

SAVE YOUR LIFE:

Get Immediate Care for These Post-Birth Warning Signs

Most women who give birth recover without problems. Knowing what could be life-threatening warning signs after the birth of your baby could save your life. Tell your partner and others you need immediate care if you experience any of the following warning signs:

Tell 911 or your healthcare provider that you've recently had a baby—this is very important.

I had a baby on (DATE) and I am having (SPECIFIC WARNING SIGNS).

Call 911 if you have:

- **Shortness of breath at rest**
- **Chest pain** (worse when you breathe or cough)
- **Thoughts or feelings of wanting to hurt yourself or your baby**
- **Seizures**

Call your healthcare provider if you have:

(If you can't reach your healthcare provider, call 911 or go to an emergency room)

- **Swelling, redness, warmth, or pain** in your leg
- **Bleeding through more than 1 pad in an hour**
- **Passing 1 or more clots** the size of an egg or bigger from your vagina
- **Severe, constant headache** (even after medication)
- **Vision changes**
- **Nausea or dizziness**
- **Pain in upper right abdominal area**
- **Fever of 100.4°F or higher**
- **Bad smelling blood or discharge** from your vagina
- **Increase in redness or pus** from episiotomy or C-section site or an open wound not healing

Loss of consciousness requires immediate emergency care—**CALL 911.**

These warning signs can become life-threatening if you don't receive medical care right away because:

- **Shortness of breath or chest pain** may mean you have a blood clot in your lung (pulmonary embolism)
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or your baby** may mean you have developed postpartum depression
- **Swelling, redness, warmth, or pain** in your leg may mean you have a clot, usually in the calf area (venous thromboembolism)
- **Heavy bleeding**, especially more than 1 pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Severe headache, vision changes, nausea, dizziness or pain in your upper right area of your belly** may mean you have high blood pressure, which is serious during pregnancy, childbirth and recovery (severe hypertension or post birth preeclampsia)
- **Fever of 100.4°F or higher** may mean you have an infection, either from bacteria or a virus
- **Bad smelling vaginal blood or discharge** may also mean you have an infection
- **Increase in redness or pus** from episiotomy or C-section site or an open wound not healing may also mean you have an infection

GET HELP

My Healthcare Provider/Clinic Name: _____ Phone Number _____

Hospital Closest To Me: _____



The warning signs listed here could be serious. ALWAYS call your healthcare provider if you are not feeling well or have questions or concerns. If you do not hear back from your healthcare provider, or your symptoms worsen, call 911 or go to the nearest emergency room. ©AWHONN 2015: All Rights Reserved.