VAGINAL BLEEDING DURING PREGNANCY

Have the woman to **lie down**; **elevate her legs** with 1-2 pillows.

Apply **sterile pad**; & collect all pads being used; it will help your doctor to assess amount of bleeding that has occurred.

**Keep track** of bleeding:
- Amount of bleeding
- Colour of blood
- Whether it is painful or painless
- Whether there is passage of tissue mass

There is **no home care for late pregnancy bleeding**. You must see a healthcare professional immediately (esp if):
- Severe, heavy bleeding
- Contractions/ cramps
- Fever
- Dizziness
- Bleeding lasting for >24 hrs
- Undergone abortion & developed fever, pain abdomen.

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Further advice for woman who had a previous episode of bleeding

- Get plenty of bedrest
- Avoid heavy work
- Stay hydrated
- Put intercourse on hold for time being
- Do not lock doors & always keep a person with you
- Do not use tampons