Helping Mothers Survive

**Bleeding after Birth**

**ACTION PLAN**

**Prepare for birth**

Birth (See HBB Action Plan for baby)

- 10 IU HCG
- 200 mcg x 3 = 600 mcg

Give medication within 1 minute

Cut the cord between 1 - 3 minutes

Perform controlled cord traction to deliver placenta

---

**Placenta out?**

- Not out in 30 minutes
  - Encourage empty bladder
  - Repeat 10 units oxytocin
  - Repeat controlled cord traction

- Not out in 60 minutes
  - **Advanced care**

---

**Placenta complete?**

- Complete

**Uterus hard?**

- Soft
  - Massage uterus

- Hard
  - Massage uterus
  - Repeat medication

---

**Bleeding normal?**

- Normal

**Continue care:**

- Check tone
- Monitor bleeding
- Check vital signs
- Encourage breastfeeding

---

**Press on tears**

- Hard
  - Bleeding excessive
  - **Advanced care**
  - Keep warm

- Soft
  - Bleeding excessive
  - Compress uterus

---

**Check tone**

Massage if soft

---

© 2015 PATH/PAHO
Pathfinderervas de la PAHO