NHS
Calderdale and Huddersfield
NHS Foundation Trust

Mothers Discharge Home Information

Important Emergency Advice - Please Read

You must contact your midwife on

01422 224419 Maternity Assessment Centre

01422 224417 Calderdale Birth Centre

01484342608 Huddersfield Birth Centre

Or

Ring 999

If you experience any of the following symptoms:

- Severe or greatly increase blood loss which may be accompanied by signs of shock, for example dizziness, feeling faint, aware of heart beating fast.
- Adbominal pain accompanied by high temperature, fever, shivering and/or unpleasant smelling vaginal loss.
- Persistent headache accompanied by one or more of the following symptoms with thefirst 72 hours after birth: visual disturbances (flashing lights, spots in front of eyes, blurred or double vision), nausea, vomiting. This is especially important if your blood pressure was high in pregnancy.
- Shortness of breath or chest pain.
- Pain, redness or swelling in the calf area of your lower leg.

compassionate care

Contact details

Named Midwife:

Team Base Tel:

Calderdale Birth Centre: 01422 224417(24 hrs)

LDRP (24 hrs): 01422 222129

Ward 4 (24 hrs): 01422 224249/222147

Huddersfield Birth Centre (24 hrs): 01484 342608

Maternity Assessment Centre (24 hrs): 01422 224419

GP:

Health Visitor:

Local Children's Centre

NHS England: NHS 111

Breastfeeding support Calderdale:
07920466660
peersupporters@calderdale.gov.uk

Huddersfield Breastfeeding Support:
03003045555
or www.locala.org.uk/yourhealthcare

Healthy weight service:
Calderdale: 01422 281529 or 01422 284418
Kirklees: 01924 512409

Useful websites:
www.nhs.uk/change4life
www.healthystart.nhs.uk
www.nhs.uk/livewell.calderdale.gov.uk/ sport

Stop Smoking Service: 0800 1699 169
Calderdale: 01422 281505
Huddersfield: 01484 344285
Dewsbury/Batley/Spenarea: 01924 351498

Kirklees: Pennine Domestic Violence Group:
Local number: 01484 308300

Calderdale Staying Safe: 01422 386506

Women's Aid: National free domestic abuse helpline 0808 20000247 (the number will not show up on a phone bill)

Mental health support:
Association for postnatal illness
020 73860868 or www.apni.org

Local contact numbers:
SPA (Single Point Access)
01924 316830 (same number for both Calderdale and Kirklees)

Talk to your midwife or health visitor about local support.

Information about what to expect after the birth of your baby

A postnatal examination is the name of the assessment carried out by your midwife to identify health problems or symptoms which may affect you after the birth. **Please discuss any worries or questions that you have with your midwife.** A maternity support worker may also provide postnatal care/ support and will discuss any concerns you may have with a midwife as needed.

Temperature, respirations and pulse (infection). The midwife will check your temperature and pulse as required, depending on the type of birth you have had. A high temperature and rapid pulse may be a sign of infection. This is more likely if you are experiencing other symptoms such as pain on passing urine, a painful perineum or abdominal wound, and/or abdominal tenderness. Breast tenderness accompanied by flu-like symptoms may be a sign of milk engorgement rather than an infection (see below).

Blood pressure (hypertension). Pregnancy induced hypertension or pre-eclampsia may occur up to 3 days after the birth of your baby. High blood pressure may cause severe headaches or flashing lights. This is very rare, but if any of these symptoms occur **you need to inform your midwife or doctor immediately**. Your blood pressure (BP) will be checked after the birth and subsequently as required.

Breasts (engorgement). Women will produce milk in their breasts whether breast or bottle feeding. After two to three days the breasts may become very full and tender, accompanied by flu-like symptoms and a red, mottling appearance of the skin; this is called breast engorgement. If you are breast feeding, baby led feeding and expressing some milk by hand can help. Engorgement will resolve spontaneously, and your midwife will advise you on how to relieve the discomfort.

