

## Post-Partum Hemorrhage (PPH)

After having a baby, it is normal to have some bleeding. But some women will have too much bleeding. This is called a post-partum hemorrhage (PPH). A PPH often happens right after your baby is born, but it can happen up to 12 weeks after. The two most common causes are your uterus not squeezing like it should, and cuts or tears from birth.

If you are soaking your pad every hour or you see clumps of blood larger than an egg, you need to let your nurse know. Some things you can expect after a PPH are:

- Often stay in the hospital for at least 24 hours
- Checking your blood pressure, pulse, temperature, and breathing
- Blood testing
- Asking about how you are feeling
- You may need a catheter (tube in your bladder) to help you pee
- Checking your belly and your pads
- You may need to see a lactation consultant (your nurse will decide)
- You may need an IV in your arm if you do not already have one.

### Questions from Moms:

**Q:** If I have a post-partum hemorrhage, how would you treat it?

**A:** We may need to rub your belly or put a catheter in your bladder. We may also need to give you medicine in your IV, by mouth, or as a shot. Sometimes we will give you fluid through your IV.

**Q:** What happens if I do not feel well or have low blood levels?

**A:** Sometimes we will give you iron medicine to take by mouth or through your IV. If you feel very unwell or your blood levels are very low, you may need a blood transfusion.

**Q:** What happens when I go home?

**A:** Try to rest as much as you can. Drink lots of water. Eat healthy foods to increase your iron. You may be told to take iron medicine. It can take a few months for your iron levels to go back to normal.