



When to Contact the Hospital after Postnatal Discharge

F FERNANDEZ
HOSPITAL

A unit of FERNANDEZ FOUNDATION



stork home

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POTENTIALLY SERIOUS HEALTH CONDITIONS IN WOMEN

Symptoms to watch out for	What this could mean	What you should do
Sudden or very heavy blood loss and signs of shock, including faintness, dizziness, palpitations or tachycardia (when you become aware of your heart beating very fast)	Haemorrhage	Contact emergency services
If there are no signs of heavy bleeding but your stomach feels sore and tender, you should be checked for other possible causes	Haemorrhage or infection	Contact emergency services
Fever (high temperature), shivering, abdominal pain or unpleasant vaginal discharge. Your temperature should be taken and if above 38° C, check again in 4-6 hours. If still high, or there are other signs of infection, you should be checked further	Infection	Contact emergency services
Difficulty breathing, feeling short of breath or having chest pains	Blood clot (pulmonary embolism), Anaemia	Contact emergency services

POTENTIALLY SERIOUS HEALTH CONDITIONS IN WOMEN

Symptoms to watch out for	What this could mean	What you should do
Pain, swelling or redness in the calf muscle of one of your legs	Blood clot (deep vein thrombosis)	Contact emergency services
Severe headache and one or more of the following symptoms: <ul style="list-style-type: none">• Changes in your vision• Nausea or vomiting• Sudden swelling of face, hands or feet	Very high blood pressure (Pre-eclampsia)	Contact emergency services for advice. If more than one additional symptom do not delay.

POTENTIALLY SERIOUS HEALTH CONDITIONS IN WOMEN

Symptoms to watch out for	What this could mean	What you should do
Not being able to pass urine normally	<ul style="list-style-type: none">• Urine retention• Urine infection	Contact your healthcare team
Painful, stinging, unpleasant smelling, uncomfortable vagina and/or surrounding area (perineum)	Infection	Contact emergency for advice
Difficulty or inability to have bowels open	Constipation	Contact your healthcare team

Leaking urine when you don't mean to	Urinary incontinence	Contact your healthcare team
Low mood, anxiety, restlessness, tearfulness, fatigue	Baby Blues Postnatal depression	Contact your consultant or midwife
Pain in your bottom or bleeding	Haemorrhoids	Contact emergency services
Having bowels open when you don't mean to	Faecal incontinence	Contact emergency services
Persistent tiredness	Anaemia (not enough iron in your blood), Depression	Contact your consultant or midwife
Backache	Musculoskeletal problem	Contact your consultant/midwife or physio team

Emergency Numbers

Bogulkunta: 040-40222442 / Mobile : 8790165436

Hyderguda: 040-40632444 / Mobile : 8008403149

Stork Home: 040-47807442 / Mobile : 7337320890