



Postnatal

NORMAL

ALWAYS CALL IN THE EVENT OF:

<ul style="list-style-type: none"> • A new maternity sanitary towel every three hours • 2 large clots within 24 hours 	<h3>Bleeding</h3>	<ul style="list-style-type: none"> • A saturated maternity sanitary towel within a half hour • 3 or more large clots within 24 hours
<ul style="list-style-type: none"> • Take your temperature 2 x per day • Temperature is under 37.8 °C 	<h3>Fever</h3>	<ul style="list-style-type: none"> • Temperature is above 37.8 °C
<ul style="list-style-type: none"> • Able to pass water within 6 hours after childbirth • Able to pass water every three hours • Strong flow 	<h3>Passing water</h3>	<ul style="list-style-type: none"> • Unable to pass water 6 hours after childbirth • Only droplets when passing water • Urge to pass water remains despite having passed water.
<ul style="list-style-type: none"> • Pink/coloured skin colour • Blue hands and feet 	<h3>Colour of the baby</h3>	<ul style="list-style-type: none"> • Blue (including tongue and lips) • Pale/grey • Yellow <i>Also call when the baby is sluggish/drowsy</i>
<ul style="list-style-type: none"> • Baby's ademen sneller dan volwassenen • Onregelmatig ademen • Snurken / geluidjes maken 	<h3>Ademhaling van de baby</h3>	<ul style="list-style-type: none"> • Breathes more than 60 x a minute • Difficulty with breathing • Groans • Retraction of the ribs • Nostrils flair when breathing in
<ul style="list-style-type: none"> • Take a rectal temperature reading 2x a day • Temperature between 36.5 °C and 37.5 °C • Hands and feet often feel cold 	<h3>Baby's temperature</h3>	<ul style="list-style-type: none"> • Temperature is under 36.5 °C • Temperature is above 7.5 °C
	<h3>Concern</h3>	<ul style="list-style-type: none"> • Always call if concerned or worried • Any questions on the information supplied



CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER