



Prevention of Postpartum Hemorrhage





1. What is postpartum hemorrhage?

What do you see in the picture?

Woman who has given birth to a baby
and is having vaginal bleeding

Discussion:

- What is postpartum hemorrhage?
 - Is PPH dangerous?

Remember!

- Bright red bleeding that soaks more than two cloths in an hour during the first 24 hours after the delivery of the baby is called PPH.
- Postpartum hemorrhage is dangerous. It can cause of maternal death.
- A woman having PPH should be referred to a health facility as soon as possible.



2. Presence of Skilled Birth Attendant (SBA) at the time of delivery prevents PPH

What do you see in the picture?

A SBA (Midwife/Dr) is giving injection to mother after the delivery of the baby.

Discussion:

How does an SBA (Midwife/Dr) help in prevention of PPH?

Remember!

- Deliveries assisted by SBA (Midwife/Dr) reduce many risks of childbirth and postpartum period.
- SBA (Midwife/Dr) can help the delivering mothers in preventing PPH by giving her injection (Oxytocin) just after the delivery of the baby.



3. What helps to prevent PPH in the absence of SBA?

What do you see in the picture?

A community health worker is talking to a pregnant woman, husband and her mother-in-law about tablets in her hand

Discussion:

If we were unable find an SBA at the time of delivery then what should we do?

Remember!

- When skill birth attendant is not present at birth, give 3 misoprostol tablets to the woman immediately after delivery before the expulsion of the placenta.
- These tablets effectively help in preventing and stopping heavy bleeding by making the womb firm and assisting in the delivery of the placenta.
- You can get the misoprostol tablets free of cost from Home Health Promoters at 8 months of pregnancy.



4. When should the tablets be taken?

What do you see in the picture?

A mother in law is giving PPH prevention tablets (Misoprostol) to her daughter in law.

Discussion:

When should the PPH prevention tablets be taken?

Remember!

- Taking 3 tablets just after birth of the baby and before expulsion of placenta is easy and life saving.
- The mother can take the tablets even after expulsion of the placenta.
- The three tablets should be taken with water at once as a single dose.



5. Dangers of taking the tablets during pregnancy before the delivery of the baby.

What do you see in the picture?

A mother is taking the Misoprostol tablets while pregnant before the delivery of the baby.

Discussion:

What are the dangers of taking the drug before the delivery of the baby?

Remember!

- **Be aware! Never take these *tablets* before the baby is born because it will harm the pregnant woman and baby in the womb.**
- The mother should always take the tablets after delivery of the baby and before expulsion of placenta.



6. The tablets should be taken after the delivery of the last baby in case of twins

What do you see in the picture?

