Helping Mothers Survive

Bleeding after Birth

ACTION PLAN

Prepare for birth
- Birth (See HBB Action Plan for baby)

10 IU or 200 mcg x 3 = 600 mcg

Give medication within 1 minute

Cut the cord between 1-3 minutes

Perform controlled cord traction to deliver placenta

Placenta out?

Not out in 30 minutes
- Encourage empty bladder
- Repeat 10 units oxytocin
- Repeat controlled cord traction

Placenta complete?

Complete

Uterus hard?

Hard

Bleeding normal?

Normal

Continue care
- Check tone
- Monitor bleeding
- Check vital signs
- Encourage breastfeeding

Out

Check tone
- Massage if soft

Soft

Massage uterus
- If still soft
- Repeat medication

Hard

Press on tears

Soft

Compress uterus
- If available

Heavy bleeding
- Hard

Rapidly apply NASG

Keep warm
- Seek advanced care

Incomplete

Advanced care

Out
**EMERGENCY KIT**

**Urine**

**Prevent and manage shock from PPH**

**ACTION PLAN**

**SIGNS OF SHOCK**

**If bleeding heavily**

*Shout for help*  
*Conduct rapid assessment*

**Start emergency management**

1. Check ABC’s and give oxygen
2. Massage uterus
3. Give 10 IU oxytocin IM (or IV if in place)
4. Start IV
5. Collect blood
6. Catheterize bladder
7. Apply NASG

**DETERMINE CAUSE OF BLEEDING**

*Check if placenta is out and complete*

*Check for bleeding tears*

**MANAGE**

*If blood needed, transfuse early*

**ATONIC UTERUS**

*Continue massage*  
*Add 20 IU oxytocin to IV and infuse fast*

*Compress uterus*

*If still bleeding heavily*

*Compress aorta*

*Insert balloon tamponade*

*Seek advanced care*

**RETAINED PLACENTA/PARTS**

*Perform manual removal of the placenta*

**BLEEDING TEARS**

*Inspect, identify*

*Repair*

*Placenta or parts not out*  
*OR still bleeding heavily*

*Seek advanced care*

*Placenta out and complete*  
*Blood loss normal*

*Tear repaired*  
*Blood loss normal*

*Continue care after PPH*