

When to Call for Help



After you have had your baby, situations may arise when it is best to contact your doctor, midwife or lactation consultant for advice and support. This will allow early treatment of possible problems, which can help to prevent things from getting worse.

Call for Help in the Following Situations:

- Abnormal lochia:
 - Heavy blood loss: a maternity pad is soaked within half an hour to one hour
 - Offensive lochia
 - You continue to lose large amounts of red blood after 3-4 days post partum
- You have a rapid pulse, your temperature is $>37.5^{\circ}\text{C}$
- Tenderness of the uterus on palpation
- Perineal wound is swollen, red, inflamed, painful
- Pain when passing urine
- You haven't passed urine within 6-8 hours of birth or you have difficulty emptying the bladder
- You haven't had a bowel movement after 4-5 days post partum
- Your baby's cord is bleeding
- Your baby's cord is red and swollen, pussy, and is painful when touched, the baby has a fever
- Your baby's temperature is too low or too high (see the handout "Keeping Your Baby Warm")
- Your baby's lips turn blue during feeding
- Your baby has difficulty breathing (he is grunting)
- Your baby is jaundiced (see also handout "Confinement After Childbirth"):
 - Your baby develops jaundice in the first 24 hours after birth
 - the jaundice isn't gone within 2-3 weeks (jaundice might take 3-6 week to disappear in an otherwise healthy breastfed baby)
 - the jaundice continues to get worse
 - the jaundice returns after it disappeared
 - the jaundice started after one or several weeks post partum
 - your baby looks very yellow, is sleepy and not feeding well



- You encounter feeding problems:
 - Your baby still passes meconium after the fourth day since birth
 - Your baby has not begun to gain weight by his fifth day after birth or has not regained his birth weight by 2 weeks
 - Your baby loses more than 7-10% of his birth weight in the first few days after birth
 - Your baby is not voiding at least 6 - 8 times per day (after day 5)
 - In the first 5-6 weeks your baby is not having several (2 - 6) stools per day
 - After the milk has come in, you don't hear the baby swallowing during breastfeeding
 - Your baby is sleepy and doesn't wake for his feeds or easily falls asleep during feeds or doesn't want to feed at all
 - Your baby is restless and/or irritable
 - Your breasts haven't changed in the first days after birth
 - You have painful, cracked, sore nipples (see handout "Sore Nipples")
 - Breast engorgement doesn't reduce after a feed

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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