

CALL YOUR MIDWIFE IMMEDIATELY IF ANY TIME OF DAY OR NIGHT

For Mother:

1. You soak a pad in half an hour or less, and are still bleeding.
2. Tenderness, swelling, redness or warmth in any area of the legs.
3. Temperature above 38C or 100F and rising.
4. Any pain or tenderness in the pelvic area that is different from the contracting uterus or if you any extremely foul discharge
5. If you are having thoughts of harming yourself or your baby.
(This could be a severe form of Postpartum Depression. Getting help right away is critical.)

For Baby:

1. Temperature outside of normal range, which is 36.4 – 37.4.
2. More than one episode of forceful vomiting or frequent vomiting over 6 hours.
3. After the first 24 hrs if baby is lethargic, unresponsive or difficult to wake after 3-4 hours.
4. Persistent high pitched or odd sounding cry that has changed from normal cry which is not responsive to comfort measures.
5. No bowel movement in the first 36 hours, or no wet diaper in the first 36 hours.
6. Less than 6 wet diapers after the 6th day postpartum.
7. Two consecutive green, **watery** stools (“fish tank” green water).
8. Baby turns blue or doesn't breathe for 15 seconds or longer (**call 911 first**).