

WHEN TO CALL YOUR MIDWIFE - POSTPARTUM

To page the midwife on call: **1-778-760-2886**

Postpartum Situations requiring a call to the midwife:

BABY

- Difficulty waking, lethargic behaviour
- Decrease in frequency of feedings, too sleepy to nurse
- Temperature more than 37.6 ° C or less than 36 ° C
- Noticeable yellow colour to skin and/or sclera (whites) of eyes

MOTHER

- Any noticeable increase in postpartum bleeding
- Fever of 38 ° C or more
- Any tender lumps, red patches or streaks on breasts
- Tenderness or pain in the pelvic area
- Extreme discomfort while nursing (after initial latch)
- Leg pain with or without inflammation
- Pain or swelling in the vulval/perianal area
- Fatigue or exhaustion, depression, feeling unable to cope

