



Mercy Family Birthing Center
1603 – C 12th Avenue Road
Nampa, Idaho 83686
(208) 463-5940

MOTHER'S DISCHARGE INSTRUCTIONS

BE QUEEN FOR THREE DAYS:

No housework, dishes, laundry, etc. If others ask how they can help, encourage them to bring in a meal or help with housework. Nap when your baby does. He/she doesn't know if it's 2 a.m. or 2 p.m. Someone else should screen visitors and phone calls. Use these days for just your family! Take one or two naps each day until your baby is two weeks old, and continue with a daily nap whenever possible.

EAT OFTEN AND NUTRITIOUSLY:

Small frequent meals help keep your blood sugar level during this time of recovery. Make a list of your favorite healthy snacks and ask your helper to gather an easily accessible supply for you. If you are breastfeeding you may want to avoid hot, spicy foods, diet sweeteners, and large amounts of caffeine and chocolate. Drink lots of water and other liquids. It's common to feel thirsty during nursing, so have a drink nearby when you sit down or lie down to breastfeed. Keep taking your vitamins.

VAGINAL BLEEDING will be bright red for the first 2-3 days, and quite heavy. It's normal to pass a blood clot once or twice a day at first. If your bleeding is heavy enough to saturate a large maternity pad in one hour or less, follow these steps to slow the flow:

1. Empty your bladder.
2. Lie down flat and massage your uterus firmly.
3. Breastfeed your baby.
4. Take one of the methergine tablets sent home with you. You may take one every four hours if needed for heavy bleeding.
5. If heavy bleeding still persists, seek medical help.
- 6.

After a few days the flow will change from bright red to dark red, then brown or pink, with the flow decreasing in amount. If you have a gush of bright red bleeding after the flow has slowed and changed colors, you have overexerted and you should rest and breastfeed your baby. You may have some spotting off and on for 4-6 weeks.

IF YOU HAVE STITCHES, you may soak them in warm water 3 times a day. A plastic sitz bath tub (available at MedNow for under \$5 if you ask for the generic brand) makes this comfortable and convenient. You may use Tucks pads and tylenol or ibuprofen. If urination is difficult or painful, try releasing the urine while you are soaking in the tub. Use your cleansing spray bottle each time you go to the bathroom to aid healing and comfort. Your first bowel movement will probably occur within 2 or 3 days of giving birth. To avoid constipation, eat whole grains and fresh fruits and vegetables. If you drink 3 glasses of warm liquid 5 minutes apart in the morning, your intestinal tract will be stimulated to function well. You may use colace (stool softener) or metamucil if needed.

IF YOU ARE NOT BREASTFEEDING wear a snug bra day and night for 1-2 weeks. Do not stimulate your breasts with warm water. You may use an ice pack for comfort.

POSTPARTUM BLUES may happen about the 2nd or 3rd day, just about the time the milk is coming in. Often the “blue” feeling is mild and fleeting. You may cry or feel sad or upset without realizing why. Or you may feel overwhelmed by the tremendous responsibility of caring for a new life. Taking good care of yourself will help. Eat small amounts frequently, take naps when your baby sleeps, keep your baby physically close, and go outdoors for a few minutes each day.

Ask for help with all those non-baby tasks that may seem pressing. Don't feel a bit guilty at not keeping up with the housework; right now your most important job is to take care of yourself and your baby. Be patient; you and your baby are both learning. Focus on one minute at a time, take a big relaxing breath, and enjoy your baby. If you have persistent problems with feeling depressed, past the two-week mark, please call your doctor or nurse for help.

MAKE AN APPOINTMENT to see your doctor for your normal postpartum check-up.

CALL YOUR NURSE at the Birthing Center (463-5940) or at her home if you have questions and need help. We want to help you have a healthy adjustment to new motherhood!

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