

Postnatal Information for You and Your Baby After Birth

Congratulations on the birth of your baby!

This leaflet provides information relating to caring for yourself and your newborn.

The first few days:

If you have not been contacted by a midwife by 3 pm the day after you leave hospital, please contact Maternity Triage on 0300 422 5541.

6-week postnatal check:

Please contact your GP to book this appointment.

Registering baby's birth:

You have 42 days to do this, use the website below to book an appointment.

<https://www.gloucestershire.gov.uk/births-marriages-deaths-and-civil-partnerships/register-a-birth/>

Postnatal information for you:

Conditions that might cause worry and next steps

Vaginal blood loss: If you are concerned about heavy or sudden bleeding, a smelly discharge or passing of clots please contact maternity triage.

Reducing infection: Make sure you change your maternity pads regularly and wash your hands before and after you go to the toilet. If you feel you may have an infection or are feeling unwell, please seek medical advice urgently.

Passing urine: If you experience stinging/burning when you pass urine, please discuss with your midwife. If you are unable to pass urine, please seek medical advice the same day.

Headache & visual disturbances: If you experience any headaches and/or change in your vision please seek medical advice the same day.

Leg or chest pain: If you experience any pain, swelling or redness in your calf muscle, please seek medical advice the same day. Any shortness of breath, and/or chest pain please seek urgent medical advice.

Breasts: If you have red, hot and painful areas in your breast and are feeling unwell you may have mastitis. Don't stop feeding but seek medical advice the same day.

Baby blues: It is normal to feel tearful in the first week following birth. If you are worried or continue to feel tearful, please speak to your midwife/GP/health visitor.

Postnatal information for your baby:

Call to 999 if your baby is:

- Blue in colour or very pale
- Having difficulty breathing (fast or slow)
- Floppy and/or difficult to wake up
- Has green or red vomit

Call your midwife or GP if your baby has:

Jaundice: Yellow skin and/or whites of the eyes, please speak to your midwife the same day.

Umbilical Cord care: Keep it clean and dry until it falls off usually by day 10 after birth. Any bleeding, swelling or discharge speak to your midwife or GP.

Breasts and genitals in newborns: Your baby's breasts and genitals may appear slightly swollen; this will settle in a few weeks. Baby girls may bleed a little this is pseudo menstruation and is normal, or they may have a white, cloudy discharge.

Eyes: If there is redness, swelling and/or discharge from your baby's eyes contact your midwife or GP.

Spots and rashes: If you notice any spots of a rash please speak to your midwife or GP. If you notice a change in your baby's behaviour or their cry changes or they are more sleepy, not feeding or very upset please seek immediate medical advice.

White tongue or white patches in the mouth: If you notice this please discuss with your midwife or GP as this could be oral thrush.

Car seat:

By law you are required to have a car seat for your baby when traveling in a motor vehicle. There is no published evidence which sets out how long babies should be kept in a car seat when travelling. If your trip involves driving for long periods of time, you should stop for regular breaks. If your baby changes their position and slumps forward, then you should immediately stop, take them out of the car seat and reposition them before continuing your journey.

Safe sleeping & ICON:

Babies cry! Infant crying is normal, and it will stop. Never ever shake or hurt a baby. Babies should be placed on their back to sleep, in a clear flat separate sleep space i.e., a cot. Feet should face the foot of the cot and the cot should be clear of any pillows, bumpers or toys. Blankets should be tucked below level of the shoulder blades.

The postnatal video can be found here:

<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/after-your-baby-is-born/postnatal-care/>

Additional Information:

More information can be found using the website below and accessing the Badgernet app.

- <https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/useful-leaflets-and-information/>
- Speak to your midwife for information on how to access the Badgernet app on discharge.



Contact Information:

- Maternity triage: 0300 422 5541
- 999 or 111
- Emergency Department (ED)
- Community midwife or GP (if non-urgent)

Content reviewed: September 2025

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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Charity Office **0300 422 3231** or visit [gloshospitals.nhs.uk/charity](https://www.gloshospitals.nhs.uk/charity)

GHPI1917_09_25
Department: Maternity
Review due: September 2028
www.gloshospitals.nhs.uk