

After having your baby (postnatal)

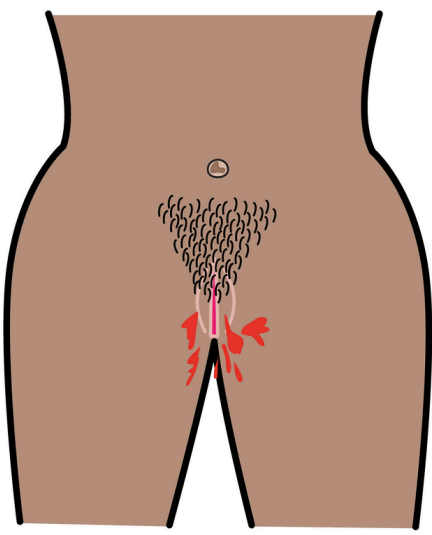
Information for patients

**Easy
Read**



Hygiene

bleeding



You will bleed from your vagina after having your baby.

This can last for a few days or weeks.

It will become lighter over time.

midwife



Your midwife will ask you about this when they visit you.

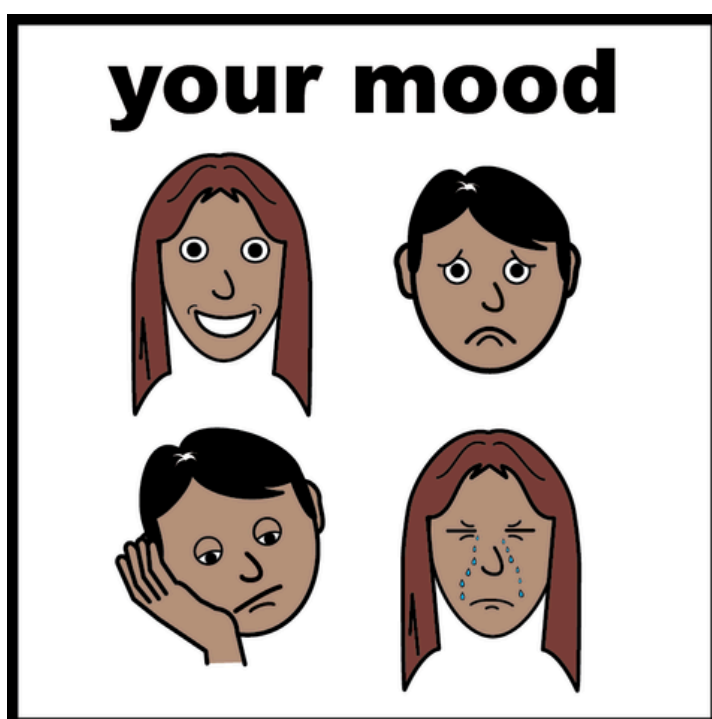
wash hands



Always wash your hands before and after changing your sanitary pad.

Change your sanitary pad every few hours or sooner, if you need to.

Hormones and mood



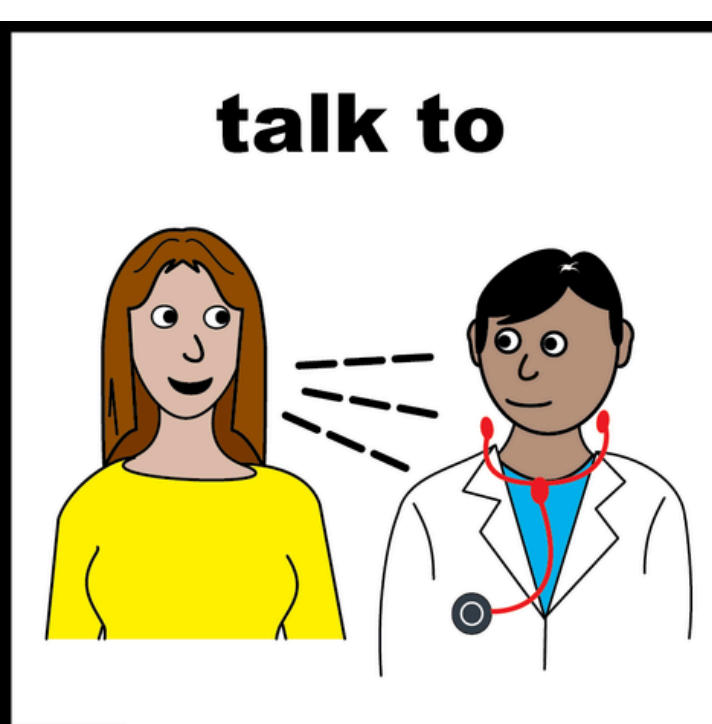
Your hormones can effect how you feel after having your baby.

