

## Postnatal

## **NORMAL**

## ALWAYS CALL IN THE EVENT OF:



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

**Bleeding** 



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



- Take your temperature 2 x per day
- Temperature is under 37.8 °C

**Fever** 



Temperature is above 37.8



- 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 60 x a minute
- Difficulty with breathing
- Groans
- Retraction of the ribs
- Nostrils flair when breathing in
- Temperature is under 36.5 °C
  - Temperature is above 37.5 °C

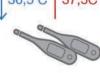




- Take a rectal temperature reading 2x a day
- Temperature between 36.5 °C and 37.5 °C
- · Hands and feet often feel cold

Baby's temperature

Concern



) 37.5 °C

worried

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 Any questions on the information supplied

Always call if concerned or

