



Postpartum Hemorrhage (Bleeding after Birth)

What happened after the birth of my baby?

It is normal to lose some blood during or after birth. There was more bleeding than normal after the birth of your baby. This is called a **post-partum hemorrhage**.

The normal blood volume for an average weight pregnant person at term is 7000 mLs. The average amount of blood loss is between 400-800 mLs. You lost _____ mLs of blood after the birth

Why did I lose so much blood?

- ☐ The uterus did not contract enough after birth.
- ☐ The placenta was stuck within your uterus so your doctor/midwife had to help the placenta to be removed.
- ☐ The placenta was in front of your cervix.
- ☐ The uterus or blood vessels were damaged during the birth.
- ☐ There was trauma (a large tear) to the perineum, vagina, or cervix.
- ☐ There was an infection in the uterus.

What did my healthcare provider do?

- ☐ Removed blood clots from the uterus.
- ☐ Rubbed or pushed on the uterus to remove the blood, and help the uterus contract
- ☐ Closed the bleeding area with stitches
- ☐ Put gauze in the vagina
- ☐ Put a balloon in the uterus, to press on the uterus from the inside and stop the bleeding
- ☐ Emptied the bladder with a tube

Medications were given to:

- ☐ Help the blood clot and stop bleeding
- ☐ Help the uterus contract and stay firm
- ☐ Fight infection

Did I go to the operating room? **Yes / No**

What happened in the operating room?

The doctor:

- ☐ removed clots, placenta/ pieces of placenta/ other tissue from the uterus
- ☐ put stitches in the uterus/ perineum/ vagina/ cervix to stop the bleeding
- ☐ put a balloon inside your uterus to stop the bleeding
- ☐ removed your uterus

Did I get a blood transfusion? Yes / No

Received _____ units of red blood cells.

Other Blood products _____

What will my recovery be like?

Your recovery may feel slow. You may need to get more rest to help rebuild your strength.

Please talk to your maternity health care provider if you:

- Continue to feel very tired,
- Feel pain that limits you from caring for yourself or your baby,
- Have difficulty with breastfeeding,
- Feel scared or have flashbacks after the bleeding from birth,
- Have trouble bonding or connecting with your baby, or
- Want to have follow up information for postpartum resources.

Will I be able to get pregnant again?

In most cases, the bleeding and treatment you received will not affect future pregnancies.

Tell your primary healthcare provider if:

- There is ongoing pain, or if you feel unwell, for 3 months after the birth; or
- Your period does not start within 3 months after you stop breastfeeding.

Will this happen again during my next birth?

It is important to tell your healthcare team about the blood loss that happened after the birth of your baby. The healthcare team will watch you closely during your next pregnancy and birth. In most cases, the heavy bleeding will not happen again.

For more information, see [Caring for Yourself After Birth](#)



Pregnancy Hub [Pregnancy Hub](#)



FREE to all pregnant, postpartum and newly parenting people with infants up to 12 months old who are residents of British Columbia