Hormones can affect your body and mood.



You may feel sad and teary after having your baby.

This can happen from 3 days after you give birth.

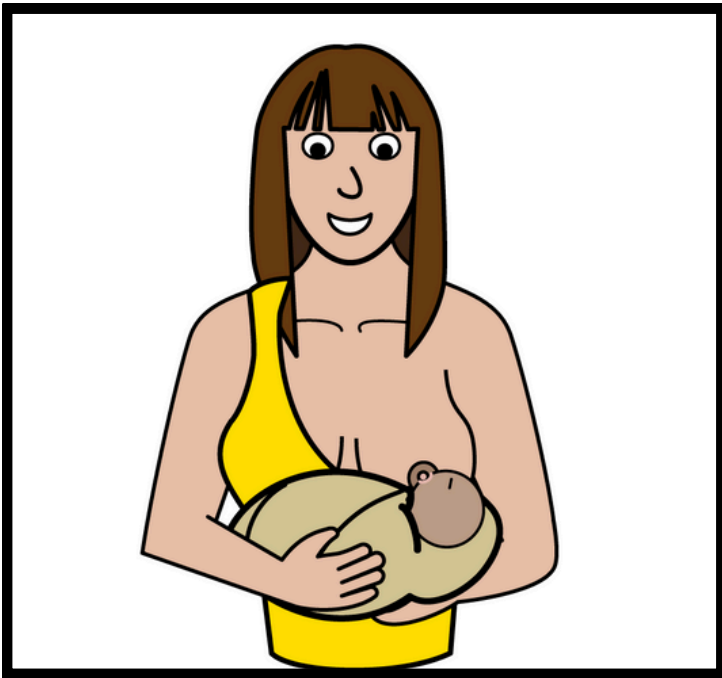


Tell your midwife, GP or someone you trust if you are worried.



Go to your GP if you feel like this for more than 6 weeks.

Feeding your baby



The midwives and healthcare assistants will support you to feed your baby

They will support how you choose to do this.



Your breasts have enough milk to feed your baby.

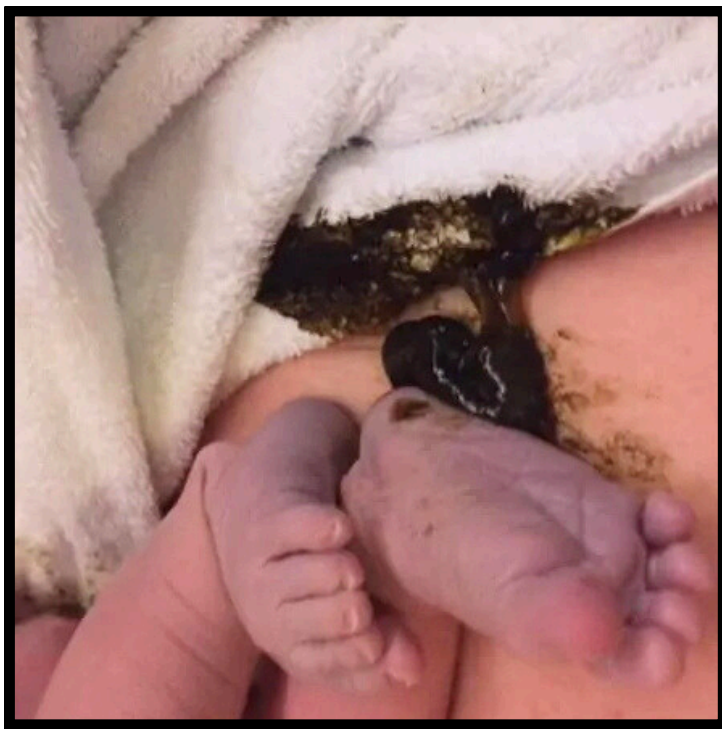
Your baby has a very small tummy. It is about the size of a marble.



