Appendix I: Discharge Planning for Women with Hemorrhage During the Birth Hospital Stay

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Call your doctor or midwife if you have:

- Bleeding /soaking a pad an hour
- Large blood clots (golf ball-sized)
- Feeling dizzy when you stand up
- Abdominal pain (if you had surgery, this means more pain than you have been having from surgery)
- A headache that does not go away with over-the-counter medication
- Visual changes (blurry vision or seeing spots)
- Feeling detached, numb, afraid, depressed, anxious, or very stressed

Routine follow-up care:

1. Women who have had a significant complication such as hemorrhage, preeclampsia, ICU admission, or unplanned or extensive surgery may need early postpartum follow-up to assess their physical and emotional recovery (within one week of discharge).
   - Early postpartum check-up scheduled with: __________________________ on__________at_____
   - 6-week postpartum check-up scheduled with: __________________________on__________at_____

2. A difficult birth and maternal exhaustion can impact your breastfeeding experience if you choose to breastfeed your child.
   - Breastfeeding support scheduled with: _________________________________on___________at_____

3. You may require follow-up with a specialist in this field: _________________________________
   - Your specialist follow-up is with: ___________________________________on____________at_______

4. Patients who experienced complications during their delivery hospitalization may benefit from counseling and support resources.

Counseling:
____________________________________________________________________________________

Peer Support Group:
____________________________________________________________________________________

Psychiatry/Psychology:
____________________________________________________________________________________

Patient Organization/Foundation Resource:
____________________________________________________________________________________