

Postnatal information for patients



Obstetrics & Gynaecology

patient**information**

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 ^(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.

Postnatal information for patients

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).

National Institute for Health and Clinical Excellence (2006)

Routine postnatal care of women and their babies

www.nice.org.uk

How to contact us

Wharnccliffe 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 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

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

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

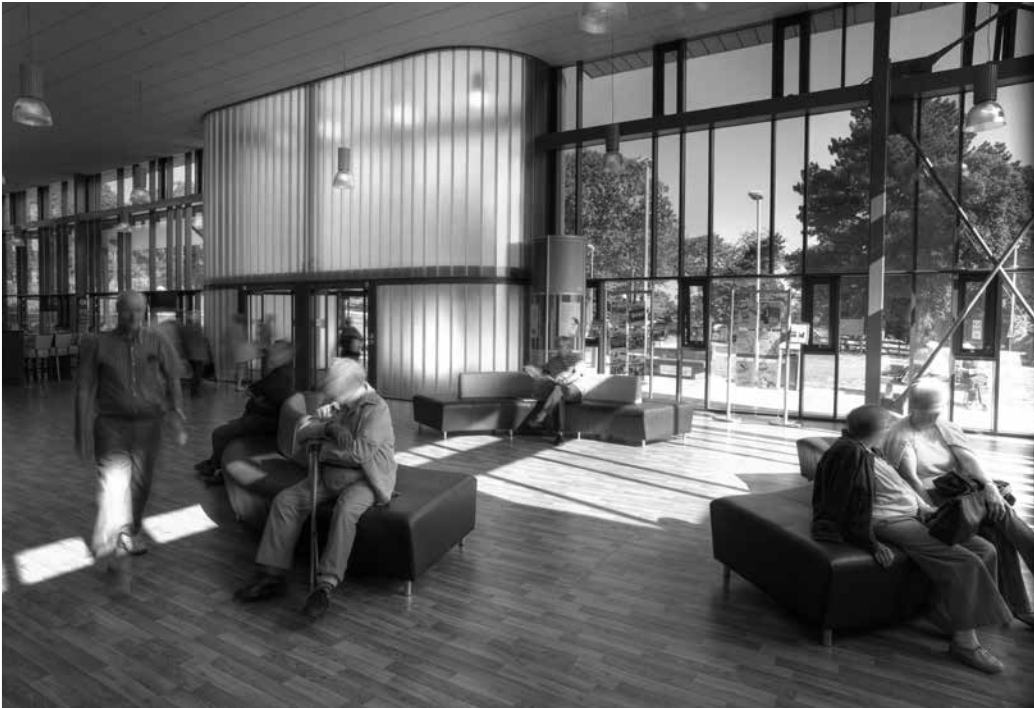
Monday to Friday

9.00am until 4.00pm

Email: yourexperience@rothgen.nhs.uk



LS 81 08/14 V6 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