We have breast pumps on the ward if you want to use them.

Baby poo

Day 1



Your baby's first poo will be dark and sticky. This is called "meconium".

This will change over the days and weeks. This is normal.

Day 3



Your baby's poo changes to a greenish brown colour after day 3.

Day 5



Your baby's poo changes to a lighter brown or yellow colour after day 5.

You might see what looks like seeds in the poo. This is normal.

Taking care of yourself



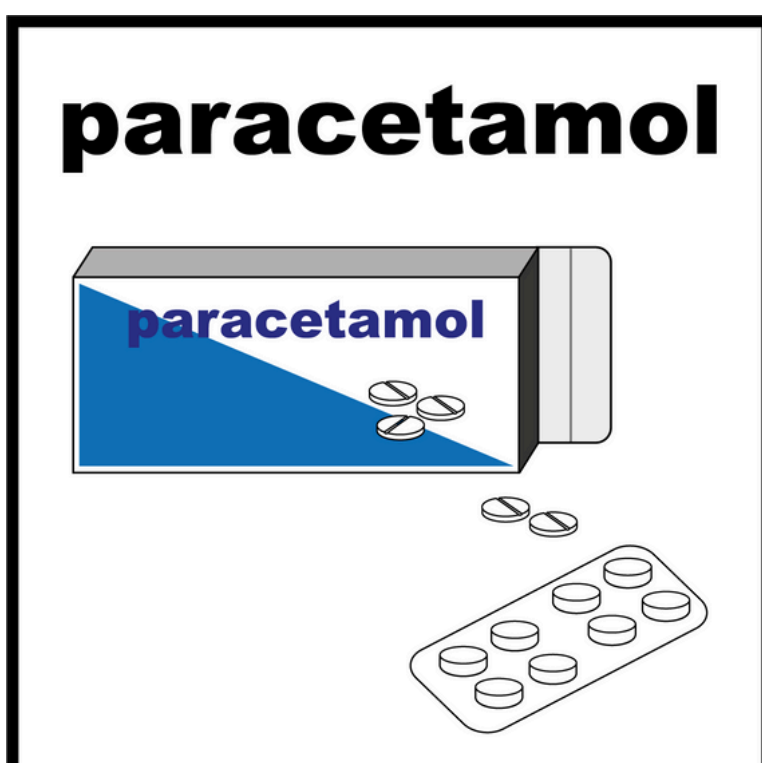
Eat a healthy balanced diet.



Drink water when your thirsty.

This helps you to to keep hydrated.

This helps stop you from getting constipated.



Ask the midwife if you want pain relief when you're in hospital.

You can take paracetamol at home.

