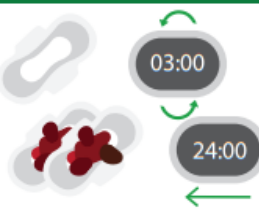




# Belinstructie kraambed

## NORMAAL (niet bellen)

## WEL BELLEN

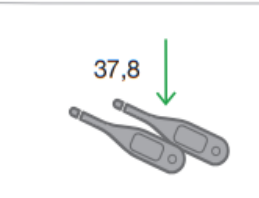


- Elke drie uur een nieuw kraamverband
- 2 grote stolsels binnen 24 uur

### Vloeien

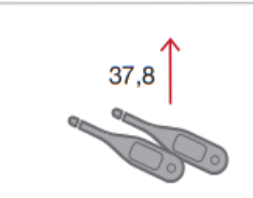


- Binnen een half uur een doordrenkt kraamverband
- 3 of meer stolsels binnen 24 uur



- Meet temperatuur 2x per dag
- Temperatuur is lager dan 37,8 °C

### Koorts




- Temperatuur is hoger dan 37,8 °C




- Binnen 6 uur na de bevalling kunnen plassen
- Elke 3 uur plassen
- Goede straal

### Plassen



- 6 uur na de bevalling niet kunnen plassen
- Druppeltjes plassen
- Aandring blijven houden ondanks geplast te hebben




- Roze/getinte huidskleur
- Blauwe handjes en voetjes

### Kleur van de baby



- Blauw (of blauwe tong of blauwe lippen)
- Bleek/grauw
- Geel



- Baby's ademen sneller dan volwassenen
- Onregelmatig ademen
- Snurken / geluidjes maken

### Ademhaling van de baby

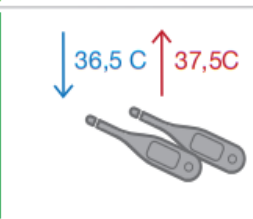


- Meer dan 60x per minuut ademen
- Moeite met ademen
- Kreunen
- Intrekkingen van de ribben
- Neusvleugels gaan wijder staan bij inademen




- 2x per dag rectaal temperatuur meten
- Temperatuur tussen 36,5 °C en 37,5 °C
- Handjes en voetjes voelen vaak koud

### Temperatuur van de baby



- Temperatuur is lager dan 36,5 °C
- Temperatuur is hoger dan 37,5 °C

### Ongerstheid


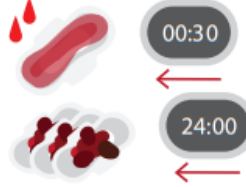
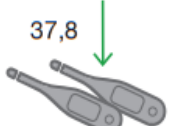
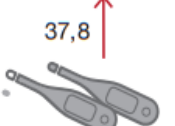
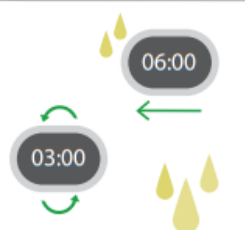





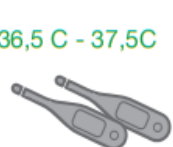
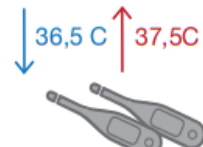



- Altijd bellen bij ongerustheid of zorgen
- Onduidelijkheden over ontvangen informatie



# Postnatal

<b>NORMAL</b>	<b>ALWAYS CALL IN THE EVENT OF:</b>
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 <ul style="list-style-type: none"> <li>• A new maternity sanitary towel every three hours</li> <li>• 2 large clots within 24 hours</li> </ul>	<b>Bleeding</b>	 <ul style="list-style-type: none"> <li>• A saturated maternity sanitary towel within a half hour</li> <li>• 3 or more large clots within 24 hours</li> </ul>
 <ul style="list-style-type: none"> <li>• Take your temperature 2 x per day</li> <li>• Temperature is under 37.8 °C</li> </ul>	<b>Fever</b>	 <ul style="list-style-type: none"> <li>• Temperature is above 37.8 °C</li> </ul>
 <ul style="list-style-type: none"> <li>• Able to pass water within 6 hours after childbirth</li> <li>• Able to pass water every three hours</li> <li>• Strong flow</li> </ul>	<b>Passing water</b>	 <ul style="list-style-type: none"> <li>• Unable to pass water 6 hours after childbirth</li> <li>• Only droplets when passing water</li> <li>• Urge to pass water remains despite having passed water.</li> </ul>
 <ul style="list-style-type: none"> <li>• Pink/coloured skin colour</li> <li>• Blue hands and feet</li> </ul>	<b>Colour of the baby</b>	 <ul style="list-style-type: none"> <li>• Blue (including tongue and lips)</li> <li>• Pale/grey</li> <li>• Yellow <i>Also call when the baby is sluggish/drowsy</i></li> </ul>
 <ul style="list-style-type: none"> <li>• Baby's ademen sneller dan volwassenen</li> <li>• Onregelmatig ademen</li> <li>• Snurken / geluidjes maken</li> </ul>	<b>Ademhaling van de baby</b>	 <ul style="list-style-type: none"> <li>• Breathes more than 60 x a minute</li> <li>• Difficulty with breathing</li> <li>• Groans</li> <li>• Retraction of the ribs</li> <li>• Nostrils flair when breathing in</li> </ul>
 <ul style="list-style-type: none"> <li>• Take a rectal temperature reading 2x a day</li> <li>• Temperature between 36.5 °C and 37.5 °C</li> <li>• Hands and feet often feel cold</li> </ul>	<b>Baby's temperature</b>	 <ul style="list-style-type: none"> <li>• Temperature is under 36.5 °C</li> <li>• Temperature is above 37.5 °C</li> </ul>
	<b>Concern</b>	 <ul style="list-style-type: none"> <li>• Always call if concerned or worried</li> <li>• Any questions on the information supplied</li> </ul>



# تعليمات الاتصال في مدة النفاس

## اتصلي بنا

## عاديا (لا حاجة إلى الاتصال)



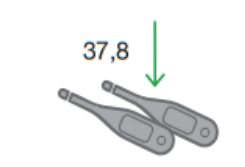
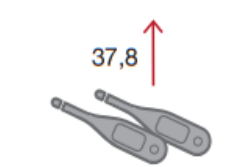
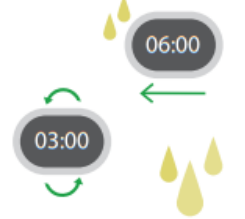






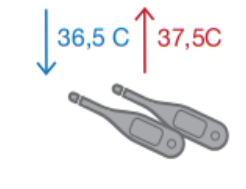

<p>00:30 ← 24:00 ←</p>	<h3>النزف</h3>	<p>03:00 ↻ 24:00 ←</p>
<p>37,8 ↑</p>	<h3>الحمى</h3>	<p>37,8 ↓</p>
<p>06:00 →</p>	<h3>التبول</h3>	<p>06:00 ← 03:00 ↻</p>
<p>لونه أزرق (أو اللسان أزرق أو الشفتان أزرق) لونه شاحب / رمادي لونه أصفر</p> <p>اتصلي أيضاً إذا كان المولود خاملاً / بليداً.</p>	<h3>لون المولود</h3>	<p>لون البشرة وردي / داكن لون اليدين والقدمين أزرق</p>
<p>التنفس أكثر من 60 مرة في الدقيقة صعوبة في التنفس الأثني سحب الأضلاع ومع جذبتي الأنف عند التنفس (الشهيق)</p>	<h3>تنفس المولود</h3>	<p>يتنفس المواليد بسرعة أكبر من الكبار التنفس غير منتظم الغط / إحداث أصوات</p>
<p>36,5 C ↓ ↑ 37,5 C</p>	<h3>درجة حرارة المولود</h3>	<p>36,5 C - 37,5 C</p>
<p>؟</p>	<h3>الشعور بالقلق</h3>	<p>قياس درجة الحرارة مرتين في اليوم بشكل شرطي درجة الحرارة بين 36,5 و 37,5 مئوية غالباً ما اليدين والقدمان باردة (عند اللمس)</p>



