About 125,000 new moms in the United States experience postpartum hemorrhage annually. It’s rare but potentially serious.

*Know the symptoms.*

*Know your body.*

*Know where to seek help.*
Healthy beginnings include paying attention to what your body is telling you. Postpartum hemorrhage is heavy bleeding after having a baby. It’s rare, but can be serious. It may occur within 24 hours after giving birth, but also can happen later – up to 12 weeks after delivering your baby.

Besides heavy bleeding that doesn’t slow down or stop, postpartum hemorrhage also can have other symptoms that you may think are unrelated. If you experience them, trust your body and seek medical help.

- Shortness of breath
- Rapid heartbeat or chest pain
- Increased pain or swelling in the vaginal area or legs, especially if it’s accompanied by warmth in the swollen area
- Blurry vision or headaches
- Weakness or feeling faint
- Confusion or restlessness
- Fever, chills or clammy skin
- An unexplained rash
- Vomiting, diarrhea or constipation

Call your physician, nurse practitioner, clinic or other healthcare provider if you experience any combination of these symptoms. Don’t wait. Tell them as best you can how you feel and what you see regarding your symptoms.

If you can’t reach your regular healthcare provider, call 911 or have someone drive you to an emergency department. Take this checklist with you to help you describe your symptoms.