

# WHO AND WHEN TO CALL FOR HELP ONCE YOU ARE HOME



## *Taking Care of Yourself*

Once you are at home, call your doctor or midwife if:

- ▶ your bleeding soaks more than one **maxi** pad an hour for more than two hours.
- ▶ your vaginal flow smells bad.
- ▶ you have a fever greater than 38 degrees celcius or 100.4 degrees farenheit.
- ▶ you feel dizzy or faint and resting does not help.
- ▶ you have tummy pain other than normal afterpains.
- ▶ the area between your vagina and anus becomes more swollen, sore or your stitches open up.
- ▶ you have problems when you “pee” such as:
  - feeling pain or pressure
  - a burning feeling
  - you are not able to “pee”
  - you feel a strong need to pee”, but very little comes out
  - you need to “pee” more than once an hour
- ▶ your breasts become reddened and more painful.

**After a cesarean birth, also call your doctor or midwife if your incision:**

- ▶ becomes red, swollen or more painful.
- ▶ begins to have liquid coming out of it.
- ▶ starts to open up.

**Once you are home, call your doctor, midwife, your community health nurse or any of the Community Services listed in the handout "Taking Care of Yourself With a New Baby" (found in the Family Information Packet at your bedside), if you are:**

- ▶ feeling you can not manage.
- ▶ crying all the time.
- ▶ feeling you may harm yourself, your baby, or others.

Please turn over for information about your baby

## *Taking Care of Your Baby*

Once you are at home, call your doctor or midwife if your baby:

- ▶ Has trouble breathing at rest or during feeding, for example:
  - fast breathing such as more than 60 breaths in a minute.
  - moaning or making wheezy sounds.
- ▶ Has a fever with an under arm temperature of 37.8 degrees celcius or 100.4 degrees farenheit or more. If you are using a mercury thermometer hold it under your baby's arm for at least 3 to 4 minutes. If you are using a digital thermometer hold it under your baby's arm for 4 minutes, ignore the beeps.
- ▶ Has a temperature below 36 degrees celcius (97 degrees farenheit) after warming **for at least one hour** with, skin-to-skin cuddling, warm blankets or extra clothing.
- ▶ Has forcefully thrown up several times. This does not include small amounts of spitting up following a feeding.
- ▶ Spits up green mucous or fluid.
- ▶ Is feeding less than 8 times in 24 hours or has difficulty sucking at the breasts. See "Signs Your Baby is Breastfeeding Well" for more information

**If for some reason you can not speak to your doctor, midwife or your community health nurse please call the Healthlink BC at 811.**

**Translation services are available in over 130 languages. Please wait for the recorded message for a nurse to answer your call – ask for translation services in the language that you prefer or speak.**