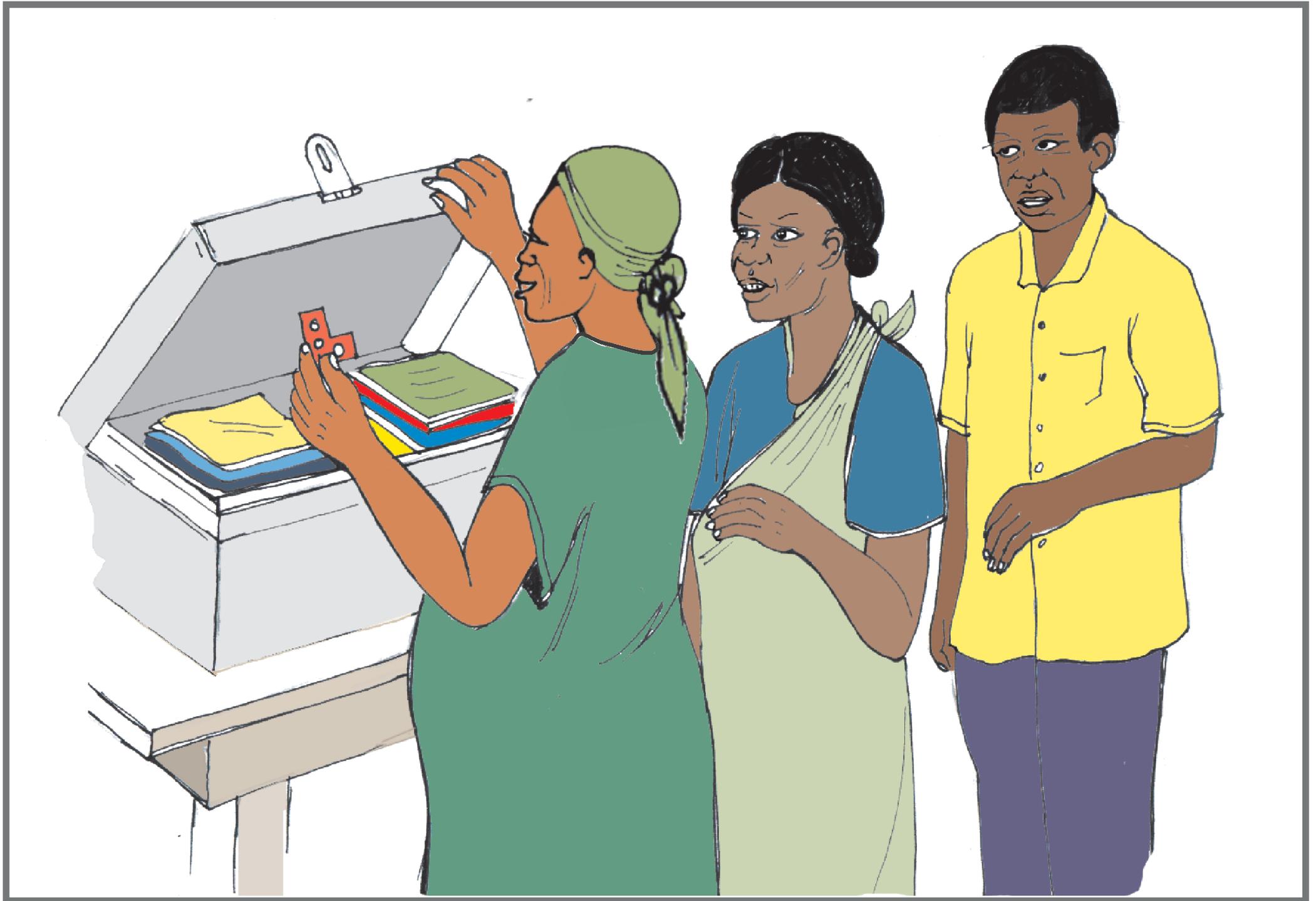
A mother has delivered one baby and she still has another baby in her abdomen, she is taking the tablets before the delivery of the second baby.

Discussion:

Is it important to take Misoprostol tablets after the delivery of the second baby?

Remember!

- **If the woman has twins never give *the tablets* before delivery of the second baby.**
- **The *tablets* always be taken after delivery of the second baby.**



7. Storing the Misoprostol tablets

What do you see in the picture?

The pregnant woman is keeping the Misoprostol tablets in a safe place in the presence of her mother-in-law and husband.

Discussion:

Why is it important to store the Misoprostol tablets in a safe place in the presence of her mother-in-law and husband?

Remember!

- The tablets of Misoprostol should be stored in a safe place out of the reach of children.
- The support person (husband or mother-in-law) should be aware of the place where the Misoprostol tablets are stored so that they can help the woman when she is delivering.



8. Side effects of the Misoprostol Tablets

What do you see in the picture?