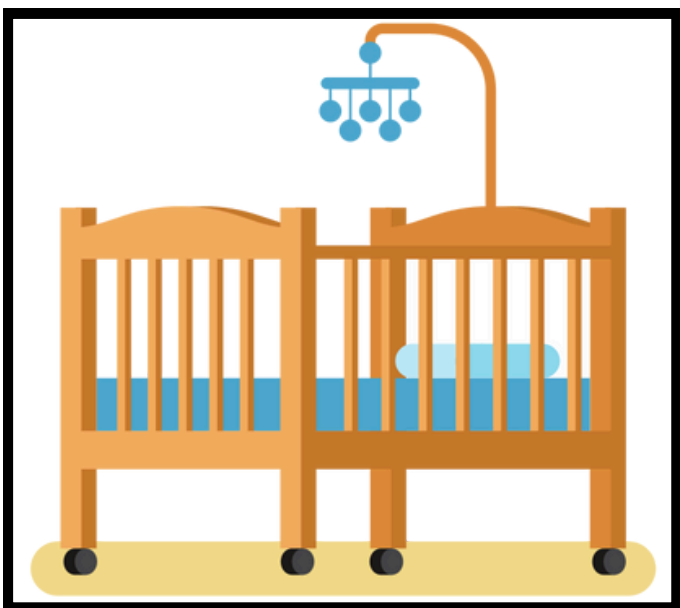
But follow the advice on the packaging.

Going home



Your baby needs to be in a car seat to travel home. This is the law.

Your baby also needs to be in a car seat if you take a taxi home.



Place your baby in their cot or Moses basket when they need to sleep.

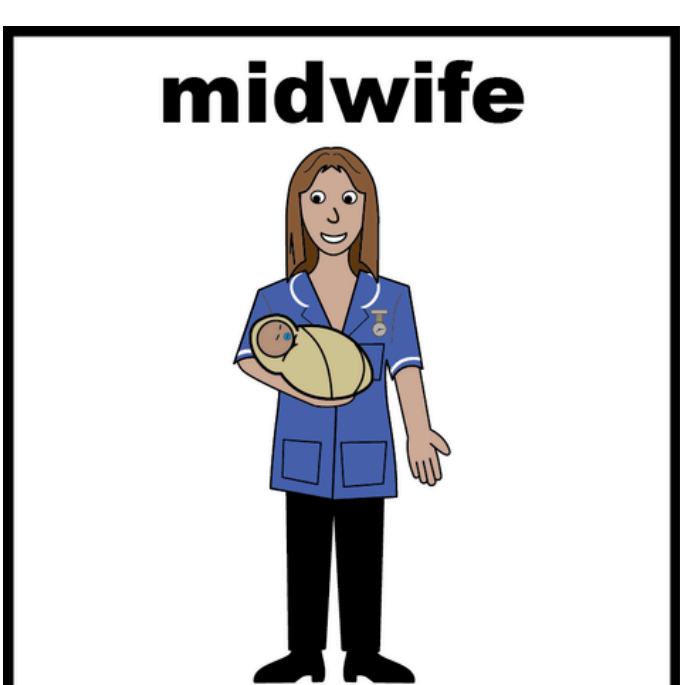
Do not use bumpers or thick blankets. Put your baby's feet at the bottom of the cot.

Never sleep on the sofa with your baby.



Never let anyone smoke near your baby.

We can help you to quit if you smoke. Ask your midwife.

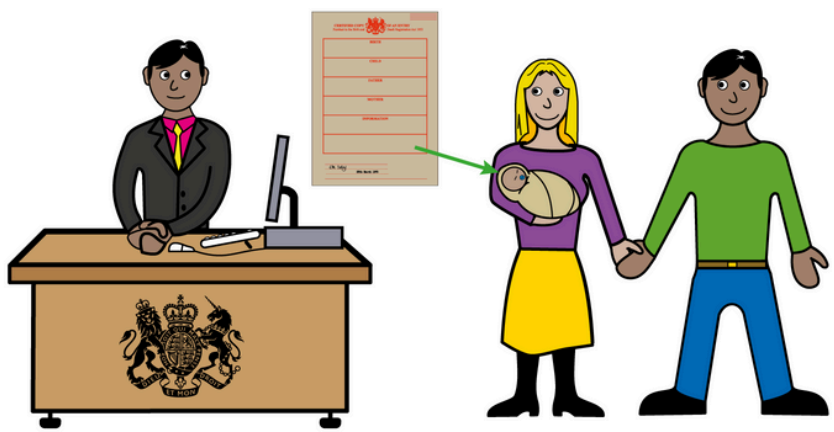


The midwife will visit you at home.

