

# Helping Mothers Survive

## Bleeding after Birth

### ACTION PLAN

Prepare for birth

Birth (See HBB Action Plan for baby)

10 IU  or  200 mcg x 3 = 600 mcg

**Give medication within 1 minute**

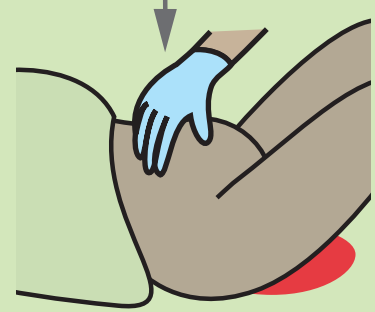
**Cut the cord between 1 - 3 minutes**



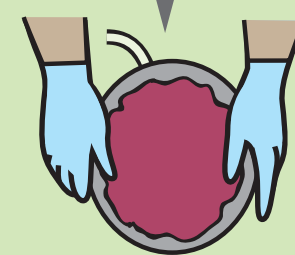
**Perform controlled cord traction to deliver placenta**

The Golden Minute®

**Placenta out?** Out Not out in 30 minutes

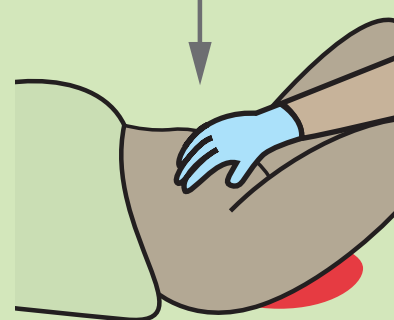


**Check tone**  
Massage if soft



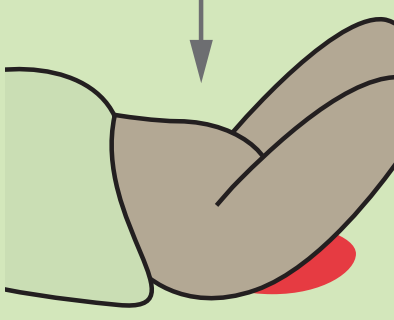
**Placenta complete?**

Complete



**Uterus hard?**

Hard



**Bleeding normal?**

Normal



**Continue care:**  
Check tone  
Monitor bleeding  
Check vital signs  
Encourage breastfeeding

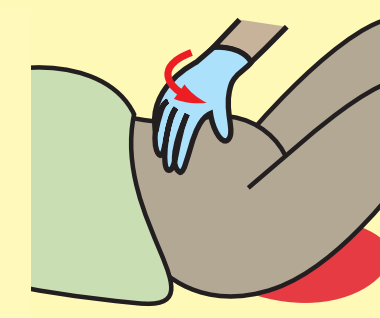
**Encourage empty bladder**  
**Repeat 10 units oxytocin**  
**Repeat controlled cord traction**



Not out in 60 minutes

Incomplete

**Advanced care**



Soft  
**Massage uterus**

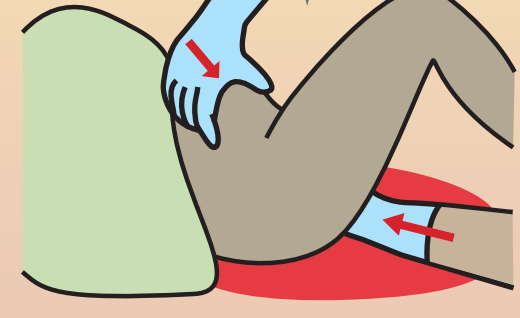
Soft  
**Massage uterus**  
**Repeat medication**

Hard  
Bleeding excessive



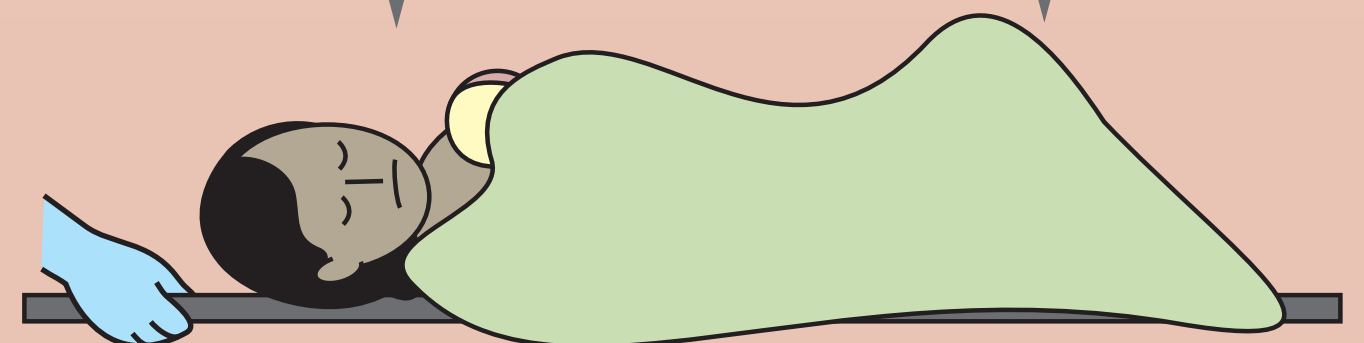
**Press on tears**

Soft  
Bleeding excessive



**Compress uterus**

Hard  
Bleeding normal



**Advanced care**  
**Keep warm**