

- **Pain**

If you are experiencing discomfort Paracetamol (Panadol) is safe to take while breastfeeding - 1g (2 tablets) 4-6hrly (no more than 8 tablets in 24 hours).

If you are in severe pain please speak to your LMC, community midwife, or call Birthing and Assessment at Middlemore hospital, or one of the Birthing Units – Botany, Papakura or Pukekohe.


**Concerns for Baby:**

- There is a list of **danger signs** on the back of your Well Child My Health book. Please read these and contact help if baby is displaying any of these
- **What to do in an emergency** is discussed on page 215 to 228 (the red section) of the Well Child book
- There is also “Good to Know” information about what to expect in the first 6 weeks pages 113 to 138 in your Well Child book
- You can also call your GP or the Plunket Helpline 0800 933 922 if you are worried



# Early Postnatal Discharge Information

Information for Pregnant Women and Whanau

 COUNTIES MANUKAU HEALTH	<b>Department:</b> Women's Health	<b>Updated:</b> Oct. 2016
	<b>Approved by:</b> Director of Midwifery	<b>Review:</b> Oct. 2019
	<b>Owner:</b> J. Schroder, ACCM	



This is some important information for you if you have chosen to go straight home after the birth of your baby rather than stay in hospital or a birthing unit.

- If you have a self-employed midwife (LMC) they will come and see you within 24 hours of you leaving hospital. Depending on the time of day you were discharged this may be later the same day or the next.
- In all other cases one of the CMH Community Midwives will come and visit you and baby at home within 24 hours. In the unlikely event that a Community Midwife has not come to visit by 1pm the next day please call the Community Midwife Team during office hours (8am to 4pm) on **(09) 276 0049**.

It is important that we have the **correct address** for you. Please let the midwife know before you leave the hospital if you plan to stay elsewhere.

Please also let the midwife know if there are going to be dogs on the property.

### Contacting Help:

- Contact your Self Employed LMC or Community Midwife first if you have any concerns.
- If you don't have a self-employed LMC you can speak to a midwife 24/7 by calling:
- **Birthing and Assessment at Middlemore hospital 09 276 0262**

Or one of the Primary Birthing Units:

- **Botany Downs 09 534 6063**
- **Papakura 09 299 9102**
- **Pukekohe 09 237 0640**

## In an emergency or if you are seriously concerned for you or baby dial 111 for assistance.

There are also some helpful contact numbers on the back inside cover of your Well Child book.

### Concern for Mum:

- **Bleeding**

If you need **to change your pad more than hourly** because it is fully soaked, or are experiencing **heavy bleeding** (freely running down your legs) seek help immediately – **calling an ambulance (111)** is the best time saver.

Feel for the top of your womb (called the fundus) which should be at about the level of your belly button, massage this (or get someone else to) firmly to make it contract (go hard).

You can ask for a demonstration of this before you leave.

- **Breastfeeding**

Offer baby a breastfeed when baby is showing feeding cues eg moving fingers to mouth, opening eyes, and searching with his mouth.

If you are having problems feeding or your breasts/nipples are sore let your midwife know.

Your PN Successful Breastfeeding leaflet is a good source of information. You should receive a copy of this before discharge.

A list of local Breastfeeding support services is included in your postnatal information pack.