The midwife will visit you the day after you go home.

Registering the birth

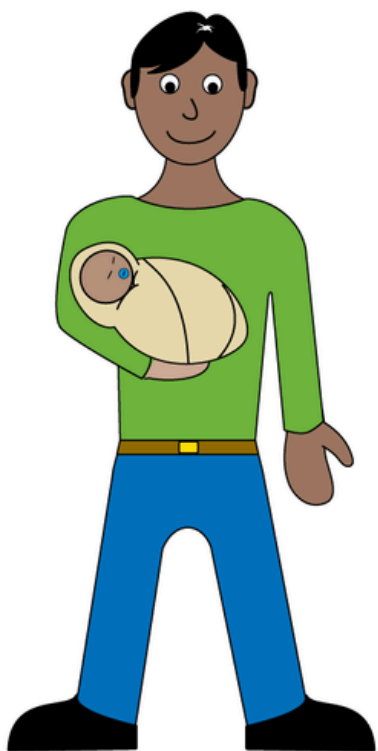
register the birth



You have 6 weeks to register your baby's birth.

This is how you get a birth certificate.

father



The father can be on the birth certificate if you are not married.

But they must go with you to the register office.

phone



You need to arrange this by calling the register office.

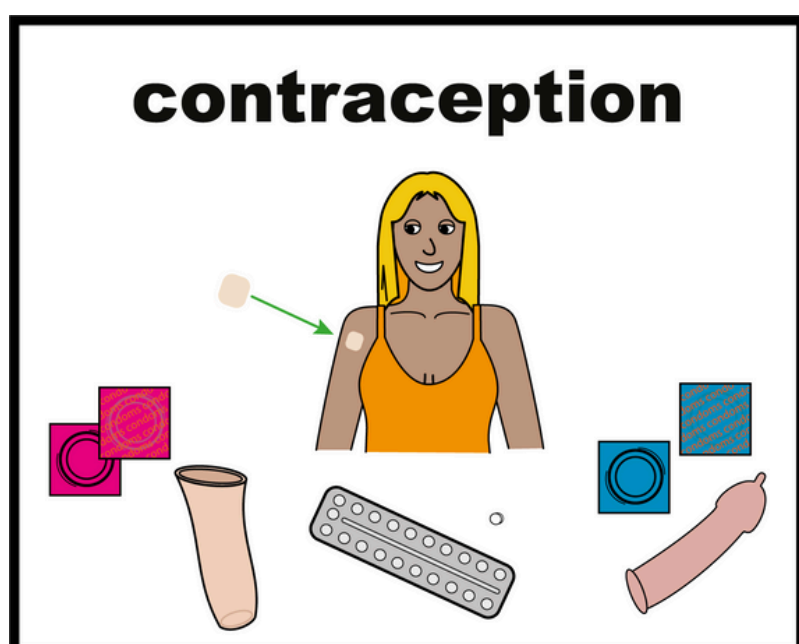
Ask your midwife for the phone number for your area.

Sex and contraception



It is your choice when to have sex again.

Make sure you feel comfortable.



You can get pregnant straight away.

You need to use contraceptives if you do not want to get pregnant.

Ask your midwife or GP what is best to use.

Phone numbers



Call this number if you have not had a midwife visit that you were expecting.

Ward 25

Phone: 024 7696 7315



Call this number if you do not feel well, have a fever, or are worried.

Labour Ward Triage

Phone: 024 7696 7333



Call this number if you would like to tell us how we can improve our care.

Patient Experience Midwife

Phone: 024 7696 6580

Cover image and breast pump image (p.3) from UHCW Trust
Photographs on p.4 by permission of LLLGB (laleche.org.uk)
All graphics apart from Car Seat and Cot (p.6) are copyright of
© LYFT easyonthei
Car Seat and Cot images (p.6) are taken from Vectorportal.com,
CC BY 4.0