# Loğusa dönemi için telefon etme talimatları

## NORMAL (TELEFON ETMEYE GEREK YOK)

## AŞAĞIDAKİ DURUMLARDAN HERHANGİ BİRİ OLDUĞUNDA HEMEN ARAYIN:

 <ul style="list-style-type: none"> <li>Her 3 saatte bir yeni bir loğusa pedi</li> <li>24 saat içerisinde görülen 2 tane büyük pıhtı</li> </ul>	<h3>Akıntı</h3>	 <ul style="list-style-type: none"> <li>Loğusa pedi yarım saatte tamamen ıslandığında</li> <li>24 saat içerisinde 3 veya daha fazla büyük pıhtı görüldüğünde</li> </ul>
 <ul style="list-style-type: none"> <li>Ateşinizi günde 2 kez ölçün</li> <li>Ateşiniz 37,8 °C'den daha düşük olduğunda</li> </ul>	<h3>Ateş</h3>	 <ul style="list-style-type: none"> <li>Ateşiniz 37,8 °C'den daha yüksek olduğunda</li> </ul>
 <ul style="list-style-type: none"> <li>Doğumdan sonraki 6 saat içerisinde idrara çıkabilmek</li> <li>Her 3 saatte bir idrara çıkmak</li> <li>İdrarın sağlam bir basınçla çıkması</li> </ul>	<h3>İdrara çıkmak</h3>	 <ul style="list-style-type: none"> <li>Doğumdan sonraki 6 saat içerisinde idrara çıkamamak</li> <li>Sadece birkaç damla şeklinde idrara çıkmak</li> <li>İdrara çıkmış olmanıza rağmen idrara çıkmak ihtiyacını hissetmek</li> </ul>
 <ul style="list-style-type: none"> <li>Pembe / hafif koyu bir cilt rengi</li> <li>Mor renkli eller ve ayaklar</li> </ul>	<h3>Bebeğin rengi</h3>	 <ul style="list-style-type: none"> <li>Mor (morarmış bir dil ve morarmış dudaklar da dahil olmak üzere)</li> <li>Suluk/gri</li> <li>Sarı</li> </ul>
 <ul style="list-style-type: none"> <li>Bebekler yetişkinlerden daha hızlı nefes alıp verirler</li> <li>Düzensiz nefes alıp verme</li> <li>Horlama / küçük sesler çıkartmak</li> </ul>	<h3>Bebeğin nefes alma tarzı</h3>	 <ul style="list-style-type: none"> <li>Dakikada 60 kereden daha fazla nefes alıp veriyorsa</li> <li>Nefes almakta zorlanıyorsa</li> <li>İnliyorsa</li> <li>Kaburgalarnı içeriye çekiyorsa</li> <li>Burun kanatları nefes alımında genişliyorsa</li> </ul>
 <ul style="list-style-type: none"> <li>Vücut ısısını günde 2 kez makattan ölçün</li> <li>36,5 °C ile 37,5 °C arasında bir vücut ısısı</li> <li>Eller ve ayaklar sık sık soğuk gibi duruyor</li> </ul>	<h3>Bebeğin vücut ısısı</h3>	 <ul style="list-style-type: none"> <li>Vücut ısısı 36,5°C'den daha düşük olduğunda</li> <li>Vücut ısısı 37,5°C'den daha yüksek olduğunda</li> </ul>
<h3>Endişe</h3>		<ul style="list-style-type: none"> <li>Endişe veya kaygı duyduğunuzda her zaman telefon edin</li> <li>Verilen bilgilerle ilgili anlamadığınız bir şey olduğunda</li> </ul>