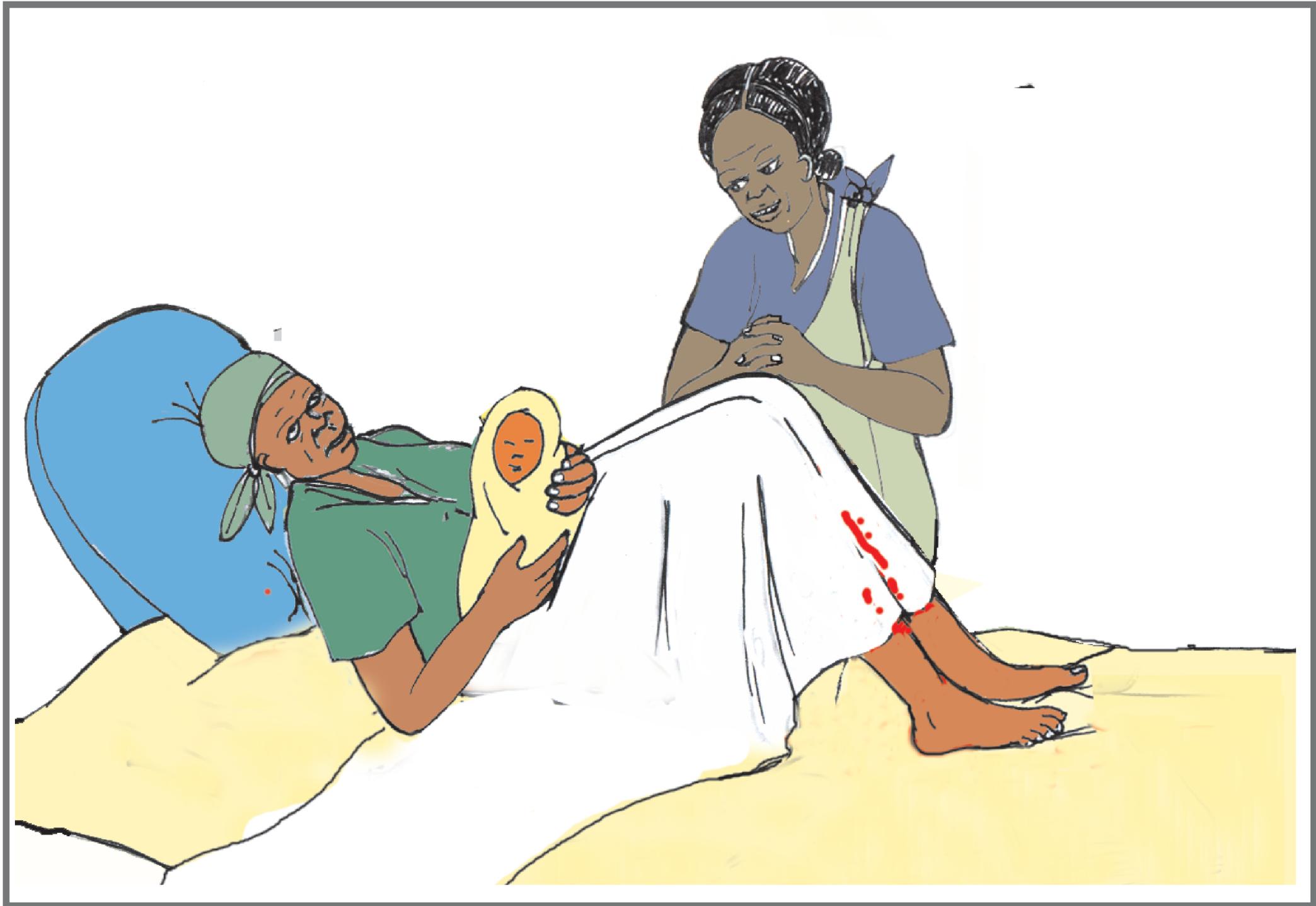
1. A woman has chills.
2. A woman has fever.
3. A woman is vomiting.
4. A woman is going towards toilet.

Discussion:

- What are the side effects of Misoprostol tablets?
- What should a woman do if the side effects occur?

Remember!

After taking the three tablets, side effects such as diarrhea, nausea, vomiting, fever and chills may occur, but they will disappear after a short period of time.



9. Bleeding that is not dangerous after delivery

What do you see in the picture?

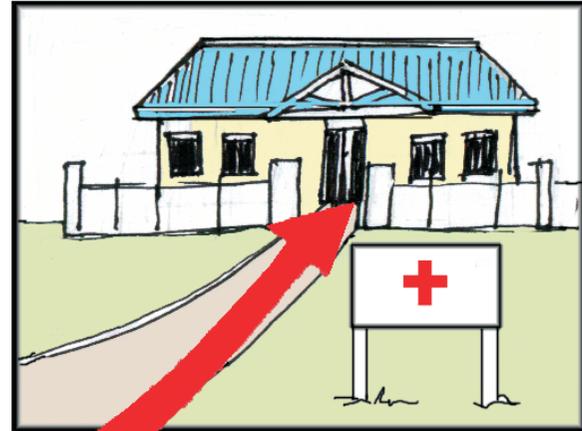
A woman has delivered recently and has bleeding less than one cloth.

Discussion:

How much bleeding is not dangerous for a mother after the delivery of the baby?

Remember!

If bleeding after the delivery is less than *2 cloths* it is not worrisome.



10. Bleeding that is dangerous after the delivery of baby

What do you see in the picture?

A mother has delivered recently and she has heavy bleeding.

