

# VAGINAL BLEEDING DURING PREGNANCY

Advise the woman to **lie down**; **elevate her legs** with 1-2 pillows.

Use a **sterile pad**; & collect all pads being used; it will help your doctor to assess the amount of bleeding that has occurred.

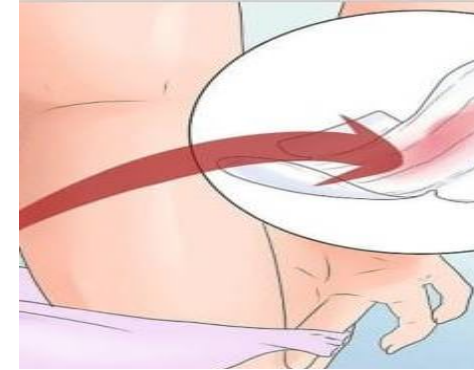
**How to track** of bleeding:

Amount of bleeding

Colour of blood

Whether it is painful or painless

Whether there is passage of tissue mass



There is **no home care for late pregnancy bleeding**. You must see a healthcare professional immediately (esp if):

Severe, heavy bleeding

Contractions/ cramps

Fever

Dizziness

Bleeding lasting for >24 hrs

Undergone abortion & developed fever, pain abdomen.



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Further advice for woman who had a previous episode of bleeding

Get plenty of bedrest

Avoid heavy work

Stay hydrated

Put intercourse on hold for time being

Do not lock doors & always keep a person with you

Do not use tampons

