

## **POSTPARTUM HEMORRHAGE**

### **What does it mean?**

Postpartum hemorrhage is excessive bleeding after a birth of baby. Each year roughly 125,000 women who give birth in the United States experience a postpartum hemorrhage. The information below will give you a better understanding of what might happen if you have a postpartum hemorrhage and how your healthcare team will treat it.

### **What happens if you have a postpartum hemorrhage?**

- Uterine massage: a vigorous massage of your uterus after baby is delivered.
- Second IV line may be started.
- Medications to manage postpartum bleeding may be given by IV, mouth, or IM injection.
- You may be moved to an operating room on L&D for further treatments/procedures.
- You may need a blood transfusion.
- A balloon may be placed in your uterus to help stop bleeding.
- Hysterectomy: Surgical removal of the uterus, a lifesaving last resort.

### **Family and Baby**

- Your partner and or family member(s) can remain on L&D and will be given updates on your condition.
- Depending on the condition of you and your baby during the postpartum hemorrhage, baby can remain in L&D with your partner or be transferred to one of the nurseries.

### **Things to look out for**

Please let your nurse know if you are experiencing any of the follow during you postpartum stay:

- Bleeding through your pad in less than an hour
- Passing large clots
- Feeling dizzy or light-headed

### **For you to remember**

With any future pregnancies, notify your provider that you had a postpartum hemorrhage.

### **References**

University of New Mexico Hospitals. (2018). UNM Obstetric Hemorrhage Care Policy [Policy and Procedure]. Albuquerque, NM: Author  
AWHONN. (2017). *AWHONN Postpartum Hemorrhage (PPH) Project*. Washington, DC: Merck for Mothers. Retrieved from <http://pphproject.org/resources.asp>