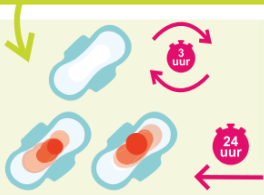


MATERNITY CALL INSTRUCTION



NORMAL (DO NOT CALL)

DO CALL

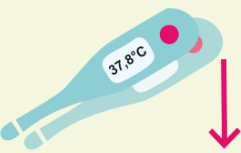


A new maternity sanitary towel is needed every three hours.
Two large bloodclots within 24 hours.

BLOOD LOSS

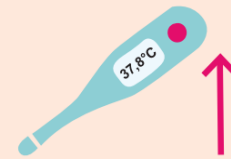


Soaked, very wet sanitary pad within half an hour.
3 or more large blood clots within 24 hours.



Measure temperature twice a day.
Temperature is below 37.8 °C

FEVER



Temperature is higher than 37.8 °C



Being able to urinate within 6 hours after childbirth.
Urinate every 3 hours
Stong flow / good urine stream

PEEING



Inability to urinate for 6 hours after childbirth.
Urinating droplets.
Tendency or feeling to urinate persists even though you just urinated.

MOEDER



Pink / medium skin tone.
Blue hands and feet

COLOR OF THE BABY



Blue (or blue tongue or blue lips)
Pale / gray
Yellow

BABY

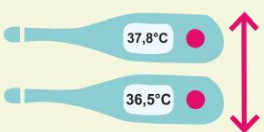


Babies breathe faster than adults.
Irregular breathing.
Snoring / making noises.

BREATHING OF THE BABY

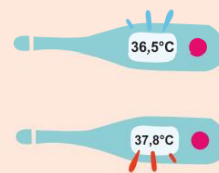


Breathing more than 60 times per minute.
Difficulty breathing
Moaning
Nostrils widen when inhaling



Measure the temperature anally twice a day / via the anus.
Temperature between 36.5 °C and 37.5 °C.
Hands and feet often feel cold.

TEMPERATURE OF THE BABY



Temperature is below 36.5 °C
Temperature is higher than 37.5 °C

WORRY



Always call when:
- concerned or worried
- any questions on the information supplied



CALL YOUR OBSTETRIC CARE PROVIDER ON THE EMERGENCY NUMBER!!