

## DO NOT FORGET

- If you have booked an appointment with the pediatrician at, Sacré-Coeur-de-Montréal hospital, go to the Nursery at the if the hospital.
- A nurse from the CLSC will contact you to schedule a visit in the days following your return home. If you have not been contacted, please call your CLSC.
- Make an appointment for a medical examination for your baby approximately 2 to 4 weeks after giving birth.
- Make an appointment for a medical examination with your doctor approximately 6 weeks after giving birth.
- If you experienced gestational diabetes, do not forget to follow the instructions recommended by your doctor.
- Do the urine test for your baby at 21 days after birth (brown envelope that you received at the hospital).
- If you have any questions or concerns about your condition or your baby's condition, refer to the printed version or consult the online version of the guide entitled *From Tiny Tot to Toddler*, or visit [www.inspq.qc.ca/node/1942](http://www.inspq.qc.ca/node/1942).
- If you are looking for a family doctor, register online at the Québec Family Doctor Finder (GAMF) ([gamf.gouv.qc.ca](http://gamf.gouv.qc.ca)).



## Quick reference: What to do when you return home after childbirth

Unité Mère-Enfant de l'Hôpital  
du Sacré-Cœur-de-Montréal

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**Here is a list of warning signs for your health and your baby's health, and when and where to consult a health professional.**

**((•)) WARNING SIGNS FOR THE MOTHER**

- Fever: persistent temperature 38 °C (100,4 °F) checked twice.
- Significant and persistent abdominal pain that is not relieved by medication.
- Foul-smelling vaginal discharge.
- Abundant vaginal bleeding (more than one full sanitary pad per hour).
- Signs of urinary tract infection (need to urinate too often, burning sensation during urination).
- Redness, heat, pain, hardening, or discharge of pus at the site of the caesarean wound or episiotomy).
- Redness, heat, pain and presence of solid masses in the breasts.
- Baby blues (depression, anxiety, difficulty coping with everyday life) persisting for more than 2 weeks.

**Within the first 10 days following delivery:**

Call **514 338-2062** or come to the Obstetric Triage Department at Sacré-Cœur-de-Montréal hospital.

**After the first 10 days following delivery:**

Call Info-Santé (**8-1-1**) or go to the Emergency Department or a medical clinic.

**((•)) WARNING SIGNS FOR THE BABY**

- Less than 6 feedings (bottle) or 8 feedings (breast) in 24 hours, refusal of 2 consecutive feedings.
- Dark urine; urinating less than 3 times in 24 hours.

**Within the first 10 days following delivery:**

Call the Nursery **514 338-2234** or the CLSC nurse.

**After the first 10 days following delivery:**

Call Info-Santé (**8-1-1**) or go to the Emergency Department or a medical clinic.

- Fever: rectal temperature of 38 °C (100,4 °F).
- Blood in stool; greenish black stools after 4 days of life, or white stool.
- Vomiting.
- Any difficulty breathing.
- Any sudden or significant change in the baby's behavior or appearance.

**At any time:**

Contact Info-Santé (**8-1-1**) or go to the Emergency Department or a medical clinic.

If the situation is urgent, call **9-1-1**.