

# When to Call Your Midwife

## Postpartum

- If you are passing large clots, continue to have bright red bleeding after the 5th day, or if your bleeding or vagina smells foul. Afterbirth bleeding should smell "earthy", similar to your cycle.
- If you have a fever, even a slight one.
- Your vagina and perineum will be sore, but if the pain continues to get worse, is hot or red.
- If you have pain in your abdomen or pelvis that is not associated with afterbirth "cramps" but is rather persistent pain or if you have foul smelling discharge.
- If you have pain, redness, warmth or tenderness in the breast.
- A persistent headache.
- If you cannot void or empty your bowels, or you have extreme pain or burning with urination.
- If you feel like harming yourself or your newborn.
- If you have pain, warmth, redness or lump in your calf.
- If you see spots or have blurred or altered vision.
- If you are concerned....I am concerned. Call me if you have any questions.
- Difficulty breathing with appropriate activity.

## Extreme Warning Signs! Call 911

- If you are excessively bleeding-filling a large overnight pad in less than an hour.
- If you have shortness of breath or chest pain.
- If you are light-headed with any of the associated: weakness, rapid heartbeat, rapid or shallow breathing, clammy skin, restlessness or confusion.

## Newborn

- No bowel movement within 48 hours after birth.
- No urination within 48 hours after birth
- Fever- if your baby's temperature is high or low this can be a concern. Normal newborn temperature: 97.5°-100.3°
- If their mouth turns blue.
- If they feed less than 8 times per day or sleep more than 5 hours at a time.
- Rapid breathing- more than 60 breaths when counted for a minute.
- No nasal flaring or retractions in the chest or rib area when they inhale.
- No grunting on exhale.
- No foul smelling discharge, redness or warmth at the umbilical site.
- Jaundice in their eyes or extreme jaundice in their skin that migrates past their chest or to their limbs in the first 48 hours.
- Not nursing or content at the breast.
- Lethargy
- Irritability and inconsolable
- Vomiting

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