Uterus (womb). Your uterus can take more than 10 days to reach its non-pregnant size. Your midwife may want to feel your abdomen to assess this recovery process. It may take longer, which in most cases is normal, but occasionally may be a sign of retained blood or fragments of the placenta or membranes. Often this problem resolves spontaneously, however if any heavy bleeding, abdominal pain or a high temperature occurs then referral to your doctor for antibiotics or further treatment may be required.

Perineal tears / episiotomy and stitches. You may have torn or needed an episiotomy (cut) when your baby was born. If you have had stitches, these may be painful for the first few days. Regular analgesia such as paracetamol and lavender baths can help to reduce your discomfort. The stitches are dissolvable. Your midwife will want to check your perineum for signs of infection and how well it is healing. It is important to take regular baths to keep the area clean. Certain types of tears may need referral to a specialist which usually occurs 6 weeks after the birth. This is to check that everything is going back to normal and that you are not having any difficulties with urination or your bowel function.

Blood loss (lochia). Some bleeding straight after your birth is very normal. Your midwife will measure this and record it as estimated blood loss (EBL) in your notes. Vaginal discharge after childbirth is called lochia – a mix of blood and other products from inside the uterus. At first it is bright red, and then becomes a pinkish brown, turning to cream. It can be quite heavy at first, requiring several changes of maternity sanitary pads a day. After the first week it slows down, but you may find it lasts three or four weeks before finally disappearing. If you start to lose fresh red blood or clots, have abdominal pain or notice an offensive smell, inform your midwife or doctor. However, some fresh red blood loss is normal after a breastfeed.

Legs (thrombosis). All pregnant women are at a slightly increased risk of developing blood clots (thrombosis) during pregnancy and in the first weeks after the birth. This risk increases if you are over 35, overweight, a smoker or have a family history of thrombosis. You are advised to see your midwife or doctor if you have any pain, redness or swelling in your legs, which may be a sign of DVT (deep vein thrombosis). If you develop pain in your chest, which is accompanied by shortness of breath or coughing up blood, this may be a sign of pulmonary embolism (blood clot in the lung) and you should inform your doctor or midwife immediately.

Bladder (passing urine). Soreness after the birth can make passing urine painful initially, but it should resolve quickly. Drinking plenty of fluids to keep the urine diluted helps. If you have problems passing urine after the birth then a warm bath or shower might also help, but if it persists your midwife will refer you for medical advice. Sometimes leakage of urine may occur on coughing or sneezing, this is known as stress incontinence. Some women may need to wear protective pads. If so, let your midwife, health visitor or GP know. They can refer you to a continence advisor, once other underlying causes such as infection have been excluded.

Bowels (passing motions/faeces). Constipation is very common after childbirth. This can be made worse by piles (haemorrhoids), which can be treated using good hygiene, anusol cream, lactulose and effective analgesia. A high fibre diet including fresh fruit and vegetables and adequate fluid intake can help to resolve these problems. It may feel more comfortable if a clean maternity pad is held against the perineum when passing a motion. Occasionally women may experience urgency, both of wind and motions or incontinence. Your midwife, health visitor or GP can refer you to the appropriate specialists if any of these problems occur.

Caesarean section wounds. You may have dissolvable stitches or sutures/clips that need removing. Your midwife will advise which ones you have. Your wound needs to be kept clean and dry and the midwife will check it regularly for signs of infection. It is quite normal to feel a little numb round the scar line and feeling will eventually return. If you notice any redness or oozing from the wound, you must inform your midwife.

Pain. Pain in the postnatal period can take various forms, from minor discomfort, relieved by bathing and paracetamol, to post-operative pain requiring prescribed pain relief by your doctor. If you develop any type of pain after the birth, always tell your midwife and she will advise you on the most appropriate action to take.

Sleep. Finding time to catch up on your rest at this exhausting time is essential. Not only will your nights be disturbed but your body is recovering from childbirth. Try to have a sleep or proper rest at least once a day when your baby is sleeping. Resist the temptation to catch up with chores.

Mental health after your birth. You may have received verbal or written information about emotional wellbeing/mental health during when you were pregnant. It is normal to have some mixed emotions after the birth of your baby. Baby blues are common and occur around the 3rd, 4th, 5th day and should quickly resolve. Some women go on to develop problems with their mental wellbeing, particularly if they have suffered in the past (i.e. depression, anxiety disorders etc.). A small percent of women do have a psychiatric illness which needs to be monitored very closely.

