

INDIE BIRTH - Postpartum Hemorrhage Emergency Card

WHEN TO CALL FOR TRANSPORT-

- 1) If mom feels terrible all of a sudden, faints, goes unconscious
- 2) Bleeding is too much, too fast, even if you do get it under control
- 3) If bleeding is continuing at an alarming rate and the placenta is still not born after initial efforts
- 4) After a cup or two of blood, no placenta born yet, and the bleeding not slowing

1. 1st sign of excess bleeding or shock, **GET MOM ON HER BACK (NOT semi-sitting)**
 - a) Right hip propped, legs slightly elevated, warm, with baby on chest near the nipple.
 2. **GET GOOD STRONG CONTRACTIONS ESTABLISHED - DO NOT MASSAGE**
 - a) **Nipple stimulation** by **BABY AT THE BREAST**, or manually
 - b) Dropper full of **Cottonroot Bark/Motherwort/Black and Blue Cohosh** every 15 minutes as needed
 - c) Hold a **piece of placenta** in her cheek, bite with side of the teeth
 - d) **Stroke the sides of the uterus upwards with your palms**
 3. Sips of an **electrolyte drink**, keep **eye contact**, talk to her, keep her conscious, help her hold baby if needed or **tuck baby in near the breast**. Tell her *“Your uterus is getting very firm and contracted, you are going to birth the placenta now, you are present and conscious, you are going to keep all of your blood now”*
 4. **TRY TO PEE right where she is laying** – change chux pad after
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5. **IF PLACENTA IS NOT BORN –**
 - a) Give **Angelica/Motherwort/Witch Hazel + Cottonroot/Motherwort/B \$ B**
 - b) **Watch for signs of separation** and once some or all signs are there, **push with contractions**
 - c) **Mom can apply gentle cord traction with a contraction** when signs of separation are favorable if the situation warrants it, particularly if EMS has already been called.
 - If it feels painful or like the placenta is ripping, STOP
 - d) If separation is uncertain, you can **follow the cord up to the cervix to see if the placenta is just sitting there** – if it is it can be gently teased or pushed out – possible risk of infection
 6. **IF PLACENTA IS BORN – ATONY or RETAINED PIECES or SUSPECTED CLOTS:**
 - a) Give **Shepherd's Purse/Yarrow/Witch Hazel + Cottonroot/Motherwort/B & B**
 - b) If clots, get them out DURING A CONTRACTION by **pressing down on the top of the uterus while also pushing in and upwards right above the pubic bone**
 - c) Should feel much better once uterus is empty. If you still suspect retained placenta (you can look for pieces in the clots removed) **TRANSPORT**
 7. **UTERINE COMPRESSION – If bleeding is still excessive** while waiting for other techniques to work or while transporting- can take up to 20 minutes of doing this to ensure clotting has occurred and the remedies have taken effect. **YOU ARE THE CONTRACTION**

