

Help and advice for you and your new baby

An information guide



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Congratulations on the birth of your baby.

Your community midwife will visit you at home the day following your discharge from hospital and will stay in contact for the first month following birth.

Your midwife will also leave you contact numbers should a problem arise. During these early days, you and your family are encouraged to ask for help whenever you need it.

Happily, most mothers and babies will be healthy after the birth.

However should you or your baby develop a problem you need to know how to get appropriate, timely help and advice. This could be from your midwife, GP, health visitor or the emergency services, who in most instances will be able to offer you the help and advice you need.

The A&E departments should only to be used in emergency situations.

You can also find helpful information in your RED BOOK.

How to contact a midwife

Community Midwives Office (9:00am – 4:00pm Monday – Friday) -
answer phone available if office unattended

Royal Oldham Hospital	0161 652 5811
Rochdale Infirmary	01706 517223
North Manchester General Hospital	0161 720 7021
Fairfield General Hospital	0161 720 7021

Maternity Unit - postnatal ward (24 hours)

Royal Oldham Hospital	0161 627 8181
North Manchester General Hospital	0161 625 8016
Fairfield General Hospital	0161 778 2524

Community Midwife

How and when to contact a midwife discussed:

Community Midwife _____ Date _____

Health concerns in women who have recently given birth

RED:

If you experience any of the following symptoms you need emergency medical attention and should dial 999:

- Difficulty breathing, shortness of breath even when resting and/or chest pain
- Passing large clots of blood, or suddenly losing a large amount of blood (more than a cupful)
- Severe or persistent headache together with any of all of the following symptoms; jitteriness, flashing lights, disturbed vision, facial swelling, nausea and vomiting
- Pain, redness or swelling in one calf.

AMBER:

If you experience any of the following then you need medical attention and should call your GP, your midwife or the maternity unit:

- Fever (high temperature), shivering, abdominal pain or unpleasant vaginal discharge
- Extreme disturbance in mood for example, feelings changing rapidly from elation to profound depression, experiencing hallucinations, behaving strangely, sleeping poorly and being restless and erratic
- Wound infection: Increasing pain, redness, heat or swelling and/or a noticeable bad odour or discharge from your caesarean section wound.

GREEN:

If you experience any of the following symptoms you should contact your community midwife or GP for advice. Symptoms that are not severe can wait until office hours:

- **Perineal pain:** The area between your vagina and anus feels very sore and this has not improved or has worsened since birth, you may also notice a bad odour
- **Haemorrhoids:** Also known as 'piles' may cause rectal pain and bleeding and pain when opening bowels
- **Persistent tiredness:** May be due to a lack of iron in the blood (anaemia)
- **Mastitis:** Flu like symptoms, red, tender breast, hot and painful to touch
- **Urinary problems:** Difficulty passing urine, leaking urine, or experiencing a burning pain when passing urine
- **Constipation:** Difficulty opening your bowels.

Health concerns in newborn babies

Soon after birth, a doctor or midwife performed a thorough head-to-toe examination of your baby which included checking your baby's eyes, heart, hips and genitals.

This examination will be repeated by your own GP 6-8 weeks after birth however, some conditions such as heart problems can develop between these two examinations.

Although this is rare you should remain alert to your baby's general health and ask for advice if you need it.

RED:

You should dial 999 if you find your baby is:

- Unconscious or not breathing
- Seems breathless, breathing faster than usual, grunting or noisy breathing or having difficulty breathing
- Very pale, or the skin is bluish around the lips
- Very hot (temperature above 38° C) or very cold (temperature below 35° C)
- Is having a fit, shaking or having jerky body movements
- Feels floppy or limp (perhaps when cuddled)
- Brings up bile stained (green) vomit.

AMBER:

These symptoms need urgent medical attention. Call the postnatal ward or your community midwife for advice:

- Baby has yellow skin and the whites of the eyes look yellow (jaundice), which has appeared within the first 24 hours of birth, after 7 days of age, or is still present at 14 days of age
- Baby has not passed meconium (the first black greenish stool of newborn babies) in the first 24 hours after birth
- Persistent vomiting after feeds (more than a small amount 'spit up' that they have just swallowed)
- Baby is generally unwell, e.g. not feeding, very sleepy – but has a normal temperature.

GREEN:

If any of these symptoms are persistent and you need advice, contact your GP, midwife or health visitor. If the symptoms are not severe – wait until office hours:

- Skin or nappy rash
- Diarrhoea – watery, loose explosive stools
- Constipation
- Excessive crying
- Thick white coating on the tongue.

Common feeding concerns

GREEN:

If you are breastfeeding, your midwife should offer you additional support, particularly making sure that there is correct attachment and fixing to the breast. If any of these symptoms are persistent and unresolved, contact your midwife or health visitor, who may refer you to an Infant Feeding Advisor. If the symptoms are not severe – wait until office hours.

- Cracked or painful nipples
- Full, painful tender breasts
- Feeling you don't have enough breast milk to feed your baby
- Difficulty feeding even after help with fixing and attachment
- Sleepy baby
- Baby not gaining weight.

If you are bottle feeding your baby and have concerns, contact your midwife or health visitor, if the symptoms are not severe – wait until office hours.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



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