

# Urgent Warning Signs for Women Up to a Year After Delivery

## BLOOD CLOT

- One extremity that is more swollen than the other
- Pain or tenderness in an extremity not caused by injury
- Skin that is warm to touch
- Burning sensation in extremity
- Redness or discoloration of skin

## BLOOD PRESSURE

- Headache not relieved by medication
- Seeing spots or flashing lights
- Severe pain in upper abdomen
- Swelling in face, hands and/or legs
- Decreased urine output
- Nausea and/or vomiting

## BLEEDING

- Bleeding through more than one sanitary pad/hour
- Passing one or more clots the size of an egg or bigger
- Bleeding that is heavier than a normal menstrual period or bleeding that gets worse
- Pain or swelling around the vagina, perineum or abdominal incision
- Pale skin or mucous membranes

## DEPRESSION

- Unable to care for self or baby
- Feeling depressed or sad most of the day every day
- Trouble sleeping or sleeping too much
- Severe mood swings
- Feeling anxious or scared
- Trouble bonding with baby
- Feeling like a failure or having difficulty coping with parenting

## INFECTION

- Fever higher than or equal to 100.4F
- Pain, redness or discharge from episiotomy or C-section site
- Incision not healing
- Severe pain in lower abdomen
- Blood or vaginal discharge that smells bad
- Pain or burning upon urination
- Redness, swelling, warmth or painful lumps in breast
- Generally feeling ill

**URGENT**

**CLINIC**  
Must be evaluated by health care provider

**EMERGENCY DEPARTMENT**  
Evaluate and treat as indicated

# Emergency Warning Signs for Women Up to a Year After Delivery



- Chest pain (sharp or dull pain, heaviness, tightness, discomfort)
- Confused or changes in mental status
- Coughing up blood
- Fainting, lightheaded, sudden dizziness, weakness
- Hemorrhage
- Racing heartbeat
- Seizures
- Thoughts of hurting self or baby
- Trouble breathing

**EMERGENT**

**CLINIC**  
Call 911

**EMERGENCY DEPARTMENT**  
Treat as indicated



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