

You and your baby



your
local
midwives

Widnes and Runcorn

What is postnatal care?

Postnatal care starts from the moment you have given birth, up to the 28th day following birth or beyond if you need it.



Who delivers it?

The midwives who looked after you for a home birth will continue to care for you postnatally. If you have your baby in hospital, the hospital midwives and doctors will provide the care until you are ready to go home. Your postnatal care will then be provided by the Widnes and Runcorn Midwifery Service.

Students from Liverpool John Moores and Edge Hill university are placed with our services during their training and may accompany the midwife during her visits.

Following discharge from hospital, you will be visited at home by a midwife the following day. If a midwife has not arrived by 3pm please ring 0151 495 5079 to check when she will be calling. It is important that you have your maternity records available for the midwife to see.

During this visit, you and your baby will be fully assessed and given all the necessary information you require. The midwife will usually call again to your home when your baby is 5 to 7 days old. At this visit you will be asked if you wish for the baby to have a heel spot test, all the information about this test will have been given to you, so that you can make an informed decision. After this visit if you have no problems you will be invited to attend a postnatal clinic appointment in your area when your baby is around 10 days old.

At the postnatal clinic appointment your baby will be weighed and both of you will be assessed once again. If you are both fit and well, you will be discharged from midwifery care. Your care will then be taken over by the health visitor.

Who can I contact if things go wrong?

Most women recover quickly from having a baby without any problems. However it is important that you are aware of signs that tell you if problems are developing such as:

- Pain in your breasts, stomach or stitches
- Red areas on your breasts
- A high temperature or night sweats
- Increasing blood loss or clots
- A change in colour from a brown blood loss to a red blood loss
- Offensive smelling vaginal discharge
- Calf swelling, redness and or pain
- Chest pain or persistent cough
- Headaches/visual disturbances.

If you have any concerns you can contact your midwife on their mobile number. Please do not send a text message as the midwife may be off duty.

If there is no answer you can contact: Midwifery reception on 0151 495 5079 9am – 5pm Monday – Friday (excluding bank holidays). For breastfeeding support, call 0300 3000 103.

For out of hours advice please contact the unit where your baby was born or NHS Direct 0845 4647.

In an emergency contact your GP or Ambulance Control on 999.

If there is anything you want to discuss about your birth experience you can contact your Midwife.

Baby jaundice

It is common for babies to develop a simple form of jaundice in the first few days of life; it is especially common in babies born before their due date. You may notice that your baby's skin looks slightly yellow and the whites of their eyes may also become yellow.

The midwife should be informed if this occurs, so that she can monitor your baby's condition. It is recommended that you put the baby's cot in a position where the daylight can reach the baby. This will help to reduce the jaundice.

The midwife needs to be informed if your baby becomes sleepy and goes for long periods between feeds. Your baby may need a special blood test which is taken from the heel, this will help to diagnose the level of jaundice, and decide if further treatment is necessary. The midwife is able to take this blood test in your home.

Most babies who develop jaundice will not need any additional treatment as the jaundice will usually have disappeared by the 10th day. It is rare but some babies may continue to show signs of jaundice for longer.

The midwife will continue to monitor this. In these cases it is important to tell the midwife if the baby passes dark urine or chalky stools so that she can make sure that the baby receives the correct treatment.

If you are concerned, you can contact your midwife on their mobile number. Alternatively you can also contact the midwifery reception on 0151 495 5079, 9am – 5pm Monday to Friday (excluding bank holidays).

Halton health visiting service

New Birth visit

This takes place between the 10th and 14th day with a qualified health visitor and includes a review of your baby's:

- feeding
- health and wellbeing
- ongoing development

Safety advice, family health and maternal mental health are also discussed.

During the first visit the health visitor will describe the Healthy Child programme to you.



The Healthy Child programme offers all families a programme of screening tests, immunisations, developmental reviews, information and guidance to support parenting and healthy choices.

Health visiting teams work very closely with your GP and the local Children's Centres.

Family health clinics

The Health Visiting service offers weekly "drop in" clinics and encourages all families to attend for infant weighing, advice and support. You will be given information regarding the dates and times of these clinics at the "New Birth" visit.

- **Hallwood Health Visiting team**
Runcorn Telephone: 01928 593405
(Weavervale and Brookvale practices)
- **St. Paul's Health Visiting team**
Runcorn Telephone: 01928 842534
(Tower, Grove and Heath Road practices)
- **Murdishaw Health Visiting team**
Runcorn Telephone: 01928 842829
(Murdishaw practice)
- **Castlefields Health Visiting team**
Runcorn Telephone: 01928 842783
(Castlefields practice)
- **Chapelfield Health Visiting team**
Widnes Telephone: 0151 495 5204
(Beeches, Appleton Village and Upton Rocks practices)
- **Kingsway Health Visiting team**
Widnes Telephone: 0151 495 5016
(Newtown, Oaks Place, West Bank and Upton practices)
- **Warrington Road Children's Centre team** Widnes
Telephone: 0151 424 4686
(Beaconsfield and Peelhouse practices)

What do I need to do now?

