

The following information will let you know what to expect in the first few days at home.

Uterus:	Some cramping is normal in the beginning. Often cramping will be worse during breastfeeding in the first 4-7 days after birth because the uterus is getting smaller.
Vaginal Bleeding:	It is normal for you to have a heavy period in the first few days and this will decrease over time. Your bleeding can last up to 2-6 weeks but it will change in colour and become less. Call your doctor if you soak a pad within 1 hour, your vagina flow/bleeding is foul smelling or if you pass any clots larger than a plum.
Voiding (Peeing):	In the first few days, you may have to pee frequently. There may be some loss of control which is normal in the first few days. Call your doctor, if you have any of the following difficulties: <ul style="list-style-type: none"> ○ Internal pain/pressure ○ Burning feeling while passing urine ○ Not being able to pass urine ○ Urinating frequently (more than once an hour) ○ Strong need to urinate, but very little comes out
Bowel Movements:	You should have bowel movement within 3 days. Eating a healthy diet high in fruit and fiber and drinking lots of fluids will help.
Breasts:	By the 3 rd or 4 th day after birth your breasts will feel full and heavy. To relieve fullness (or painful breasts) feed baby at least every 3 hours. A warm shower, warm wet washcloths, and massaging your breasts before feeds will help with milk flow. If your nipples become cracked, blistered, bleeding or your breasts are red and sore, please contact your Public Health Nurse.
Rest:	Sleep when the baby is sleeping. Ask family and friends for help whenever possible. For the first few days you may feel sad and tearful. This should not last more than a week. Call your doctor if these feelings are prolonged.

Warning Signs to ask for help:

- You have a fever more than 38C (100.4F)
- You have chills, feel dizzy or faint and resting does not help
- You have increased pain, swelling or your stitches open up in your perineal area (between your vagina and anus)
- Your vaginal flow gets heavier or darker instead of lighter
- You feel that you can not manage
- You are crying all the time
- You feel that you may harm yourself, your baby, or others

For More Information:
Please Refer to **BABY'S BEST CHANCE**
Your local Public Health Nurse
Your Doctor/Midwife
BC Nurse Line at 604-215-4700

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Baby Activity Record:	For the first few days write down when your baby feeds, has a wet or dirty diaper. Show this to the Public Health Nurse when she visits.
Feeding:	Breast feed 8-12 times in 24 hours or Bottle feed 6-8 times in 24 hours.
Wet Diapers:	2-3 a day for the first few days and 6-8 a day after the first week.
Dirty Diapers:	At least 2-4 per day or more. The color will change from dark green/black to brown and then to a seedy yellow by day 6.
Colour:	Slight jaundice is normal during the first 3-5 days. Look at the baby's skin color near a window. Gently press your finger over the baby's nose. As you lift your finger, look at the color underneath. If it is yellow and you notice the white part of the baby's eye is yellow, call your doctor.
Sleep:	For the first month, your baby may sleep for about 15 hours of every 24 hours. The amount of sleep varies but usually your baby will not sleep longer than 3-4 hours at a time. It is common for babies to wake up several times at night or have fussy periods in the evening. Babies should sleep on their backs on a firm surface.
Umbilical Cord:	The cord stump will usually fall off within 5-15 days. Use a wet washcloth to gently clean around the base of the cord while bathing. Keep the cord clean and dry to prevent infection.

Warning Signs to call your doctor:

- Has a temperature of 37.4C (99.3F) or more. Take temperature under the baby's armpit.
- Has diarrhea that is different from the normal loose stool of a breastfeeding baby.
- Has repeated forceful vomiting. This does not include small amounts of spitting up.
- Spits up green mucous or fluid.
- Is feeding less than 6 times in 24 hours or is unable to suck at the breast. Also, if you notice baby sleeps longer than 4 hours at a time more than once in 24 hours.
- Has trouble breathing.
- There is foul smelling discharge from the umbilical cord.

Your Baby May Not Be Getting Enough After 72 Hours IF:

- Baby always needs to be wakened up to feed or is not interested in feeds
- Baby quickly falls asleep on breast, then awakens immediately after coming off your breast
- Breasts do not feel full before feeds and do not feel softer after feeds
- Baby never takes himself off the breast

If you think your baby is not getting enough milk, please call your local Public Health Nurse or doctor.

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