



Postpartum Checklist

QUESTIONS: CHECK YES or NO

1. Is your vaginal bleeding increasing and not slowing down when you rest?
Yes No
2. Is your vaginal bleeding soaking through two maxi pads in a half-hour or are you passing large blood clots?
Yes No
3. Does your vaginal bleeding or discharge have a bad smell?
Yes No
4. Is your temperature 101 F or higher?
Yes No
5. Do you have abdominal pain that is not relieved by *Tylenol* or *Motrin*?
Yes No
6. Are you urinating often? Do you feel a burning sensation?
Yes No
7. Is your pain increasing?
Yes No

*If you answered **YES** to any of these questions, you may be having a medical problem. Call your doctor **immediately**. If you do not have a doctor, seek care at an emergency room or **call 1-888-510-2229**. Tell them that you are in the Safe Haven Program and need help.*

Giving birth is very hard work and takes a toll on your body. You will need time and rest to be yourself again. The Information below explains the physical and emotional changes that may happen after you give birth.

Physical and emotional changes you may experience after delivery:

Bleeding from your vagina will be bright red, like a period. Over a few days, the blood will lessen and fade to brown then pink, finally becoming clear in about 4 to 6 weeks. If bleeding continues to be heavy (filling more than one sanitary pad in 1 hour), turns bright red, contains clots bigger than a quarter, or produces a foul odor, then you need to call a doctor or go to the emergency room. This could be a sign of infection or that the placenta was not fully discharged.

When you go to the bathroom, it may sting when your urine comes out or it may come out in small trickles until you regain full bladder control. It is important to urinate at least once every 6 hours. When your bladder is empty, your uterus (womb) can return to its normal position in your body. If you have difficulty urinating, experience pain or burning when urinating, or feel a need to urinate often but only a small amount comes out, then you need to drink more fluids and notify a doctor. You could have a urinary tract infection.

Some women have cramps after the birth. These "afterpains" can last 2-5 days and mean that your uterus is contracting normally.

About 5 days after giving birth, if you have pain in your lower abdomen, then you need to call a health care provider. This could be a sign that you did not completely discharge the placenta.

It is normal to have a temperature between 97 to 100 degrees Fahrenheit. At any time following delivery, if your temperature goes over 100.4 degrees Fahrenheit, then call a health care provider. This could be a sign of infection.

Severe headache, blurred vision, or swelling of the face, ankles, or fingers could be a sign of toxemia or pre-eclampsia. Go to the emergency room to see a doctor.

Sharp pain in your chest, shortness of breath, concentrated pain, or redness/swelling in your thigh or calf might indicate a blood clot. Call a doctor. If you are unable to reach a doctor, have someone take you to the emergency room or call 911 for an ambulance.

Your breasts will stop producing milk about 7-10 days after you give birth. Using cold compresses, wearing a supportive bra 24 hours/day, not touching the breasts, and taking a pain reliever, such as ibuprofen, may help with the discomfort.

**This does not constitute as medical advice. Please see a medical provider for an evaluation.*