Postnatal call instructions

Don't call (normal) Call a change of maternity pad every maternity pad soaked through three hours within 30 minutes **Blood loss** two fist-sized clots within 24 hours (one day) 38.0 38.0 • measure your temperature twice a day • temperature is 38°C or higher **Fever** temperature is lower than 38°C midwife being able to urinate within six hours • not being able to urinate more than after giving birth six hours after giving birth • urinating droplets/not being able to urinate properly • feeling like you need to urinate **Urination** immediately after going midwife Tip: try to urinate every three hours pink complexion • blue body, tongue or lips blue hands and feet • pale/grey body The baby's yellow body colour

See other side



Patient information

Postnatal call instructions