Your midwife or health visitor may ask you the following questions:

- During the past month, have you often been bothered by feeling down, depressed or hopeless?
- During the past month, have you often been bothered by having little interest or pleasure in doing things?
- Is this something you feel you need or want help with?

If your answer is yes to any of these questions they will discuss with you and if needed, refer you to people who can help.

Domestic Abuse. One in four women experience domestic abuse at some point in their lives. Many cases start during pregnancy. It can take many forms including sexual, physical, mental and emotional abuse. Where abuse already exists, it has been shown that it may worsen during pregnancy and after the birth. **If you feel afraid or feel your life is in danger, please phone 999.**
Domestic abuse can lead to serious health complications, which can affect you and your baby. You can speak in confidence to your midwife or you may prefer to contact a support agency. Please look at the contact numbers at the front of this leaflet.

Healthy Start – are you entitled?

You may be able to get Healthy Start vouchers, which you can use to buy milk and plain fresh and frozen fruit and vegetables at local shops. You can't use vouchers to buy fresh or frozen fruit and vegetable with added fat, sugar, salt and flavourings such as oven chips and seasoned stir fries. You'll also get coupons that can be exchanged for free vitamins locally.

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old, have a family income of less than £16,190 a year (for the year 2011/12), and you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only, which is the Working Tax Credit you get in the four weeks immediately after you have stopped working for 16 hours or more per week)

If you are pregnant and under 18 years old, you qualify for Healthy Start vouchers regardless of your income.

You can download a Healthy Start application form at the Healthy Start website, or call the Healthy Start helpline on 0845 607 6823 and order a copy.

Getting back to a healthy weight after pregnancy. It is important to eat a healthy diet after your baby is born to nourish your body and stay healthy. If you are breastfeeding, make sure you eat nutritious food regularly and drink lots of water to provide a healthy milk supply for your baby. Partners can be a big help with this. Don't worry about weight loss for the first few weeks whilst you get used to your new baby. However you should plan to lose any excess weight gained during pregnancy and aim to have your BMI within the healthy range of 18 to 25. Your GP or health visitor can help you with this.

If your BMI is 30 or more after childbirth. You could attend a structured weight-loss programme or, if more appropriate, be referred to a dietitian or an appropriately trained health professional. They will provide a personalized assessment, advice about diet and physical activity and advice on behaviour change strategies such as goal setting. Your GP Practice will be able to refer you.

In Calderdale – The Better Living Team provides structured programmes to help you lose weight and get back into shape. If you would like to join ask your Midwife or Health Visitor to refer you or contact 01422 230230 or email **blt@calderdale.gov.uk**

In Kirklees – Healthy Weight 4 Kirklees is available to adults aged 16+ living in Kirklees. Once your baby is 6 weeks old you can attend a weight management group such as Weight Watchers for 12 weeks free of charge. Ask your GP to refer you.

Pre-conception planning. If you are planning a future pregnancy and your BMI is still over 30, please see your GP for pre-conception advice as you will need a higher dose of Folic Acid to be prescribed before you conceive.

Supporting you to stop smoking. Stopping smoking at any time during your pregnancy or after the birth of your baby will benefit you, your baby and other people living with you at home. Research shows that children from a smoke free home are less likely to have persistent coughs, middle ear infections and be admitted to hospital with exacerbations of asthma and chest infections. Please do not allow anyone to smoke in your home. Help to stop smoking is available from your GP or Yorkshire Smokefree.

Supporting you to drink sensibly and stop drug use. These are the recommended guidelines for lower-risk drinking (lower = because drinking alcohol is never without risk): **Men/Women – no more than 14 units per week spread across the week.**

Alcohol can play a role in more than **60 different medical conditions**. By drinking above the recommended limits, you may have trouble sleeping, gain weight and suffer from tiredness or depression, memory loss or sexual problems. You are also at increasing risk of developing: high blood pressure; stroke; cancer of the mouth and throat; breast cancer; liver cirrhosis.

