Postnatal information
for patients

Obstetrics & Gynaecology

Your health, your life, your choice, our passion
Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Ak vy alebo niekoľko ľudí poznáte potrebuje pomoc pri pochopení alebo čitaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

باغهر تو یان کامیک که تور دیناسی پیوریستی مهارتی یه توهیه نه. به درگاهانه یه تایبکت.

بیکچرتیلی نه، تکیه پیوردوتیمان پیوه بیکه هرامارینی اسروفودا یان بیوه تهیه.

Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أوقاره هذه الوثيقة، الرجاء الاتصال على الرقم أعلاه، أو مراسلتنا عبر البريد الإلكتروني.

Urdu

اگر آپ ای کسی جانے والی کسی شخص کو اس دستاویز کو سمجھنے پر ایک پیغام لیکن تمکین ملتے یا ضرورت ہے تو برائے مہربانی مادرجہ بالا نمبر پر ہم سے رابطہ کریں یا همیشہ ایک بیل کریں.

Farsi

اگر چناب عالی با یا شخص دیگری که شما اورا می شناسید برای خواندن با فهمیدن این مدارک نیازی به کمک دارد لطفا یا ما پوسیلیا شماره بالا یا ایمیل تماس حاصل فرماید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk
Congratulations on the birth of your baby. For most women and their baby’s, the postnatal period is uncomplicated but occasionally problems do occur. If you experience any of the following please contact a health care professional.

Mother
- Sudden and very heavy blood loss or persistent increased blood loss
- Faintness, dizziness, palpitations and fast pulse
- Fever or shivering
- Abdominal pain
- Offensive or smelly vaginal discharge
- Calf pain, redness or swelling
- Headaches accompanied by one or more of the following symptoms within the first 72 hours of giving birth:
  - Visual disturbances, flashing lights or floaters
  - Nausea or vomiting
  - Fits
  - Shortness of breath or chest pain\(^{\text{(NICE 2006)}}\)

Please note
To help prevent infection we advise that you wash your hands before and after going to the toilet or when changing your sanitary pads.
Baby
A healthy baby should have:
- A normal colour for your ethnic group
- Not feel too hot or too cold
- They should pass urine and meconium (black sticky stools in the baby’s bowel during pregnancy) within the first 24 hours at least once. (See ‘What’s in a nappy’ leaflet)
- They wake for feeds, feed well on the breast or bottle and settle between feeds
- They are not excessively crying or irritable, tense, sleepy or floppy (NICE 2006)

Signs and symptoms that are urgent
- Jaundice first 24 hours
- A fit (convulsion), or if your baby turns blue or very pale (in a dark-skinned baby check the palms of the hands) or seems floppy
- A very high temperature (over 38°C), especially if there’s a rash
- Difficulty breathing, breathing fast or grunting breathing
- Unusually drowsy or hard to wake
- A temperature but the skin of the hands and feet feels cold and clammy
- A purple-red rash anywhere on the body – this could be a sign of meningitis
- Yellow skin and eyes – this is a sign of jaundice
If your baby has any of these signs or symptoms please contact any of the emergency numbers on the back of this booklet immediately.

If a midwife has not visited you by 4.00pm on the day after discharge from hospital or on the day you are expecting a visit, please call Wharncliffe Ward.

Safe Sleeping Assessment
A community worker will visit you at home to perform a Safe Sleeping Assessment once you and baby are home from hospital.

Supervisors of Midwives (SoM)
Supervisors of Midwives develop and maintain safe practice to ensure protection of you, your baby and family. There is a SoM on call seven days a week, 24 hours a day. Access to a Supervisor can be made by asking the midwife caring for you or by contacting the Maternity Department.

References
NHS Birth to five book
Department of Health
www.dh.gov.uk/publications
(This can be downloaded although it is a lengthy document).

Routine postnatal care of women and their babies
www.nice.org.uk
How to contact us
Wharncliffe Ward
24 hours
Telephone 01709 424348

Labour Ward
24 hours
Telephone 01709 424491

Your community midwifery team
Between 9.00am and 5.30pm
You will already have been given the contact number during your pregnancy.

Switchboard
Telephone 01709 820000

Useful websites
www.therotherhamft.nhs.uk
www.nhs.uk
www.gov.uk

Useful contact numbers
NHS 111 Service
Telephone 111
Health Info
Telephone 01709 427190
Stop Smoking Service
Telephone 01709 422444
A&E
Telephone 01709 424455

For GP out of hours, contact your surgery

We value your comments
If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team
The Oldfield Centre
The Rotherham NHS Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461
Monday to Friday
9.00am until 4.00pm
Email: yourexperience@rothgen.nhs.uk
How to find us

**Hospital site plan**

**Rotherham main routes**
The Rotherham NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk