



# Postnatal

## NORMAL

## ALWAYS CALL IN THE EVENT OF:

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



CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER