

Postnatal Discharge



fernandez

Built for Birthing



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, 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 in breathing, feeling short of breath or having chest pains	Blood clot (pulmonary embolism), Anaemia	Contact emergency services
Pain, swelling or redness in the calf muscle of one of your legs	Blood clot (deep vein thrombosis)	Contact emergency services



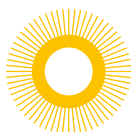
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Severe headache and one or more of the following symptoms: <ul style="list-style-type: none">• Changes in your vision• Nausea or vomiting• Sudden swelling of face, hands or feet	Very high blood pressure (Pre-eclampsia)	Contact emergency services for advice. If more than one additional symptom do not delay.
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



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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: 040-4022 2442 / Mobile : 87901 65436

Hyderguda: 040-4063 2444 / Mobile : 80084 03149

Stork Home: 040-4780 7442 / Mobile : 73373 20890