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# VERLOSKUNDIGENPRAKTIJK WESTERKADE

*Postpartum instructions*



## *Onze gegevens*

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BOSBOOMSTRAAT 1G  
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TELEFOON:  
030-2334976  
OPTIE 1 VERLOSKUNDIGE  
OPTIE 2 ASSISTENTE

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## Postpartum intstructions

**DEAR PARENTS,**

Congratulations on the birth of your child! For the first days of parenthood, we have written down some important instructions on paper.

If you have any doubts or feel worried, you can always contact us by calling 030-2334976 (option 1).



## *Blood loss*

It is normal to lose blood up to six weeks after birth. Especially during the first week postpartum you will notice a lot of blood loss. It can look like a heavy period, and it can come with blood clots. However, contact the midwife when you lose enough blood to fill 2 sanitary pads within 30 minutes, when the blood keeps flowing and does not stop when laying down, or when you have blood clots the size of your fist within a 30-minute time frame.

## *Breastfeeding*

Try to put the baby on the breast every 3 hours. It is not a problem if the baby is not drinking for the first 24 hours. The kraamzorg will help you with this.

Be aware of the signals your baby gives you when it is hungry: squeaking or whistling, rasping, putting its hands in its mouth, turning head from left to right while searching for the breast.

The feeding schedule for formula (bottle feeding) is also every 3 hours, you increase the amount every evening. Day 1 is 10cc, day 2 is 20cc, day 3 is 30cc and so on. You increase the amount in the evening, so you add 10cc formula to the last feed of the day.

## *Diapers*

Change the baby's diaper every time before feeding. Please write down in the contents of the diaper in the "kraamdossier" and save the diapers for the Kraamzorg. Check if the diaper is soiled. The first days it will be black meconium. The color will change in the next few days from brown, green, towards the end result: yellow. Also check the diaper for urine, the yellow stripe in front of the diaper will change color and turn blue. Baby girls can have a pseudo menstruation, then there will be slime and blood mixed with the urine. This is common and normal.



## Postpartum contractions

Uterus contractions can occur for 24-48 hours after birth, this is common and normal. You can use a paracetamol for relieve. Follow prescription instructions.

Contact the midwife when this is not effective enough and you remain in pain.

## Taking temperature

To take your baby's temperature, use a rectal thermometer as they are the most reliable. To take the baby's temperature, you lay the baby on its side and bring in the thermometer rectally. Hold the thermometer with one hand and fixate the baby's bottom and legs with your other hand. Make sure you insert the silver part of the thermometer completely. A normal temperature for the baby is in between 36.5 – 37.5 degrees celsius.

<36.5      Option 1: Put your baby skin to skin on your or your partners skin. The baby only should only wear a hat and diaper. You put the baby on your naked chest. Cover the baby with a warm blanket and your own blanket on top of it. Make sure the baby's blanket is covering the baby's shoulders and there are no holes in between, or you baby will lose more heat. (make sure the head of the baby is free to breath).

Option 2: Put the baby in its bed with 2 warm water bottles, a double hat, a blanket and a celstof mat (onderlegger) Make sure that the head is NOT covered and stays visible. Measure the temperature again after 1 hour, contact the midwife if the temperature stays <36.5.

36.5-36.7      Put 2 warm water bottles in the bed and put a hat on the baby. (refresh the water of the bottles every 3 hours to keep the bottles warm)

36.8-37.5      Preheat the bed and put a hat on the baby in the night.

> 37.5      Try to cool the baby down by taking a layer of clothes of, take the warm water bottles out of the bed. Measure the temperature again after one hour.

Contact the midwife If the temperature doesn't go down below 37.5.

## Umbilical cord

There is a cord ring or a clip around the ending of the umbilical cord. Spotting around the belly button is normal, however if it continues to bleed, please contact the midwife.



## *Urinating*

Use the bathroom before every feeding, this will be about every 3 hours. This way the uterus can contract while breastfeeding and it will decrease in size. This will also help it re-position right behind the pubic bone. After toileting rinse with lukewarm water. The kraamzorg (postpartum care) will check your uterus daily.

## *Warm water bottle*

Check the rubber in the cap of the water bottle, it has to be in good shape and pressed firmly. Place the bottle in the sink and fill it with one cup of cold water. Then fill it with boiled water until it almost overflows. Put the cap on the top, be careful, the bottle is HOT! After drying the bottle, check for any leaks. You can this by rolling the bottle over a cloth at the countertop. There shouldn't be any waterdrops visible at the cloth. Place the water bottle in a bottle bag. Put the water bottle in the bed ON TOP OF the blanket or in between 2 blankets. Put one water bottle at the side and one at the foot of the bed, like an L shape. Make sure the cap of the bottle is facing towards the foot end of the bed. Leave enough distance, like a hand's width, between baby and bottles.

## *Your baby*

Your baby needs to get adjusted to its new home, outside of the womb. Crying is a way for a baby to communicate. Usually, the baby calms down when you pick him/her up and hold them closely to you. Your smell and presence give the baby a sense of comfort and security.

Your baby can feel nauseous after birth, this will usually pass after 24-48 hours. In case the baby spits up this can sometimes come with blood or slime. When your baby is gagging, you can put the baby on his/her side in the bed. That way they can pass it more easily. You can use a gauze to clean the mouth.