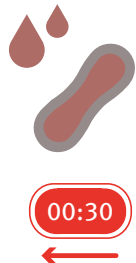

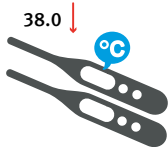
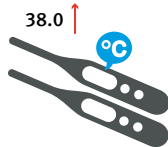
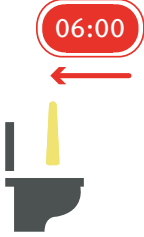



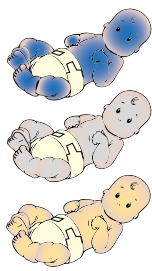


Patient information

Postnatal call instructions

Don't call (normal)		Call
 <ul style="list-style-type: none">• a change of maternity pad every three hours	Blood loss	 <ul style="list-style-type: none">• maternity pad soaked through within 30 minutes
 <ul style="list-style-type: none">• two fist-sized clots within 24 hours (one day)		
 <ul style="list-style-type: none">• measure your temperature twice a day• temperature is lower than 38°C	Fever midwife	 <ul style="list-style-type: none">• temperature is 38°C or higher
 <ul style="list-style-type: none">• being able to urinate within six hours after giving birth	Urination midwife	 <ul style="list-style-type: none">• not being able to urinate more than six hours after giving birth• urinating droplets/not being able to urinate properly• feeling like you need to urinate immediately after going
 <p>Tip: try to urinate every three hours</p>		
 <ul style="list-style-type: none">• pink complexion• blue hands and feet	The baby's colour	 <ul style="list-style-type: none">• blue body, tongue or lips• pale/grey body• yellow body

See other side

Patient information

Postnatal call instructions

Don't call (normal)



- babies breathe faster than adults
- irregular breathing
- snoring or making noises

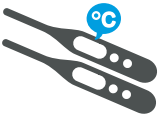
The baby's breathing

Call



- breathing more than 60 x a minute
- difficulty breathing
- groaning when breathing
- chest contractions
- nostrils widening when inhaling

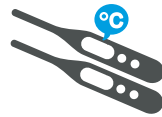
36.5 - 37.5



- measure the baby's temperature rectally twice a day
- temperature between 36.5°C - 37.5°C
- the hands and feet often feel cold during the first 24 hours

The baby's temperature

↓ 36.5 ↑ 37.5



- temperature lower than 36.5°C
- temperature higher than 37.5°C

Concern



- always call if you are anxious or concerned
- if the information you have received is unclear



Call your midwife practice