



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 °C
• 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 <i>Also call when the baby is sluggish/drowsy</i>
• Baby's ademen sneller dan volwassenen • Onregelmatig ademen • Snurken / geluidjes maken	Ademhaling van de baby	• Breathes more than 60 x a minute • Difficulty with breathing • Groans • Retraction of the ribs • Nostrils flair when breathing in
• 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	• Temperature is under 36.5 °C • Temperature is above 37.5 °C
	Concern	• Always call if concerned or worried • Any questions on the information supplied



CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER