

POSTPARTUM WARNING SIGNS – GET CARE IF YOU HAVE THESE SYMPTOMS



Call 911 or go to the nearest emergency room right away for:
Chest pain; Difficulty breathing; Seizures; Thoughts of hurting yourself or your baby



High Blood Pressure: Preeclampsia/Eclampsia

- High blood pressure can develop or worsen postpartum
- **Symptoms:** *headache, vision changes, upper abdominal or right upper quadrant pain*
- Risks: seizures, stroke, death
- You should return to the hospital for evaluation if you have symptoms



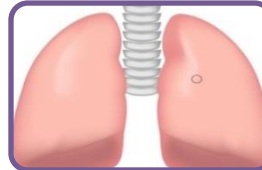
Heavy Bleeding

- Some bleeding is normal, however, heavy bleeding can occur and needs evaluation
- **Symptoms:** *bleeding through one pad an hour for two hours, or passing clots larger than an egg*
- Risks: loss of consciousness, death
- You should return to the hospital if you have heavy bleeding



Infection

- Infections can develop postpartum and can come from a variety of sources
- **Symptoms:** *fever more than 100.4 °F, chills, body aches, or an incision that is not healing*
- Risks: severe infection, sepsis, death
- You should return to the hospital for evaluation if you have a fever



Blood Clots: Deep Vein Thrombosis/ Pulmonary Embolism

- Blood clots can develop in the leg or lung postpartum
- **Symptoms:** *shortness of breath at rest, chest pain, loss of consciousness, leg swelling that is painful or warm to touch*
- Risks include: low oxygen to vital organs, death
- You should return to the hospital for evaluation if you have symptoms

GET HELP! Always get care if you are not feeling well or have questions

Tell your healthcare provider: “I had a baby on _____ and I am having _____”
(Date) (Specific warning signs)