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

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

DO NOT FORGET

• If you have booked an appointment with the pediatrician at, Sacré-Coeur-de-Montréal hospital, go to the reception desk Unité mère-enfant 3th floor (aisle R).

• 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.

• If you are looking for a family doctor, register online at the Québec Family Doctor Finder (GAMF) (gamf.gouv.qc.ca).
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.
- 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.

**Within the first 10 days following delivery:**
Call Neonatology 514-338-3080 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.

**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.