



Postnatal

NORMAL

ALWAYS CALL IN THE EVENT OF:

03:00

- A new maternity sanitary towel every three hours

24:00

- 2 large clots within 24 hours

Bleeding

00:30

- A saturated maternity sanitary towel within a half hour

24:00

- 3 or more large clots within 24 hours

37,8

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

Fever

37,8

- Temperature is above 37.8 °C

06:00

03:00

- Able to pass water within 6 hours after childbirth
- Able to pass water every three hours
- Strong flow

Passing water

06:00

- 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

36,5 C - 37,5C

- 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

36,5 C 37,5C

- 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