

Information for Women on Postnatal Conditions

Signs and Symptoms	Condition
<p>Sudden and heavy blood loss or persistent increased blood loss</p> <p>Faintness, dizziness or palpitations/increased heart rate</p>	Postpartum haemorrhage
Fever, shivering, abdominal pain and/or offensive vaginal discharge	Infection
<p>Headaches accompanied by one or more of the following symptoms within the first 72 hours after birth:</p> <p>Visual disturbances Nausea, vomiting</p>	Pre-eclampsia/eclampsia (high blood pressure)
<p>Calf pain (below your knee) in one leg, redness or swelling</p> <p>Shortness of breath or chest pain</p>	Thromboembolism (blood clot)

Please be aware of the importance of good personal hygiene for example hand washing before and after using the toilet/changing sanitary towels to prevent infections.

If family members have sore throats, coughs, colds, flu-like symptoms strict hand washing is important to prevent the spread of infection.

If you have any of the above signs and symptoms please contact your midwife / GP urgently or attend your nearest emergency care centre as these could be potentially life threatening.

Issued by Maternity Department

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**.

Other source of information

NHS 111

NHS Choices www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence) www.nice.org.uk

Patient Advice and Liaison Service (PALS) Freephone: **0800 032 0202** Text: 01670 511098
Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust
General Enquiries **03 44 811 8111** www.northumbria.nhs.uk

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