Discussion:

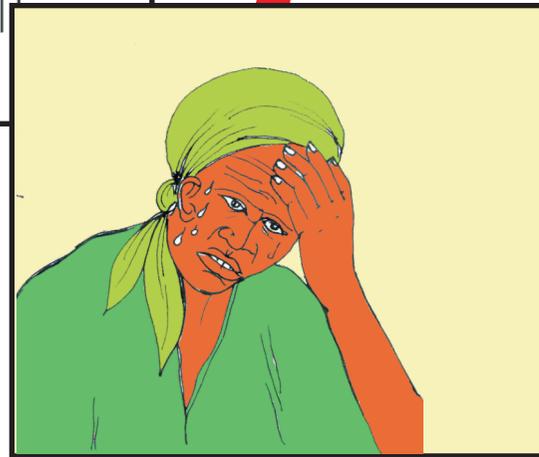
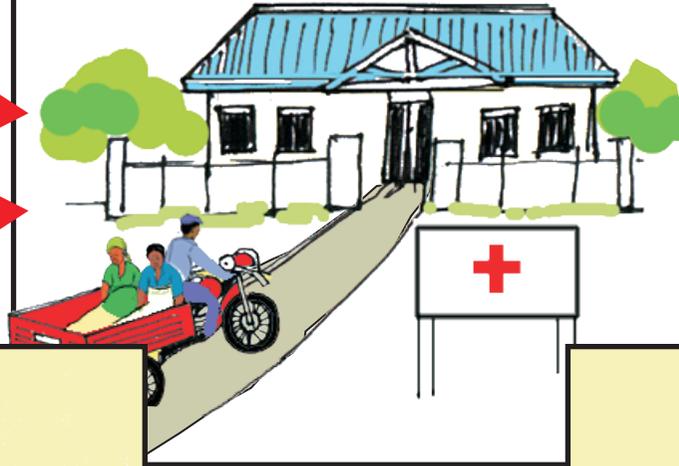
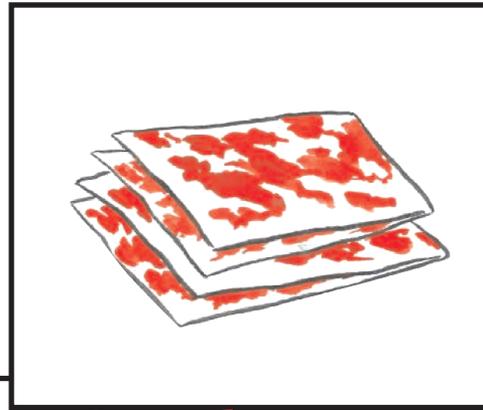
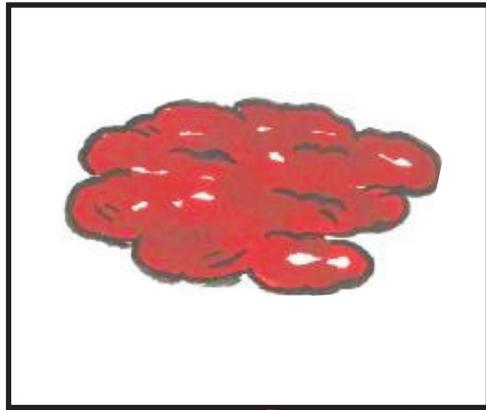
How much bleeding is dangerous for a mother after delivery and what should we do if it happens?

Remember!

Misoprostol tablets are less effective in the following conditions:

- Lacerations in birth canal.
- Retention of a part or pieces of placenta.

If heavy bleeding occurs even after taking the tablets, it is important to take the mother to a nearby health facility.



11. Signs of heavy bleeding after delivery of the baby

What do you see in the picture?

- A mother feels weak or fainting.
- A mother sweats or looking pale.
- Clotted blood
- Two clothes soaked with blood.

Discussion:

What are the signs of heavy bleeding?

Remember!

Misoprostol tablets less effective in following condition:

If the mother has the following signs and symptoms after the delivery of the baby, take the mother to nearest health center immediately:

1. Bleeding that soak 2 or more than 2 one meter cloths.
2. If the mother feels weak or fainting
3. If the mother sweats or look pale.
4. If the woman bled clotted blood.



12. Repetition of messages by pregnant woman

What do you see in the picture?

A pregnant woman that she hear the messages and repeat for community health worker

Discussion:

Is it important a pregnant woman that she hears the messages from community health worker and repeat it again.

Remember!

The community health worker should request the pregnant woman at the end of each health education session to repeat the messages to make sure that she understands the messages or not.

If the pregnant woman was unable to repeat the messages the community health worker should plan another visit to the pregnant woman.