



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"> Babies breath faster than adults Irregular breathing Snoring/ noises while breathing 	<h3>Baby's breathing</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