You will need to register the birth of your baby; this has to be done by law within 42 days. The easiest way to do this is to make an appointment with the Register Office in the area where you had your baby:

Whiston Hospital
Register Office, High Street,
Prescot, Merseyside L34 3LD
Telephone: 0151 443 2900

Warrington Hospital
Register Office, Museum
Street, Warrington WA1 1JX
Telephone: 01925 442762

Liverpool Women's Hospital
Register Office, The Cotton
Exchange, Old Hall Street,
Liverpool L3 9UF
Telephone: 0151 233 3004

Halton home births and births outside of the area please contact: Register Offices via Runcorn Town Hall or Halton Direct Link offices
Telephone: 0303 333 4300

If you are unmarried and wish to register your baby in your partner's name, your partner must accompany you on your appointment. If you wish to have a full birth certificate you will be asked to pay a small fee. It is important to name the father of your baby on the birth certificate if you wish him to share parental responsibility.

GP Registration

It is important for you to register your baby with your doctor as soon as possible. You will need to have your baby's NHS number with you. This should have been issued by the hospital staff before leaving the ward or by the midwife who delivered your baby at home.

If your baby needs emergency medical treatment before it has been registered with a GP, your surgery will help.

Postnatal examination

It is important that every woman attends for a postnatal examination. This is usually carried out at your doctor's surgery 6-8 weeks following the birth of your baby. You may need to arrange this appointment with them. At this appointment you will be able to discuss your general health, wellbeing, recovery and contraception. This is also a good time to discuss having a cervical smear, if you need one.

Some women may be asked to attend this appointment with their consultant obstetrician, if they have had a difficult or complicated delivery. This will be arranged by the ward before discharge from hospital, or by your midwife. A further postnatal examination appointment at your doctors is not necessary, if you have attended one with your consultant.

Dentist

You will need to register your baby with a dentist in your area, even before your baby has teeth.

Contraception

It is important to consider the type of contraception you plan to use as soon as possible after giving birth. Some women's fertility returns very quickly and although breast feeding may reduce your chance of pregnancy, this cannot be relied upon. Your midwife will be happy to discuss the contraceptive choices available with you, or you may choose to speak to your doctor. You can also contact the Sexual Health clinics for expert advice in your area.

- Health Care Resource Centre, Oaks Place, Caldwell Road, Widnes.
Telephone: 0151 495 5106
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- St. Paul's Health Centre, High Street, Runcorn.
Telephone: 01928 564612
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- Castlefields Health Centre, The Village Square, Castlefields, Runcorn.
Telephone: 01928 842757
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- Connexions, Orchard Walk, Halton Lea, Runcorn.
Telephone: 01928 706000
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- Chapelfield Clinic, Wilsden Road, Widnes.
Telephone: 0151 495 5200
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- Teenage Contraception Services
Telephone: 0845 155 0156
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“Talk to Us”

We would be grateful if you could complete a brief “Talk to Us” feed back form to tell us about your experience of our service.

This will be extremely useful to us when developing our services in the future. Your midwife will be able to provide you with this form.

Alternatively they can be picked up at the Health Care Resource Centre, or from the midwife at your GP surgery. We would also welcome feedback in the form of a letter, email or a telephone call as womens’ experiences are very important to monitor the quality of our service and/or to make changes. We would also welcome women, for whom we care, to become a ‘Patient Partner’, volunteer or join our service groups. Please ask your midwife or contact Midwifery reception.

Return of hand held notes

At the end of your care with the midwifery service, the midwife will keep your hand held notes. This enables the Trust to store them in a secure and confidential way, which is a legal requirement.

If you have missed appointments with the midwife and she has been unable

to discharge you or get your notes back, then it is your responsibility to contact the midwife to make arrangements which are convenient for you. This will allow the midwife to complete your care.

Alternatively you can drop the notes off at the Widnes Health Care Resource Centre (HCRC), Oaks Place, Caldwell Road, Widnes WA8 7GD between 9am – 5pm Monday to Friday.

References

Bridgewater Community Healthcare NHS Trust Policies and Procedures

National Institute of Clinical Excellence, 2006. Routine postnatal care of women and their babies. [e-book]. London. Available at [http:// www.nice.org.uk/nicemedia/pdf/CG37NICEguideline.pdf](http://www.nice.org.uk/nicemedia/pdf/CG37NICEguideline.pdf)

National Institute of Clinical Excellence, 2010. Neonatal Jaundice. [online]. London. Available at <http://www.nice.org.uk/nicemedia/live/12986/48578/48578.pdf>

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**Delivering
care**



www.amazingbreastmilk.nhs.uk

If you have any questions about your pregnancy then call us today on:

0151 495 5079

www.bridgewater.nhs.uk