Helping Mothers Survive

**Bleeding after Birth**

**ACTION PLAN**

1. **Prepare for birth**
   - Birth (See HBB Action Plan for baby)
   - Give medication within 1 minute

2. **Cut the cord between 1-3 minutes**

3. **Perform controlled cord traction to deliver placenta**

---

**Placenta out?**

- **Out**
  - Check tone
    - Massage if soft

---

**Placenta complete?**

- **Complete**
  - Uterus hard?
    - **Hard**
      - **Bleeding normal?**
        - **Normal**
          - Continue care
            - Check tone
            - Monitor bleeding
            - Check vital signs
            - Encourage breastfeeding
        - **Hard**
          - **Press on tears**
          - **If available**
            - Rapidly apply NASG
            - Keep warm
            - Seek advanced care
      - **Soft**
        - **Massage uterus**
        - If still soft
          - **Repeat medication**

---

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

---

5. **Not out in 60 minutes**
   - Advanced care
Helping Mothers Survive

Prevent and manage shock from PPH

ACTION PLAN

If bleeding heavily

Shout for help
Conduct rapid assessment

If oxytocin not available or does not stop bleeding, give:
- Ergometrine 0.2 mg IM or IV slowly
- Misoprostol 800 mcg under tongue (four 200 mcg tabs)
- Tranexamic acid (TXA) 1g IV over 10 minutes within 3 hours of birth

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

Asses blood loss and status continuously