If you think your drinking might be out of control and are relying on alcohol to get through each day, you can contact **CHART** – the alcohol service in Kirklees. They provide confidential, non-judgmental support and will be happy to advise you. **Tel: 01484 353333** (Huddersfield) or **Tel: 01924 438383** (Dewsbury) or Calderdale Recovery Steps (Drugs and Alcohol) **Tel: 01422 415550**.

Taking drugs that are not prescribed can have major consequences. For further advice, you can contact Calderdale Substance Misuse Service on the above number or CHART if you live in Kirklees

Supporting you to breastfeed

This hospital believes that breastfeeding is the healthiest way you can feed your baby. We recognise the many important health benefits known to exist for you and your newborn.

Ways in which we can help you:

1. All midwifery staff who have contact with you have had training in breastfeeding support. Please turn to them with your queries about breastfeeding.
2. We encourage all mothers to hold their babies in skin to skin contact immediately after birth for at least 60 minutes, until your baby has fed or for as long as you decide. This is your first opportunity to see your new baby and staff will try not to interfere or hurry you.
3. All mothers are encouraged to offer the first breastfeed soon after birth so your baby can benefit from the important antibodies contained in your colostrum, (first breast milk).
4. A member of the midwifery staff will always be available to help with feeds while you are in hospital and explain how to latch your baby onto the breast and feed correctly. Please do not hesitate to ask a member of staff for help.
5. Normally, healthy babies do not need to receive anything other than breast milk. If there is a medical reason why your baby has to receive some other form of milk, this will be explained to you by the staff before you are asked for your permission.
6. While in hospital, it is important for your baby to be with you all the time and your baby will want this too. We do not take babies away from their mothers except for short periods to carry out necessary medical procedures. It will usually be possible for you to accompany your baby at these times.
7. We support the principle of “responsive feeding” where babies are allowed to choose when and for how long they feed. This way you can be sure your baby is getting enough milk. In the early days you may be surprised how frequently your baby does breast feed. This is quite normal and will stimulate your milk supply.
8. In the initial stages of breastfeeding we recommend that no bottles are given to breastfed babies as this may stop you producing enough milk to feed your baby. Similarly we do not recommend you use dummies or nipple shields as they can change the way your baby sucks and make it difficult for your baby to breastfeed.
9. You will be given the opportunity for a member of staff to explain how to hand express your milk. This may be useful to you if you want to leave your baby in someone else’s care while you go out and / or if you are planning to return to work. You will be given written information on this to which you can refer once you are home.
10. Details about where to contact local breastfeeding support groups and your midwife are included in the local contact details page.

Breastfeeding is best for your baby’s health and your own health. The longer you breastfeed the greater the health benefits for you both.

Sharing a bed with your baby

Caring for your baby at night: **www.unicef.org.uk/babyfriendly/** or **www.lullabytrust.org.uk**

It is recommended that your baby shares a room with you for at least the first 6 months, as this helps protect babies against cot death.

Reduce the risk of accidents and overheating

Sofas are very dangerous for babies as they can become trapped down the sides or in the cushions. **Never lie down or fall asleep with your baby on a sofa or armchair.**

Adult beds are not designed for babies.

To prevent your baby overheating, suffocating or becoming trapped:

- The mattress must be firm and flat – Waterbeds, bean bags and sagging mattresses are not suitable.
- Make sure that your baby cannot fall out of bed or get stuck between the mattress and wall.
- The room must not be too hot (16° – 18°C is ideal).
- Your baby should not be overdressed – he should not wear any more clothes that you would wear in bed yourself.
- The covers must not overheat the baby or cover the baby's head.
- **Return your baby to their cot once feeding has finished.**

Mothers Information

This section is for you to write in any questions or concerns that you wish to discuss with your midwife during the postnatal periond.

If you have any comments about this leaflet or the service you have received you can contact :

Senior Clinical Midwifery Manager

Calderdale Royal Hospital
Telephone No: 01422 223523
Huddersfield Royal Infirmary
Telephone No: 01484 342100
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ی معلومات کسی اور فارمیٹ کسی اور زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

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