

WHEN TO CALL YOUR MIDWIFE

POSTPARTUM

To page the midwife on call: 604-443-1982

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 degrees or less than 36.0 degrees

Noticeable yellow colour to skin and/or sclera (whites) of eyes

Decrease in bowel movements or wet diapers after the first few days

Mother:

Any noticeable increase in postpartum bleeding that continues

Fever of 38 degrees 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